Syllabus and Course Scheme
Academic year 2025-26

B.A –PSYCHOLOGY

Exam. -2025-26

UNIVERSITY OF KOTA
MBS Marg, Swami Vivekanand Nagar,
Kota - 324 005, Rajasthan, India
Website: uok.ac.in

UNIVERSITY OF KOTA

UNDERGRADUATE SYLLABUS (Psychology)
Paper Code – 5125P

Following the choice-based credit system (CBCS)

For academic qualification: Undergraduate certificate, Under graduate Diploma and Threeyears Bachelor's degree in Arts (B.A)

Discipline: Psychology (Subject/Discipline code-Psy-5125P)

Semester	Academic Session
Semester I & II	2025-26
Semester III & IV	2025-26
Semester V & VI	2025-26

Scope: All affiliated colleges of the University.

Key features:

1. Semester System
2. Multiple Entry and Exit
3. Continuous Assessment
4. Grading System

Guided by

Directives of the State Government circulated vide letter no. 418 (10) - 4/2020दिनांक08.06.2023

SCHEME

S.NO	Course code	Course Cat.	Title of the Course	Duration of Exam	Teaching Hrs/week Credit			Distribution of marks			Min Pass marks	
					L	**P**	**C**	**Int. Ass.**	**SEM. Ass**	**Total**	**Int. Ass.**	**SEM. Ass.**
SEMESTER-I												
1	Psy 1001T	DCC	Theory-I- Foundation of Psychology	3 Hrs	4	-	4	30	70	100	12	28
2	Psy 1002P	DCC	Practicum-I	3Hrs		4	2	-	50	50		25
3	AEC -1	AEC	English/ Hindi		2				50	50		20
SEMESTER-II												
4	Psy 1003T	DCC	Theory-II- Social Psychology	3 Hrs	4	-	4	30	70	100	12	28
5	Psy 1004P	DCC	Practicum-II	3 Hrs		4	2	-	50	50		25
6	AEC -1	AEC	Hindi / English		2				50	50		20
SEMESTER-III												
1	Psy1005T	DCC	Theory-I- Statistics Of Psychology	3 Hrs	4	-	4	30	70	100	12	28
2	Psy 1006P	DCC	Practicum–I	3Hrs		4	2	-	50	50		25
3	AEC -2	AEC	English/ Hindi		2				50	50		20
SEMESTER-IV												
4	Psy 1007T	DCC	Theory-II- Abnormal Psychology	3 Hrs	4	-	4	30	70	100	12	28
5	Psy 1008P	DCC	Practicum-II	3 Hrs		4	2	-	50	50		25
6	AEC -2	AEC	Hindi / English		2				50	50		20
SEMESTER--V												
1	Psy 1009T(A) Or	DCC	Theory-I- Research Methods and Testing Or	3 Hrs.	4	-	4	30	70	100	12	28

	Psy 1009T(B)		Counselling psychology	3Hrs.	4		4	30	70	100	12	28
2	Psy 1010P(A) Or Psy 1010P(B)	DCC	Practicum-I Or Practicum-I	3Hrs 3 Hrs.		4 4	2 2	- -	50 50	50 50		25 25
3	AEC -2	AEC	English/ Hindi		2				50	50		20
SEMESTER-VI												
4	Psy 1011T(A) OR Psy 1011T(B)	DCC	Theory-II- Industrial /Organizational Psychology Positive Psychology	3 Hrs. 3 Hrs.	4 4	- -	4 4	30 30	70 70	100 100	12 12	28 28
5	Psy 1012P(A) Or Psy 1012P(B)	DCC	Practicum -II Or Practicum-II	3 Hrs. 3 Hrs.	- -	4 4	2 2	- -	50 50	50 50	- -	25 25
6	AEC -2	AEC	Hindi / English		2				50	50		20

PSYCHOLOGY 2025

B.A. SEMESTER-1

Theory-I Semester Assessment Duration 3 Hrs. 70 Marks
Internal Assessment Duration 1 hour 30 Marks

The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weight age			**External assessment weightage**	**Total marks/ Total Credits**
Regular Students		Total	Paper based External Evaluation (Term end Examination	
Mid-Term Test	Presentation			
20	10	30	70	100

FOUNDATION OF PSYCHOLOGY

PAPER CODE: PSY-1001T

Objective: To understand the basic psychological processes and their applications in everyday life.

Duration 3 Hrs. 70 Marks

The question paper will contain two sections as under:

Section A: There will be one question with ten parts from each unit with no internal choice. The weightage of each part is 2 marks hence the total weightage of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section B: There will be five questions with one question from each unit with internal choice (may have sub divisions). The weightage of each question of section is 10 marks hence the total weightage is 50 marks (10x5-50) and the words limits is 400 words per question.

UNIT – Introduction

Psychology: Meaning and Nature of Psychology, Psychology as a science of behavior. Methods of Psychology, Fields and application of Psychology.

इकाई–I परिचय

मनोविज्ञानःमनोविज्ञान का स्वरूप एवं अर्थ। मनोविज्ञान व्यवहार के विज्ञान के रूप में। मनोविज्ञान की विधियाँ, मनोविज्ञान के क्षेत्र एवं उपादेयता।

UNIT – II Psychological and cognitive process

Psychological basis of human behavior: Central peripheral and autonomic nervous system and Endocrine glands.

Perception: Nature of Perceptions, Laws of Perceptual organization.

Memory and Forgetting: Nature of remembering, retention, nature of forgetting and factors of forgetting.

Thinking: Nature of thinking, concept formation and problem solving.

इकाई–II शारीरिक एवं संज्ञानात्मक प्रक्रिया

व्यवहार के शारीरिक आधारः केन्द्रीय, परिधीय, स्वायत्त तंत्रिका तंत्र, अंतःस्त्रावी ग्रन्थियाँ।

प्रत्यक्षीकरण :प्रत्यक्षीकरण का स्वरूप, प्रत्यक्षिक संगठन।

स्मरण व विस्मरण :स्मरण का स्वरूप, धारण , विस्मरण का स्वरूप, विस्मरण के कारक।

चिंतनः चिंतन का स्वरूप, संप्रत्यय निर्माण, समस्या समाधान।

UNIT – III Learning Process

Learning: Nature, Factors & Methods of Learning, Procedure of Learning.

Theories: Trial and Error, conditioning- Classical and operant, learning by insight.

इकाई–III अधिगम प्रक्रिया

अधिगमः अधिगम का स्वरूप, कारक एवं अधिगम की विधियाँ, अधिगम की प्रक्रियाएँ, सिद्धान्त : त्रुटि एवं अभ्यास, अनुबंधन–क्लासिकी और क्रियाप्रसूत, सूझ से अधिगम।

UNIT – IV Motivation and Emotion

Motivation: Meaning, Nature and types of Motivation, Maslow's Theory of motivation.

Emotion: Meaning, Nature of Emotion, Theories of Emotions, James-Lange theory, Cannon-Bard theory, Cognitive theory.

इकाई–IV अभिप्रेरणा एवं संवेग

अभिप्रेरणा: अभिप्रेरणा का अर्थ, स्वरूप एवं प्रकार, मास्लो की अभिप्रेरणा का सिद्धान्त।

संवेग: संवेग का अर्थ एवं स्वरूप, सिद्धान्त–जेम्स–लान्जे, कैनन–बार्ड, एवं संज्ञानात्मक सिद्धान्त।

UNIT – V Personality and Intelligence

Personality: Meaning, Nature and Factors affecting Personality, Measurement of personality, Theories of personality- Allport, Kretschmer and Sheldon.

Intelligence: Meaning, Nature and Factors affecting Intelligence, Measurement of Intelligence, Theories of Intelligence.

इकाई–V बुद्धि एवं व्यक्तित्व

व्यक्तित्व: व्यक्तित्व का अर्थ, स्वरूप एव कारक, व्यक्तित्व का मापन, सिद्धान्त–ऑलपोर्ट, क्रेशनर, व शेल्डन,।

बुद्धि:बुद्धि का अर्थ, स्वरूप एवं बुद्धि को प्रभावित करने वाले कारक, बुद्धि के सिद्धान्त।

Books Recommended:

1. Baron,R.A. and Mishra, G (2014) Psychology (Indian Subcontinent Ed.) Pearson Education Ltd.
2. Ciccarelli, S.K. and Meyer G.E. (2008) Psychology, (South-Asian Edition), New Delhi: Pearson.
3. Horgan, C.T. King, R.A. etal Introduction to Psychology, (Indian Edition) Total MacGraw Hill.
4. Atteinson and Hilgard: Introduction to Psychology, Oxford and IBH.
5. अरूण कुमार सिंह, मोतीलाल बनारसीदास–सामान्य मनोविज्ञान, नईदिल्ली
6. डॉ. रामनाथ भार्मा, केदारनाथ–सामान्य मनोविज्ञान, नईदिल्ली

E-Content:

https://heecontent.upsdc.gov.in/home.aspx

http://www.apa.org

PRACTICUM

PAPER CODE-PSY-1002 P

The Distribution of Marks will be as follows:

Practical Record book and Internal Assessment = 15

प्रायोगिक रिकार्ड पुस्तिका व आंतरिक मूल्यांकन

Conduction and report of one experiment = 25

एक प्रायोगिक कार्य एवं प्रतिवेदन

Oral defense = 10

मौखिक बचाव

Total = 50

Note: students have to complete any 4 practical in the class.

1. Personality test

व्यक्तित्व परीक्षण

2. Intelligence test

बुद्धि परीक्षण

3.learning experiment

अधिगमप्रयोग

4. Memory experiment

स्मृतिप्रयोग

5. Emotions

संवेग

6 Any other suggested by teacher

अध्यापक द्वारा सुझाया गया।

SEMESTER – II

Theory-I Semester Assessment Duration 3 Hrs 70 Marks
Internal Assessment Duration 1 hour 30 Marks
The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weightage			**External assessment weightage**	**Total marks/ Total Credits**
Regular Students		Total	Paper based External Evaluation (Term end Examination	
Mid-Term Test	Presentation			
20	10	30	70	100

SOCIAL PSYCHOLOGY

PAPER CODE PSY-1003T

Objective: To understand the basic of Social Psychology and to understand the individual in the social world.

Duration 3 Hrs. 70 Marks

The question paper will contain two sections as under:

Section A: There will be one question with ten parts from each unit with no internal choice. The weightage of each part is 2 marks hence the total weightage of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section B: There will be five questions with one question from each unit with internal choice (may have sub divisions). The weightage of each question of section is 10 marks hence the total weightage is 50 marks (10x5-50) and the words limits is 400 words per question.

UNIT – I Introduction

Social psychology: Nature and scope of Social Psychology and its relation with Social Science. Methods of Social Psychology, Observation, Interview, field Experiment and sociometry.

इकाई–I परिचय

समाज मनोविज्ञानः समाज मनोविज्ञान का अर्थ, स्वरूप एवं विस्तृत क्षेत्र और अन्य सामाजिक विज्ञानों से संबंध। समाज मनोविज्ञान की विधियाँ –निरीक्षण विधि, साक्षात्कार विधि, क्षेत्र प्रयोग विधि और समाजमिति।

UNIT – II Socialization

Socialization: Meaning, Nature and process, Agents of socialization.

Social Norms: Meaning, nature and formation.

Attitude and Social change: Meaning and Nature, Measurement of attitude – Thurston and Likert scale.

इकाई–II समाजीकरण

समाजीकरणः अर्थ, स्वरूप एवं प्रक्रिया, समाजीकरण के माध्यम।

सामाजिक मानकः अर्थ, स्वरूप और निर्माण।

अभिवृत्ति और सामाजिक परिवर्तनः अर्थ और स्वरूप, अभिवृत्ति का मापन–थस्टन और लाकर्ट स्केल।

UNIT – III Prejudice and Stereotype

Prejudice: Meaning, Nature, Causes and Methods of removing prejudice.

Stereotype: Meaning, nature, Causes and methods of removing Stereotype.

इकाई–III पूर्वाग्रह एवं रूढ़ियुक्तियाँ

पूर्वाग्रहः अर्थ, स्वरूप, कारण, पूर्वाग्रह कम करने की विधियाँ।

रूढ़ियुक्तियाँः अर्थ, स्वरूप, कारण, रूढ़ियुक्तियाँ कम करने की विधियाँ।

UNIT – IV Leadership

Leadership: Meaning, Nature, Characteristics and functions of Leader, Types of Leader.

इकाई–IV नेतृत्व

नेतृत्व: अर्थ, स्वरूप, विशेषता, नेता के प्रकार्य, नेता के प्रकार।

UNIT – V Communication& Pro-social Behavior

Communication: Meaning, Nature, Types and Barriers.

Pro-social Behavior: Meaning, Nature, Factors.

इकाई–V सम्प्रेषण एवं परोपकारी सामाजिक व्यवहार

सम्प्रेषण: अर्थ, स्वरूप, प्रकार एवं बाधाएँ।

परोपकारी सामाजिक व्यवहार: अर्थ, स्वरूप और कारक।

Books Recommended:

1. Baron, R.A, Byrno, D &Bhardwaj G. (2010) social Psychology (2nd Ed.) New Delhi, Perion
2. Myers, D.G. (2008) Social Psychology, New Delhi, Tata McGraw-Hill
3. Mathur, S.S. –Social Psychology (12th Ed.) Shri Vinod Pustak Mandir
4. Singh A.K. (2019) –Social Psychology, Prentice Hall India.
5. अरूण कुमार सिंह, मोतीलाल बनारसीदास– समाज मनोविज्ञान की रूपरेखा, नईदिल्ली
6. श्रीवास्तव रामजीआलम, मोतीलाल बनारसीदास– आधुनिक सामान्य मनोविज्ञान, नईदिल्ली

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http://www.apa.org

PRACTICUM

PAPER CODE-PSY-1004 P

The Distribution of Marks will be as follows:

Practical Record book and Internal Assessment प्रायोगिकरिकार्डपुस्तिका व आंतरिकमूल्यांकन	= 15
Conduction and report of one experiment एकप्रायोगिककार्य एवंप्रतिवेदन	= 25
Oral defense मौखिकबचाव	= 10
Total	**= 50**

Note: students have to complete any 4 practicals in the class.

1 Sociometry
समाजमिति

2. Attitude measurement
अभिवृत्ति मापन

3. Levels of Aspiration
आकांक्षा स्तर का मापन

4. Leadership Style
नेतृत्व भौली का मापन

5. Communication Skills
सम्प्रेषणकौशल

6- Any other suggested by teacher
अध्यापक द्वारा सुझाया गया।

PSYCHOLOGY 2025

B.A. SEMESTER – III

Theory-I Semester Assessment Duration 3 Hrs 70 Marks
Internal Assessment Duration 1 hour 30 Marks
The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weightage			**External assessment weightage**	**Total marks/ Total Credits**
Regular Students		Total	Paper based External Evaluation (Term end Examination	
Mid-Term Test	Presentation			
20	10	30	70	100

STATISTICS IN PSYCHOLOGY

PAPER CODE: PSY-1005T

Objective: To understand the basic of statistics Psychology.

Note: Use of simple calculator will be allowed for statistical portion in the paper.

Duration 3 hrs. 70 Marks

The question paper will contain two sections as under:

Section A: There will be one question with ten parts from each unit with no internal choice. The weightage of each part is 2 marks hence the total weightage of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section B: There will be five questions with one question from each unit with internal choice (may have sub divisions). The weightage of each question of section is 10 markshence the total weightage is 50 marks (10x5-50) and the words limits is 400 words per question.

Unit-IIntroduction

Statistics: Nature and Importance of Statistics.

Range, Frequency Distribution and Tabulation of Data.

इकाई–Iपरिचय,

सांख्यिकी सांख्यिकी का परिचय, स्वरूप व महत्व।

विस्तार, आवृति वितरण एवं प्रदत्तों का सारणीयन।

Unit-IIMeasures of Central Tendency

Measures of Central Tendency-Mean, Median & Mode.

Graphic Representations of Data-Frequency Histogram, Frequency Polygon, Cumulative Frequency Curve, Ogive, Smoothing of Frequency Curve, Bar Diagram.

इकाई–IIकेन्द्रिय आवृति मापन

केन्द्रिय आवृति मापन : माध्य, मध्यिका, बहुलक ।

प्रदतों का आलेखीय चित्रण, आवृति स्तंभाकृति, आवृति बहुभुज, संचयी आवृति वक्र, तोरण, आवृति वक्र का सरलीकरण, स्तम्भ रेखाचित्र।

Unit-IIIMeasures of Variability

Measures of Variability-Range, Average Deviation, Standard Deviation, And Quartile Deviation.

इकाई–IIIविचलन के माप

विचलन के माप –विस्तार,मध्यमान विचलन, प्रमाणिक विचलन, चतुर्थाश विचलन ।

Unit-IV Correlation

Correlation- Meaning, Rank Difference Correlation (Rho), Pearson Product-Moment Correlation Methods- (Real Mean Method)

इकाई–IVसहसम्बन्ध

सहसम्बन्ध– अर्थ, क्रम अन्तर सह–सम्बंध विधि, पीयरसन की प्रोडेक्ट मोमेन्ट सह–सम्बन्ध (वास्तविक मध्यमान विधि) ।

Unit-VMeasures of Significance

Measures of Significance: -t-test, Chisquare-2x2 Contingent Table.

इकाई–Vसार्थकता का मापन

सार्थकता का मापन – टी–टेस्ट, काई वर्ग–-2x2 प्रासंगिक सारणी।

Books Recommended:

1. Garrett- Statistics in Psychology and Education (Vakils Feffar and Siman).
2. Mangal S.K. – Statistics in Psychology and Education
3. मनोविज्ञान व शिक्षा में सांख्यिकी : गेरेट एच.ई. (प्रकाशक–वकील्स
4. मनोविज्ञान सांख्यिकीः मिश्रा व त्रिपाठी (प्रकाशक–हर प्रसाद भार्गव, आगरा)
5. मनोविज्ञान व शिक्षा मे सांख्यिकी के मूल आधारः लाभसिंह व द्वारिका प्रसाद (प्रकाशक–हरप्रसाद भार्गव, आगरा)
6. मनोविज्ञान व शिक्षा मे मापन एवं मूल्यांकनः अग्रवाल एवं अस्थाना(प्रकाशक–विनोद पुस्तक मन्दिर, आगरा)
7. मनोविज्ञान व शिक्षा मे सरल सांख्यिकीः माखीजा एवं माखीजा (प्रकाशक–लक्ष्मी नारायण अग्रवाल, आगरा)
8. मनोविज्ञान व शिक्षा मे मापन एवं मूल्यांकनःअस्थाना एवं अस्थाना(प्रकाशक–विनोद पुस्तक मन्दिर, आगरा)
9. आधुनिक सांख्यिकीय विधियॉ– भाटिया तारेश, सिंह आर.एन (अग्रवाल पब्लिकेशन आगरा)

PRACTICUM

PAPER CODE-PSY-1006P

The Distribution of Marks will be as follows:

Practical Record book and Internal Assessment = 15

प्रायोगिक रिकार्ड पुस्तिका व आंतरिक मूल्यांकन

Conduction and report of one experiment = 25

एक प्रायोगिक कार्य एवं प्रतिवेदन

Oral defense = 10

मौखिक बचाव

Total = 50

Note: Students must complete any four practical exercises in the class.

1 Central Tendency

केन्द्रिय आवृति के मापन

2 Measures of variability

विचलन के मापन

3 Test of correlation

सहसम्बन्ध परीक्षण

4 t-test

टी–टेस्ट

5Any one Graphic Representation of data

कोई भी एक रेखाचित्रण

6 Any other suggested by teacher

अध्यापक द्वारा सुझाया गया

PSYCHOLOGY 2025
B.A. SEMESTER – IV

Theory-I Semester Assessment Duration 3 Hrs 70 Marks
Internal Assessment Duration 1 hour 30 Marks
The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weightage			**External assessment weightage**	**Total marks/ Total Credits**
Regular Students		Total	Paper based External Evaluation (Term end Examination	
Mid-Term Test	Presentation			
20	10	30	70	100

ABNORMAL PSYCHOLOGY
PAPER CODE PSY-1007T

Objective: To understand the basic of Abnormal Psychology and to understand the individual abnormality in the world.
Duration 3 hrs. 70 Marks
The question paper will contain two sections as under:

Section A: There will be one question with ten parts from each unit with no internal choice. The weightage of each part is 2 marks hence the total weightage of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section B: There will be five questions with one question from each unit with internal choice (may have sub divisions). The weightage of each question of section is 10 markshence the total weightage is 50 marks (10x5-50) and the words limits is 400 words per question.

Unit-I

Introduction- Concept and Criteria of Abnormal Behavior.
Causes of Abnormal Behavior.

इकाई–I

प्रस्तावना– असामान्य व्यवहार के दृष्टिकोण व कसौटियां।
असामान्य व्यवहार के कारण ।

Unit-II

Psychoneuroses-Symptoms And Causes- Anxiety disorder, Phobia, Obessive -Compulsive disorder).

इकाई–II

तंत्रिकाताप–लक्षण तथा कारण –दुश्चिंता विकृति, दुर्भिति, मनोग्रस्ति– बाध्यता विकृति)

Unit-III

Functional Psychosis-Symptoms &Causes, (Schizophrenia, Depression, Paranoia).

Theories- Psychoanalytic Theory of Freud &Erikson.

इकाई–III

मनःस्ताप–लक्षण तथा कारण, (मनोविदिलता, अवसाद, व्यामोह, मनःस्ताप) ।

फ्रायड का मनोविश्लेषणवाद का सिद्वान्त व एरिक्सन का सिद्वान्त।

Unit-IV

Alcoholism- Incidence, Effects, Causes, Clinical Picture, Stages in Alcoholic Dependence and Treatment.

Mental Retardation-Meaning, Types & Causes.

इकाई–IV

मद्यपानः मद्यपान के घटनाक्रम व प्रभाव, नैदानिक स्वरूप, मद्यपान निर्भरता के विभित्र स्तर, मद्यपान के कारण एवं उपचार।

मानसिक मन्दन–अर्थ, प्रकार एवं कारण।

Unit-VApproaches of Therapy

Contemporary Approaches of Therapy-Biological, Behavioral, Psychological Approach. Psychoanalytic Approach, Socio-cultural Approaches, Institutionalization and Aftercare.

इकाई–Vचिकित्सा के उपागम

चिकित्सा के समकालीन उपागम–जैविक चिकित्सा,व्यवहार चिकित्सा, मनोवैज्ञानिक उपागम, मनोविश्लेषण उपागम, सामाजिक व सांस्कृतिक उपागम, संस्थाकरण व चिकित्सा उपरांत देखभाल (उत्तर सेवा) ।

Books Recommended:

1. Page- Abnormal psychology. (Tata McGraw Hill, Bombay)
2. Coleman,- Abnormal psychology in Modern Life. (Taraporwala, Bombay)
3. Sarason,- Abnormal psychology. (Prentice Hall, New Delhi)
4. Davison- Abnormal psychology: Experimental Clinical Approach (Willey Eastern Ltd.)
5. असामान्य मनोविज्ञान : त्रिपाठी (प्रकाशक–हर प्रसाद भार्गव, आगरा)
6. असामान्य मनोविज्ञान : ओझा (प्रकाशक–हर प्रसाद भार्गव, आगरा)
7. असामान्य मनोविज्ञान : कपिल (प्रकाशक–हर प्रसाद भार्गव, आगरा)
8. असामान्य मनोविज्ञान : सिंह अरूण कुमार (मोतीलाल एवं बनारसीदास,नई दिल्ली)

PRACTICUM

PAPER CODE-PSY-1008 P

The Distribution of Marks will be as follows:

Practical Record book and Internal Assessment = 15

प्रायोगिक रिकार्ड पुस्तिका व आंतरिक मूल्यांकन

Conduction and report of one experiment = 25

एक प्रायोगिक कार्य एवं प्रतिवेदन

Oral defense = 10

मौखिक बचाव

Total = 50

Note: students have to complete any 4 practicals in the class.

1- Anxiety Test

दुश्चिंता का मापन

2- Aggression Test

आक्रामकता मापन

3- Adjustment Inventory

समायोजन अनुसूची

4-Depression Scale

अवसाद मापन

5-Phobia

दुर्भिति

6- Any other suggested by teacher

अध्यापक द्वारा सुझाया गया

PSYCHOLOGY 2025

B.A. SEMESTER – V

Theory-I Semester Assessment Duration 3 Hrs 70 Marks
Internal Assessment Duration 1 hour 30 Marks
The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weight age			**External assessment weightage**	**Total marks/ Total Credits**
Regular Students		Total	Paper based External Evaluation (Term end Examination	
Mid-Term Test	Presentation			
20	10	30	70	100

Paper: Research Methods and Testing
PAPER CODE: PSY-1011T(A)

Objective: To understand the basic concepts and theories of Positive Psychology. To help them gain an inside of verious positive cognitive states and its applications in various domains. To equipe them with strategies to enhance their happiness and well being.

Duration 3 Hrs 70 Marks
The question paper will contain two sections as under:

Section A: There will be one question with ten parts from each unit with no internal choice. The weightage of each part is 2 marks hence the total weightage of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section B: There will be five questions with one question from each unit with internal choice (may have sub divisions). The weightage of each question of section is 10 markshence the total weightage is 50 marks (10x5-50) and the words limits is 400 words per question.

Syllabus

Unit 1 Introduction

Psychological Testing - Meaning, Nature and types, Uses of Psychological Test and Limitations of Testing Administration.

इकाई –1 परिचय

मनोवैज्ञानिक परीक्षण – अर्थ, स्वरूप एवं प्रकार, मनोवैज्ञानिक परीक्षणों के उपयोग एवं परीक्षण प्र ाासन की परिसीमाएं।

Unit 2 Reliability and Validity

Reliability – Meaning and types,
Validity - Meaning and types

इकाई –2वि वसनीयता एवं वैधता

वि वसनीयता – अर्थ एवं प्रकार
वैधता –अर्थ एवं प्रकार

Unit – 3 Measurement and Sampling

Measurement – Meaning and types of scale (Nominal scale, Ordinal scale, Interval scale, Ratio scale), Functions, Advantage and Disadvantage.
Sampling – Meaning and types

इकाई –3मापन एवं प्रतिदर्श

मापन –अर्थ एवं मापन के प्रकार (नोमिनल स्केल, ऑर्डिनल स्केल, इन्टरवेल स्केल, रेशो स्केल),प्रकार्य, लाभ एवं हानियां।
प्रतिदर्श– अर्थ एवं प्रकार

Unit 4 Rating Scales, Schedule and Questionnaire.
Rating Scales – Meaning and types,
Schedules – Meaning and types
Questionnaire – Meaning and types.
इकाई –4निर्धारण मापनी, अनुसूचियां एवं प्र नावली
निर्धारण मापनी –अर्थ एवं प्रकार
अनुसूचियां– अर्थ एवं प्रकार
प्रश्नावली– अर्थ एवं प्रकार

Unit 5Problem, Hypothesis and variables:
Problem - Meaning and types.
Hypothesis - Meaning and types.
variable – Meaning and types.
Controlls in Experiment.
इकाई –5समस्या, परिकल्पना एवं चर
समस्या– अर्थ एवं प्रकार
परिकल्पना –अर्थ एवं प्रकार
चर –अर्थ एवं प्रकार
प्रयोग में नियंत्रण

Books recommended
1- Anastasi, A.: Psychological Testing (McMillan)
2- Freeman, P.S.: Psychological Testing (Oxford and IBH)
3- Singh, A.K.: Test Measurement and Research Methods in Behavioral Science (Bharti Bhawan Publications, Patna)

4. त्रिपाठी,एल.बी – मनोवैज्ञानिक अनुसंधान पद्वतियां, हरिप्रसाद भार्गव, आगरा।
5. भार्गव एच– आधुनिक मनोविज्ञान परीक्षण एवं मापन, हरिप्रसाद भार्गव, आगरा।
6. तिवारी – भौक्षिक एवं मनोविज्ञान अनुसंधान के मूल आधार, विनोद पुस्तक मंदिर, आगरा।
7. हकीम व अस्थान – मनोविज्ञान में भाोध विधियां, विनोद पुस्तक मंदिर, आगरा।
8. सिंह, अरूण कुमार – मनोविज्ञान, समाज ाास्त्र तथा ि ाक्षा में भाोध विधियां, मोतीलाल बनारसीदास, नई दिल्ली।

PRACTICUM
PAPER CODE-PSY-1010P(A)

The Distribution of Marks will be as follows:

Practical Record book and Internal Assessment प्रायोगिकरिकार्डपुस्तिका व आंतरिकमूल्यांकन	= 15
Conduction and report of one experiment एकप्रायोगिककार्य एवंप्रतिवेदन	= 25
Oral defense मौखिकबचाव	= 10
Total	**= 50**

Note: students have to complete any 4 practicals in the class.

1. Individual Test/ Group Test
व्यक्तिगत परीक्षण / सामूहिक परीक्षण
2. Verbal / Non Verbal
मौखिक /अमौखिक
3. Rating Scale
निर्धारण स्केल
4. Problem
समस्या
5. Hypothesis
उपकल्पना
6- Any other suggested by teacher
अध्यापक द्वारा सुझाया गया।

Paper : Counselling Psychology
PAPER CODE : PSY-1009T(B)

Objective: To understand the basic concepts and issues of counselling. To help the students to develop an understanding of History and need of counselling psychology.This course will provide a comprehensive overview and general understanding of the profession of counselling.

Duration 3 Hrs 70 Marks

The question paper will contain two sections as under:

Section A: There will be one question with ten parts from each unit with no internal choice. The weightage of each part is 2 marks hence the total weightage of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section B: There will be five questions with one question from each unit with internal choice (may have sub divisions). The weightage of each question of section is 10 markshence the total weightage is 50 marks (10x5-50) and the words limits is 400 words per question.

Syllabus

Unit -1. Introduction

Counselling – Concept, Nature, objective and need of counselling.
Types of counselling, Difference between guidance and counselling.

इकाई–1 परिचय

परामर्श– संप्रत्यय, स्वरूप, उद्दे य एवं परामर्श की आव यकता।
परामर्श के प्रकार, निर्देशन एवं परामर्श में अंतर।

Unit -2. Counselling process and skills

Counselling Process – Meaning and Nature, Counselling steps
Counselling Interview
Basic Communication skills – Rapport building, Assessment of problem, setting goals, selecting and designing Intervention, Termination of counselling.

इकाई–2 परामर्श प्रक्रिया एवं कौशल

परामर्श– अर्थ एवं स्वरूप, परामर्श प्रक्रिया के चरण।
परामर्श साक्षात्कार
मूल संप्रेशण कौशल – ताल–मेल बनाना, समस्याओं का आकलन, लक्ष्य निर्धारण, हस्तक्षेप का निर्माण एवं चयन, परामर्श का समापन।

Unit -3. Theories and Techniques of couselling: Individual

Psychoanalytic theory, Person- centered therapy, Behavioural Therapy, Rational Emotive Therapy.

इकाई–3 परामर्श के सिद्धान्त एवं तकनीक : व्यक्तिगत

मनोवि लेशणात्मक सिद्धान्त, व्यक्ति–केन्द्रित थेरैपी, व्यवहारात्मक थेरैपी, तार्किक –सांवेगिक थेरैपी.

Unit -4. Group Techniques of Counselling.

Basis of Group counselling, Procedure of Group Counselling
Type of Group counselling.

इकाई–4 सामूहिक परामर्श की तकनीक

सामूहिक परामर्श के आधार, सामूहिक परामर्श की प्रक्रिया, सामूहिक परामर्श के प्रकार।

Unit -5. Application of Counselling.

Specific Areas of Counselling: Child counselling, Family counselling, Career counselling, crisis Intervention, Suicide, grief and sexual abuse.

इकाई–5 परामर्श के अनुप्रयोग

परामर्श के विशिष्ट क्षेत्र : बाल परामर्श, पारिवारिक परामर्श, करियर परामर्श, संकट हस्तक्षेप, आत्महत्या, दुःख एवं यौन उत्पीड़न।

Reading / Textbook

1. Gladding, Samuel T (2009) counselling – A comprehensive Profession, Sixth Edfition, Pearson Education, Published by Kindersley.
2. Shertzer, B. And Stone, S.C. Fundamentals of counselling
3. Sharma, R N and Sharma R (2004) Guidance and counselling in India.
4. Capuzzi (2008) counselling and Psychotherapy, New Delhi Pearsoneducation.
5. अमरनाथ राव एवं मधु अस्थानाः आधुनिक परामर्श मनोविज्ञान मोतीलाल बनारसीदास प्रकाशन–04 मार्च 2023–ISBN-13
6. प्रो. (डॉ.) मोहम्मद सादिक अली खान एवं डॉ. अजीत प्रताप :– निर्देशन एवं परामर्श ठाकुर प्रकाशन, लखनऊ।

PRACTICUM

PAPER CODE-PSY-1010P(B)

The Distribution of Marks will be as follows:

Practical Record book and Internal Assessment प्रायोगिकरिकार्डपुस्तिका व आंतरिकमूल्यांकन	= 15
Conduction and report of one experiment एकप्रायोगिककार्य एवंप्रतिवेदन	= 25
Oral defense मौखिकबचाव	= 10
Total	**= 50**

Note: students have to complete any 4 practicals in the class.

1- Vocational Interest Inventory
व्यावसायिक रूचि सूची
2- Student Problem Check list
विद्यार्थी समस्या सूची
3- Adjustment Inventory
समायोजन अनुसूची
4- Aptitude Test
अभिक्षमता मूल्यांकन
5- Guidance Need Inventory
निर्दे ान आव यक सूची
6- Any other suggested by teacher
अध्यापक द्वारा सुझाया गया

B.A. SEMESTER – VI PSYCHOLOGY 2025

Theory-I Semester Assessment Duration 3 Hrs 70 Marks
Internal Assessment Duration 1 hour 30 Marks
The distribution of marks for continuous and external assessment is as under:

Continuous Assessment Weight age			**External assessment weightage**	**Total marks/ Total Credits**
Regular Students		Total	Paper based External Evaluation (Term end Examination	
Mid-Term Test	Presentation			
20	10	30	70	100

Paper: Industrial / Organisational Psychology
PAPER CODE: PSY-1011T(A)

Objective: To understand the basic concepts of organizational behaviour, and to equip students with skills and competencies in order to successfully engage in the discipline of industrial/organizational psychology.

Duration 3 Hrs 70 Marks
The question paper will contain two sections as under:

Section A: There will be one question with ten parts from each unit with no internal choice. The weightage of each part is 2 marks hence the total weightage of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section B: There will be five questions with one question from each unit with internal choice (may have sub divisions). The weightage of each question of section is 10 markshence the total weightage is 50 marks (10x5-50) and the words limits is 400 words per question.

Syllabus

Unit-1 Introduction:
Industrial Psychology: Nature, Scope and importance of industrial psychology.
इकाई–1 परिचय :
औद्योगिक मनोविज्ञान –स्वरूप, विस्तार एवं औद्योगिक मनोविज्ञान का महत्व

Unit-2 Selection, Training, Job Analysis and Job Evaluation
Personal Selection, Employee training – Meaning and Methods.
Job Analysis, Job Evaluation -Meaning and Methods.
इकाई–2 चयन, प्रि ाक्षण, कार्य विश्लेषण एवं कार्य मूल्यांकन
कर्मचारी चयन, कर्मचारी प्रशिक्षण – अर्थ एवं विधियां।
कार्य विश्लेशण एवं कार्य मूल्यांकन – अर्थ एवं विधियां।

Unit-3 Industrial Morale, Job Satisfaction, Job Enrichment and Work Motivation.
Industrial Morale, Job Satisfaction – Meaning and factors.
Job Enrichment, Work Motivation – Meaning and factors.
इकाई–3 औद्योगिक मनोबल, कार्यसंतुश्टि, कार्यसंवर्द्धन एवं कार्य अभिप्रेरणा
औद्योगिक मनोबल, कार्यसंतुश्टि– अर्थ एवं कारक
कार्यसंवर्द्धन, कार्य अभिप्रेरणा– अर्थ एवं कारक

Unit-4 Accident and Fatigue
Accident - Meaning and causes:
Fatigue- Meaning and causes.
इकाई–4 दुर्घटना एवं थकान
दुर्घटना– अर्थ एवं कारण।
थकान –अर्थ एवं कारण।

Unit-5 Advertisement, Conflict
Advertisement – Meaning, Nature and importance.
Conflict- Meaning, Types, Causes and management, Recreational facilities.
इकाई– 5 विज्ञापन, अर्न्तद्वन्द्व
विज्ञापन – अर्थ, स्वरूप एवं महत्व
अर्न्तद्वन्द्व – अर्थ, प्रकार, कारण एवं प्रबन्धन, कार्यकर्त्ताओं के मनोरंजन।

Books Recommended:
1. Blum & Naylor: Industrial Psychology (CBS)
2. Harrel: Industrial Psychology (Oxford & IBH)
3. Robins: Organisational behaviour (Prentice Hall)
4. Luthans: Organisational behaviour (Tata McGraw Hill)
5. ओझा, आर.के. – औद्योगिक मनोविज्ञान, भार्गव पुस्तक भण्डार, आगरा।
6. सिंह, अरूण कुमार – औद्योगिक एवं संगठनात्मक मनोविज्ञान, भारती भवन।
7. सुलेमान एवं चौधरी – आधुनिक औद्योगिक एवं संगठनात्मक मनोविज्ञान, भारती भवन।

PRACTICUM
PAPER CODE-PSY-1012P(A)

The Distribution of Marks will be as follows:

Practical Record book and Internal Assessment प्रायोगिकरिकार्डपुस्तिका व आंतरिकमूल्यांकन	= 15
Conduction and report of one experiment एकप्रायोगिककार्य एवंप्रतिवेदन	= 25
Oral defense मौखिकबचाव	= 10
Total	**= 50**

Note: students have to complete any 4 practicals in the class.

1. Work motivation
कार्य अभिप्रेरणा
2. Job Satisfaction
कार्य संतुश्टि
3. Advertisement Skill
विज्ञापन कौ ाल
4. Job Analysis
कार्य वि लेशण
5. Conflict Management
अर्न्तद्वन्द्व प्रबन्धन
6. Any other suggested by teacher
अध्यापक द्वारा सुझाया गया

Paper: Positive Psychology

PAPER CODE: PSY-1011T(B)

Objective: To understand the basic concepts and theories of Positive Psychology. To help them gain an insight of various positive cognitive states and its applications in various domains. To equipe them with strategies to enhance their happiness and well-being.

Duration 3 Hrs 70 Marks

The question paper will contain two sections as under:

Section A: There will be one question with ten parts from each unit with no internal choice. The weightage of each part is 2 marks hence the total weightage of this section is 20 marks (10x2=20) and the word limit is 40 words per questions.

Section B: There will be five questions with one question from each unit with internal choice (may have sub divisions). The weightage of each question of section is 10 markshence the total weightage is 50 marks (10x5-50) and the words limits is 400 words per question.

Syllabus

Unit -1. Introduction

Positive Psychology: Meaning, definiations, assumptions and goals. Eastern and Western perspectives on positive psychology.

इकाई : 1 – परिचय

सकारात्मक मनोविज्ञान :– अर्थ, परिभाशा, मान्यतायें एवं लक्ष्य। सकारात्मक मनोविज्ञान का पूर्वी एवं पि चमी दृश्टिकोण।

Unit -2. Positive States and Processes 1

Happiness : Meaning and measures, Two traditions – Hedonic and Eudaimonic traditions.

Well-being : Meaning and types (subjective will-being, Psychological well-being and social well-being.

इकाई : 2 सकारात्मक स्थितियां और प्रक्रियाएं–1

खुशी : अर्थ एवं मापन दो दृश्टिकोण – हेडोनिक और यूडेमोनिक

कल्याण : अर्थ एवं प्रकार (व्यक्तिगत कल्याण, मनोवैज्ञानिक कल्याण और सामाजिक कल्याण)

Unit -3. Positive States and Processes 2

Optimism, Wisdom, flow, spirituality, Resilience and Emotional Intelligence.

इकाई : 3 सकारात्मक स्थितियां और प्रक्रियाएं–2

आशीर्वाद, बुद्धि, प्रवाह, अध्यात्मिकता, लचीलापन एवं सांवेगिक बुद्धि।

Unit -4. Positive Psychological Interventions

Positive thinking, Meditation, Gratitude, Kindness.

इकाई : 4 सकारात्मक मनोवैज्ञानिक हस्तक्षेप

सकारात्मक चिन्तन, ध्यान, कृतज्ञता, दयालुता।

Unit -5. Virtues and Strengths of character

Classification of Human Virtues (Seligman's approach)Character strengths and Health.Religion and Spirituality, Religion and Virtues.

इकाई : 5 चरित्र की ताकत एवं गुण

मनुष्य के गुणों का वर्गीकरण (सेलिगमैन की अवधारणा), चरित्रगुण एवं स्वास्थ्य, धर्म और आध्यात्मिकता : धर्म और गुण।

Reading / Textbook

1. Snyder, C.R. & Lopez, S.J. & Pedrotti, J.J. (2024) : Positive Psychology (2024),(2nd ed.) New Delhi. Sage
2. Carr, A Positive Psychology (2022) (3rd Edition) Routledge.
3. डॉ. मधु जैन, सकारात्मक मनोविज्ञान
4. डॉ. रीता कुमारी, सकारात्मक मनोविज्ञान – मोतीलाल बनारसीदास पब्लिके ान्स।
5. डॉ. जानकी मूरजानी, सकारात्मक मनोविज्ञान

PRACTICUM

PAPER CODE-PSY-1012P(B)

The Distribution of Marks will be as follows:

Practical Record book and Internal Assessment प्रायोगिकरिकार्डपुस्तिका व आंतरिकमूल्यांकन	= 15
Conduction and report of one experiment एकप्रायोगिककार्य एवंप्रतिवेदन	= 25
Oral defense मौखिकबचाव	= 10
Total	**= 50**

Note: students have to complete any 4 practicals in the class.

1. Assessment of Happiness
   खुशी का मूल्यांकन
2. Measurement of Emotional Intelligence
   सांवेगिक बुद्धि का मापन।
3. Measurement of Resilience
   लचीलेपन का मापन।
4. Measurement of Well-being
   कल्याण का मापन।
5. Measurement of Spirituality
   अध्यात्मिकता का मापन।

6- Any other suggested by teacher
अध्यापक द्वारा सुझाया गया।