



**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED.**

PSYCHOLOGY

SYLLABUS FOR - B.A.

With effective from 2009-10

B.A. SECOND YEAR

Paper III: -- PSYCHOLOGY FOR LIVING **Marks-75**

Paper IV: – PSYCHOLOGICAL TESTING AND STATISTICS **Marks-75**

**PSYCHOLOGY PRACTICUM'S:
EXPERIMENTS & TESTS** **Marks-50**



PAPER III: - PSYCHOLOGY FOR LIVING

With effective from 2009-10.

Marks-75

Objectives: -

1. To enable student to make the connection between psychology and its practical application to everyday life.
2. To train student how psychological principles can help them to face life's challenges
3. To enables students to relate what they are learning in class to issues that they encounter in their everyday life, such as stress, health, work, personal relationships communication and self-esteem.

1. STRESS :-

Understanding stress meaning of stress – measuring stress – personal, situational factors. Reactions to stress – physiological stress reactions – psychological reactions – how do you react to your lifestyle – using stress for personal growth

2. THE BODY AND HEALTH :-

Body image – how we feel about our bodies – our ideal body – body image and psychological well-being . psychological factors and physical illness – stress-related illness, stress and the immune system. Health hazards, coping with illness- Noticing and interpreting symptoms – Getting help - Adherence to treatment. Promoting wellness – taking charge o your own health – Eating sensibly _ keeping physical fit.

3. SELF CONCEPT:-

What is the self-self concept? Self-Image-ideal self – multiple selves – core-characteristics of the self- concept – self consistency, self- esteem, self enhancement and self- verification. The self-concept and personal growth- the self you would like to be –out social selves – learning from criticism- greater self-direction.

4. MEETING PEOPLE, MAKING FRIENDS :-

Meeting people- first impressions – Mistakes impressions – shyness. Interpersonal attraction. – Interaction and liking – Physical attractiveness – Likes of opposites? Friendship – when friends get together- mutual self- disclosure- same sex- opposite – sex friends, staying friends or breaking up – loneliness.

5. WORK AND LEISURE :-

Choosing a career – taking stock of yourself – Identifying compatible careers – arriving at a decision – preparing for your career. Getting along on the Job – Job satisfaction – Minorities in the work place- women's issues- career outlook – projected growth-changing jobs careers. Leisure- What is leisure? Work and leisure – using leisure positively.

6. PERSONAL AND DECISION MAKING :-

Personal control perceived control - misperception and maladjustment-learned optimism- Decision making – the process of decision making – Aids I making decisions – Group decisions- Group decisions- Decisions and personal growth-identifying the basic decisions in your personal growth- Identifying the basic decision in your life – Making new decisions – some practical applications

7. OLDER AND GROWING :-

Adult development – Early adulthood- leaving home- choosing a career- Establishing close relationships- starting a family Middle adulthood – midlife transition – physical and cognitive changes-career changers –sexual changes-late Adhthoou- physical and cognitive changers- personal and social adjustment – retirement –successful aging.

Books for Readings:-

1. Adjustment – The development and organization of behaviour by Whitman R. Douglas, 1980, New York- Oxford university Press.
2. Psychology of human adjustment – by crew, lester D (1968) Alfred – A kroff, New Delhi
3. Psychology for Living – Adjustment, Growth, and Behaviour Today – By Estood Atwater, Prentice Hall of India Privet Ltd., New Delhi, 5th Ed. 1995.
4. Jivanmanache Manashtra – Dr. Barve B. N.
5. Weiten, W., Lloyd A. M. (2004). Psychology Applied to modern Life: Adjustment in the 21st Century. (7th Ed) Singapore: Thomson Wadsworth Pvt ltd.

PAPER IV: - PSYCHOLOGICAL TESTING AND STATISTICS

With effective from 2009-10.

Marks-75

Objectives: -

1. To train students in various psychological assessment techniques.
2. To acquaint the student and make them understand the different statistical methods with their uses and interpretations.
3. To impart skills necessary for selecting and applying different tests for different purpose such as evaluation, training, rehabilitation etc.

1) USES AND IMPLICATIONS OF PSYCHOLOGICAL TESTING

- i) Functions of psychological tests
- ii) Nature of a psychological test
- iii) Controlling the Use of tests
- iv) Test administration
- v) Examiner and situational variables
- vi) Effect of training on test performance
- vii) Social and ethical implication of testing
- viii) Test anxiety and rapport
- ix) Types of psychological tests

2) ITEM ANALYSIS

- i) Item difficulty
- ii) Item discrimination
- iii) Indices of item discrimination
- iv) Item response theory
- v) Item analysis of speeded tests
- vi) Cross validation
- vii) Item-by-group interaction

3) RELIABILITY OF PSYCHOLOGICAL TEST

- i) Definition
- ii) The correlation coefficient
- iii) Types of reliability:
 - (a) Test-retest reliability
 - (b) Parallel form reliability,
 - (c) Split-half reliability
 - (d) Inter-item consistency
- iv) Scorer reliability
- v) Reliability of speeded tests
- vi) Factors affecting reliability coefficients
- vii) Standard error of measurement
- viii) Reliability of criterion-referenced tests

4) VALIDITY OF PSYCHOLOGICAL TESTS

- i) Meaning of validity
- ii) Types of validity
 - (a) Content validation
 - (b) Criterion-related validation
 - (c) Construct validation

- iii) Comparison of validation procedures
- iv) Validity

5) MEASUREMENT OF APTITUDES

- i) What is an aptitude?
- ii) Theoretical basis of Aptitudes
- iii) Theories of trait organization
 - (a) The two factor theory of spearman
 - (b) Multiple factor theory
- iv) Structure of Intellect model
- v) Hierarchical Theories
- vi) Construction of Aptitude Test
- vii) Some important Aptitude tests
- viii) Multiple Aptitude batteries

6) FREQUENCY DISTRUBUTIONS

- i) Measurement in general
- ii) Need for grouping
- iii) Preparation of a frequency table
- iv) Graphic representations of the frequency distribution
 - (a) Histogram,
 - (b) Frequency Polygon
- v) Smoothing a polygon

7) MEASURES OF CENTRAL TENDENCY.

- i) Mean
- ii) Computation of the mean
 - (a) The long method and
 - (b) The short or assumed mean method
- iii) Median and its computation
- iv) Mode
- v) Uses of various measures of central tendency

8) MEASURES OF VARIABILITY

- i) Range
- ii) Quartile deviation
- iii) Average deviation
- iv) Standard deviation
- v) Uses of the various measures of variability

Books for Readings:-

1. Anastasi A (1997) Psychological Testing, New York: Mac Millan Co.
2. Cimnero, A.R. (1986) Hand book of Behavioural Assessment New York : John Wiley.
3. Freeman.Frank S (1971) Theory and Practice of Psychological Testing Oxford & IBH Publishing Co. New Delhi.
4. Dandekar, W.N. & Rajguru, M.S. () An Introduction to Psychological testing & statistics, Seth Publication

PAPER VIII: - PSYCHOLOGY PRACTICUM'S: EXPERIMENTS & TESTS
With effective from 2009-10.

Practical's Any – 10

Marks-50

Objectives

1. To create interest in psychological phenomenon.
2. To develop awareness of psychological of psychological tools, techniques and tests.
3. To nurture the skill of observation

1 Intelligence (Any Two): -

1. Measurement of intelligence – koh's block design test
2. Measurement of intelligence – Standard progressive matrices
3. Measurement of intelligence – Modified Alpha Examination

2 Learning(Any Two): -

1. Retention by methods of recall and recognition
2. Serial learning
3. Massed vs. distributed learning.
4. Human maze learning.
5. Transfer of learning

3 Attention & Perception(Any Two): -

1. Doing two things at a time
2. Retention for pleasant and unpleasant words
3. Disjunctive reaction time

4 Emotion(Any Two): -

1. Judgment of emotions from facial expressions
2. Insightful learning
3. Measuring State Trait Anger: Spielberger, C. D.

5 Self Concept & Adjustment(Any Two): -

1. Self Concept Scale: Rastogi.
2. Adjustment Inventory: Asthana or Palsane.
3. Concept Formation
4. Self confidence Inventory: - Rekkha Agnithotry.

6 Problem Solving & Design making(Any One): -

1. Problem Solving
2. Reasoning

7 Relationship(Any Two): -

1. Dimensions of Friendship Scale: - Chandna & Chadha
2. Parasparik Sambandh Prashnawali (Socio-metry test): - Guru Pyari Mathur
3. Perceived Loneliness Scale: - Praveen Kumar Jha.

8 Stress & Health (Any Two): -

1. Singh Personal Stress Source Inventory: - Arun Singh & Ashish Singh
2. Measurement of Anxiety
3. Measurement of Mental Health

Distribution of Marks

Procedure	Viva	Report	Record Book (Internal)	Total
15	10	15	10	50