



पंडित दीनदयाल उपाध्याय शेखावाटी  
विश्वविद्यालय सीकर

**SYLLABUS**

**B.A. PART-III**

**EXAMINATION-2023-24**

## 22.11. Psychology

## B.A. Part III -

**SCHEME OF EXAMINATION:**

Faculty	Max. Marks	Min. Passing Marks
Arts	200	72 (Th.54 Pr.18)
Science	150	54 (Th.36 Pr.18)

Paper	Nomenclature	Duration	Max. Marks	
			Arts	Science
I	Positive Psychology	3 Hrs.	75	50
II	Psychological Testing and Assessment	3 Hrs.	75	50
	Practical	3 Hrs.	50	50

**NOTE:-**

1. There will be three papers in Psychology. Each paper will be of 3 hours. There will be a common paper for Arts and Science. In I and II Papers there will be 3 Sections A, B and C and will cover the entire course content of the paper.

**Section-A** Will contain 10 questions of 20 words each. Each question will be of 1.5 marks for Arts students and 1 mark for Science students. Thus, Part-A will be of 15 marks for Arts students and of 10 marks for Science students.

**Section-B** Will contain 7 questions of 50 words each, out of which students are required to attempt 5 questions. Each question will be of 3 marks for Arts students and of 2 marks for Science students. Thus, Part-B will be of 15 marks for Arts student and of 10 marks for Science students.

**Section-C** Will contain 3 long questions each with internal choice. Each question will be of 15 marks for Arts students and 10 marks for Science students. Thus, Part-C will be of 45 marks for Arts students and 30 marks for Science students.

For clarification the distribution of marks is tabulated as below:-

Arts			
Section	No. of Questions	Marks	Total
A	10	1.5	15
B	5 (out of 7)	03	15
C	3 (with Internal Choice)	15	45
Total marks			75
Science			
Section	No. of Question	Marks	Total
A	10	01	10
B	5 (Out of 7)	02	10
C	3 (with internal choice)	10	30
Total Marks			50

Use of simple calculator will be allowed for statistical portions of all papers.

### **Paper I -Positive Psychology**

#### **Section A**

1. Introduction : Definition, Goals and Assumptions of Positive Psychology; Relationship with other Branches of Psychology
2. Happiness: Meaning; Hedonic and Eudaemonic Viewpoint; Positive and Negative Affect; Theoretical Viewpoints; Determinants and Sources; Authentic Happiness; Enhancement of Happiness and Wellbeing.
3. Positive Cognitive States and Processes: Self-Efficacy, Optimism, Hope, Mindfulness, Flow and Spirituality.

#### **Section B**

4. Virtues and Strengths of Character: Classification and Measures of Human Strengths, Gallup's Clifton Strength Finder; VIA Classification; Identifying Personal Strengths.
5. Resilience: Meaning and Sources; Developmental and Clinical Perspective; Successful Aging and Growth through Trauma.
6. Self-Regulation and Self-Control: Meaning and Theories; Planning for Self-Regulation Success; Self-Regulation Problems – Goal Conflict, Goal Difficulty and Goal Disengagement.

#### **Section C**

7. Mental Health and Well-Being: Subjective Well-Being and Life Satisfaction, Social Well-Being and Psychological Well-Being, Complete State Model.
8. Emotional Intelligence: Meaning, Components and Theories; Enhancement of Emotional Intelligence.
9. Pro-Social Behavior: Empathy, Altruism, Gratitude and Forgiveness.

#### **Books Recommended:**

- Snyder, C.R. & Lopez, S.J.(2007). *Positive Psychology*. New Delhi: Sage.
- Snyder, C.R. & Lopez, J.(2005). *Handbook of Positive Psychology*. New York: Oxford.
- Baumgardner, S. & Crothers, M. (2019). *Positive Psychology* . Noida: Pearson Education India.

### **Paper II - Psychological Testing and Assessment**

#### **Section-A**

1. Psychological Testing and Assessment:-Definition, Difference between Testing and Assessment , Tools of Psychological Assessment Interview, Case History Data, behavioral Observation, Computers as tools.
2. Psychological Test: Nature, Functionsand Uses of Psychological Test. Problem of test

- Administration, History of Psychological Testing, Characteristics of good Psychological test
3. Psychological Test Development:-Conceptualization, Test Construction, Item analysis.

### Section-B

4. Reliability: Meaning, Types and Methods of Calculating Reliability.
5. Validity: Meaning, Types and Methods of Calculating Validity.
6. Norms: Meaning and Types of Norms.

### Section-C

7. Types of Psychological Tests: Group and Individual, Verbal, Non-verbal and Performance Test, Self-Report Inventories, Projective Techniques, Ethical Consideration in Assessment
8. Application of Psychological Testing: Educational, Counseling and Guidance, Clinical and Organizational Setting.
9. Assessment of Personality- Big Five, 16 PF, MMPI, TAT and Rorschach. Test. Assessment of Intelligence- Binet, WAIS, SPM.

### Books Recommended:

- Anastasi, A. (1997). *Psychological testing*. New York: MacMillan Co.
- Chadha, N.K. (2009). *Applied Psychometry*. New Delhi: Sage.
- Kaplan, R.M. & Saccuzzo, D.P. (2009). *Psychological Testing and Assessment*. New Delhi: Cengage Learning.
- Cohen, R.J, Swerdlik, M. & Struman, E.D. (2015). *Psychological Testing and Assessment*. New Delhi: McGraw Hill.
- अरुण कुमार सिंह (2002) : मनोविज्ञान में मापन एवं मूल्यांकन, नई दिल्ली मोतीलाल बनारसीदास।

### Practical

1. Measurement of Subjective Wellbeing
2. Measurement of Forgiveness
3. Measurement of Emotional Intelligence
4. Measurement of Hope
5. Measurement of Resilience
6. Measurement of Intelligence (SPM)
7. Personality Assessment through HSPQ
8. Reaction Time
9. Mullar Lyer Illusion
10. Measurement of Level of Aspiration