

C. S. J. M. UNIVERSITY, KANPUR

SUBJECT- PSYCHOLOGY

(UNDERGRADUATE COURSES)

B.A. I

Paper 1 :	Basic Psychological Processes	<i>Max. Marks : 35</i>
Paper 2 :	Human Development	<i>Max. Marks : 35</i>
Paper 3 :	Practical	<i>Max. Marks : 30</i>

B.A. II

Paper 1 :	Psychopathology	<i>Max. Marks : 35</i>
Paper 2 :	Social Psychology	<i>Max. Marks : 35</i>
Paper 3 :	Practical	<i>Max. Marks : 30</i>

B.A. III

COMPULSORY PAPERS

Paper 1 :	Psychological Assessment and Statistics	<i>Max. Marks : 40</i>
Paper 2 :	Personality	<i>Max. Marks : 40</i>

OPTIONAL PAPERS (Any one of the following) *Max. Marks : 40*

- Paper 3 :** (A) Counselling and Guidance
 (B) Health Psychology
 (C) Environmental Psychology
 (D) Organizational Psychology

Paper 4 : Practical *Max. Marks : 30*

B.A. I

Paper 1 : **BASIC PSYCHOLOGICAL PROCESSES** **Marks - 35**

Unit I

- ✦ **Introduction:** Definition, Nature, Scope and Applications of Psychology. Methods: Introspection, Observation, Experimental, Interview, Questionnaire and Case Study.
- ✦ **Contemporary Perspectives:** Biological, Cognitive, Psychoanalytical, Humanistic, Evolutionary and Cross-cultural.
- ✦ **Biological Bases of Behaviour:** Evolution, Genes and Behaviour. The Response Mechanism: Receptors, Effectors and Adjustors. The Nervous System: The Basic Structure, Functions and Divisions of the Peripheral and Central Nervous System.

Unit II

- ✦ **Sensory Processes:** Visual, Auditory and Other Senses: Structure and functions.
- ✦ **Attentional Processes:** Nature, Types and Determinants of Attention.
- ✦ **Perceptual Processes:** Nature and Determinants, Perceptual Organization, Form, Space and Depth Perception. Perceptual Constancy and Illusion.

Unit III

- ✦ **Learning:** Nature of Learning Process. Classical and Operant Conditioning: Basic Principles and Types. Thorndike's Trial and Error Theory, Gestalt Theory of Insight, and Bandura's Observational Learning Theory. Transfer of Training, Types of Transfer, Factors Influencing Learning.
- ✦ **Memory and Forgetting:** Memory: Encoding, Storage and Retrieval Processes. The Stages of Memory: The Information Processing Approach. The Sensory, Short Term and Long Term Memory. Techniques of Improving Memory. Forgetting: Nature, Causes and Various Theories of Forgetting: Decay, Interference, Motivational Theory.
- ✦ **Motivation and Emotion:** Indicators of Motivation, The Motivational Cycle. Classification of Motives: Biogenic, Sociogenic and Personal Motives. Emotion: Nature and Dimensions of Emotion. Development, Expression and Control of

Emotions. Theories of Emotion: James-Lang'e, Cannon-Bard, Schachter and Singer, Lazarus, Lindsley's Activation Theory. Physiological Correlates of Emotion. Culture and Emotion.

Unit IV

- ✦ **Thinking:** Nature and Types of Thinking. Realistic and Autistic Thinking. Tools of Thinking: Concepts, Imagery, Prototypes, Script, Schema, Language and Thought.
- ✦ **Intelligence:** Definition, Concept of I.Q., Genetic and Environmental Influences on Intelligence. Factor Theories: Spearman, Thurstone and Guilford. Process-oriented Theories: Piaget, Bruner, and Sternberg. Creativity and Intelligence.
- ✦ **Personality:** The Concept of Personality. Trait and Type Approaches of Personality. The Biological, Social and Cultural Determinants of Personality.

BOOKS RECOMMENDED:

- ✦ Atkinson and Hilgard (2002). Introduction to Psychology. New York: Thomson Wadsworth.
- ✦ Baron, R. A. (1995). Psychology: The Essential Science. New York: Allyn and Bacon.
- ✦ Feldman, R. S. (2006). Understanding Psychology. India: Tata McGraw Hill.
- ✦ Lefton, L. A. (1985). Psychology. Boston: Allyn and Bacon.
- ✦ Morgan, C. T., King, R.A., Weiz, J. R., Schopler, J. (2001). Introduction to Psychology. Tata McGraw Hill.
- ✦ Singh, A. K. (2000). Uchcharat Samanya Manovigyan. New Delhi: Motilal Banarsidas.
- ✦ Zimbardo, P.G. and Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.

B.A. I

Paper 2 : HUMAN DEVELOPMENT

Marks-35

Unit I

- ✧ **Introduction:** Concept; Determinants: Biological, Social, Cultural and Ecological; Prenatal Development
- ✧ **Developmental stages:** Theories of Freud and Erikson.
- ✧ **Approaches:** Longitudinal, Cross Sectional, Sequential, Cohort methods: Biographical, Case study and Observational method.

Unit II

- ✧ **Cognitive Development:** Nature and Approaches: Piaget, Vygotsky and Information Processing.
- ✧ **Perceptual Development and Concept Formation:** Perceptual Development: Visual, Auditory and Tactual; Concept Formation: Acquisition of Concepts of Time and Space.
- ✧ **Language Development:** Stages and Determinants

Unit III

- ✧ **Emotional Development:** Primary Emotions: Development from Infancy to Adulthood; Concepts of Emotional and Spiritual Intelligence.
- ✧ **Social Development:** Stages; Factors affecting Social Development; Concept of Social Intelligence.
- ✧ **Moral Development:** Kohlberg's Theory, Social Learning Theories.

Unit IV

- ✧ **Self and Identity:** Self concept and Mirror Images, Emergence of Self: Development of Personal Identity.
- ✧ **Developmental concerns during Adulthood:** Marriage, Family and Work: roles and relationships, Mid life Crisis.
- ✧ **Aging and old age:** Problems of Physical Health, Cognitive deterioration dementia, Alzheimer Disease, Problems related to Retirement, Bereavement and Loneliness.

BOOKS RECOMMENDED:

- ✧ Berk, L.E (2003). Child Development, Boston: Allyn and Bacon.

- ♣ Hurlock, C. (1981). Developmental Psychology, McGraw Hill.
- ♣ Lal, J.N. (2001). Vikasatmak Manovigyaan.
- ♣ Mishra, P.C. (1999). Aaj ka Vikasatmak Manovigyaan. Sahitya Prakashan, Agra.
- ♣ Shaffer, D.R. (1985). Developmental Psychology. Fourth Ed. Brooks and Cole Publications.
- ♣ Shamrock, J.W. (1999). Lives span Development. New York: McGraw Hill.
- ♣ Singh, R.N. (2000). Adhunik Vikasatmak Manovigyaan, Motilal Banarsidas Publication, Varanasi.

B.A. I

Paper 3 : PRACTICAL

Marks-30

Any eight of the following:

- ♣ Learning
- ♣ Motivation
- ♣ Forgetting
- ♣ Perception
- ♣ Memory
- ♣ Adolescent's Problems
- ♣ Emotional Maturity
- ♣ Moral Judgment
- ♣ Social Maturity
- ♣ Introversion – Extroversion

B.A. II**Paper 1 : PSYCHOPATHOLOGY****Marks-35****Unit I**

- ✦ **Introduction to Psychopathology:** The Concept of Normality and Abnormality; Classification of Mental Disorders (ICD X and DSM IV).
- ✦ **Mental Illness:** Signs, Symptoms and Syndromes. Causes of Abnormal Behavior: Biological, Psychological, Social and Cultural Factors.
- ✦ **Psychological Models of Psychopathology:** Biological, Psychodynamic, Behavioural, Cognitive-Behavioural, Humanistic, Existential, Socio-cultural.

Unit II

- ✦ **Stress:** Nature, Sources and Types; PTSD and Acute Stress Disorder. Coping with Stress.
- ✦ **Psychosomatic Disorders :** Symptoms, Causes and Treatment.

Unit III

- ✦ **Anxiety Disorders:** Panic Disorder, Phobia, Obsessive Compulsive Disorder, Generalized Anxiety Disorder; Symptoms, Types, Etiology and Treatment.
- ✦ **Somatoform Disorders:** Dissociative Disorders.

Unit IV

- ✦ **Psychotic Disorders:** Symptoms, Types, Etiology and Treatments.
(a) Schizophrenia (b) Delusional Disorders.
- ✦ **Mood (Affective) Disorders:** Manic Episode, Depressive Episode, Bipolar Affective Disorders, Dysthymia.
- ✦ **Personality Disorders:**
(a) Dissociative (b) Impulsive (c) Anti-Social (d) Borderline
(e) Avoidance (f) Dependent Personalities.

BOOKS RECOMMENDED:

- ✦ Buss, A.H. (1999). Psychopathology. New York: John Wiley.
- ✦ Carson, R.C., Butcher, J. N. and Mineka, S. (2010). Abnormal Psychology and Modern life. Pearson Education, Inc. and Dorling Kindersley Publications Inc.
- ✦ Sarason, G. I. and Sarason, R. V. (2007). Abnormal Psychology: The Problem of Maladaptive Behaviours (11th Edition). Pearson Education Inc. and Dorling Kindersley Publishing Inc.
- ✦ Singh, A. K. Adhunik Asamanya Manovigyan. Patna: Moti Lal Banarsi Das.

B.A. II

Paper 2 : SOCIAL PSYCHOLOGY

Marks-35

Unit I

- ✦ **Introduction:** Nature and Scope; Methods of Studying Social Behaviour: Observation, Experimental, Field Study, Survey, Sociometry and Cross-cultural.
- ✦ **Socialization:** Agents and Mechanisms, Socialization and Deviation.
- ✦ **Perceiving Others:** Forming Impressions; Role of Non-verbal Cues, Group stereotypes, Central Traits; Primary and Recency Effects; Models of Information Integration; Attribution of Causality: Biases and Theories (Jones and Davis, Kelley).

Unit II

- ✦ **Perceiving Groups:** Prejudice, Stereotypes and Conflicts: Sources, Dynamics and Remedial Techniques.
- ✦ **Interpersonal Attraction:** Nature, Measurement and Antecedent Conditions of Interpersonal Attraction.
- ✦ **Attitudes:** Nature, Formation and Change of Attitudes. Measurement of Attitudes.

Unit III

- ✦ **Group Dynamics and Influence:** Structure, Function and Types of the Groups.

Social Facilitation, Social Loafing, Individuation; Group Cohesiveness, Norms and Decision Making. Conformity, Obedience and Social Modeling.

- ✦ **Leadership:** Definitions and Functions; Trait, Situational, Interactional, Behavioural and Contingency Approaches to Leadership Effectiveness.

Unit IV

- ✦ **Communication:** Verbal and Non-verbal Strategies. Language and Social Interaction. Barriers to Communication.
- ✦ **Aggression:** Determinants: Personal and Social; Theoretical Perspectives: Biological, Trait, Situational and Social Learning; Control of Aggression.
- ✦ **Helping Behaviour:** Determinants: Personal, Situational and Socio-cultural Determinants; Bystander Effect. Theoretical Perspectives: Exchange and Normative.

BOOKS RECOMMENDED:

- ✦ Alcock, J. E., Carment, D.W., Sadava, S.W., Collins, J. E. and Green, J. M. (1997). A Text Book of Social Psychology. Scarborough, Ontario: Prentice Hall/Allyn & Bacon.
- ✦ Baron, R. A. and Byrne, D. (2002). Social Psychology. New Delhi: Prentice Hall.
- ✦ Feldman, R. S. (1985). Social Psychology: Theories, Research and Application. New York: McGraw Hill.
- ✦ Myers, David, G (1994). Exploring Social Psychology. New York: McGraw Hill.
- ✦ Singh, A. K. (1996). Adhunik Samajik Manovigyan Ki Rooprekha (3rd edition). Varanasi: Motilal Banarsi Das.
- ✦ Tripathi, L. B. (1992). Adhunik Samajik Manovigyan Agra: National Psychological Corporation.
- ✦ Worchel, S. and Cooper, J. (1983). Understanding Social Psychology. Illinois: Dorsey Press.

B.A. II

Any eight of the following:

- ⤴ Attitude Scale.
- ⤴ Leadership.
- ⤴ Sociometry.
- ⤴ Social Facilitation
- ⤴ Anxiety.
- ⤴ S.S.C.T.
- ⤴ Adjustment
- ⤴ Stress/Coping.
- ⤴ Social Perception
- ⤴ Social Conformity

B.A. III

Paper 1 : PSYCHOLOGICAL ASSESSMENT AND STATISTICS Marks-40

Unit I

- ⤴ **Psychological Measurement** : Levels of Measurement: Nominal, Ordinal, Interval and Ratio. Discrete and Continuous Variables. Psychological Scaling Methods : Paired Comparison, Rating and Ranking. .
- ⤴ **Tests** : Meaning, Characteristics and Types of Test, Test Construction and Standardization of Tests , Norms - Types, Item Analysis, Concept of Reliability and Validity.
- ⤴ **Errors in Measurement:** Examiner's Variables Testee's Variables,, Situational Variables in Psychological Measurement.

Unit II

- ⤴ **Assessment of Mental and Special Abilities** : Stanford Binet Test, Bhatia Battery and Progressive Matrices , Differential Aptitude Test (DAT).
- ⤴ **Assessment of Personality** : Projective Tests: TAT, Rorschach, Psychometric

Test : MPI, EPI.

- ✦ **Assessment of Achievement, Interest and Values** : Standardized Achievement Test and Batteries, Strong's Vocational Interest Blank, Allport-Vernon Study of Values.

Unit III

- ✦ **Meaning and Purpose of Statistics in Psychology** : Types of Statistics : Descriptive, Inferential, Parametric and Non Parametric.
- ✦ **Frequency Distribution and Graphical Representation of Data** : Frequency Polygon , Histogram and Ogive.
- ✦ **Measures of Central Tendency** : Mean, Median, Mode : Meaning, Application and Computation.
- ✦ **Measures of variability** : Range, Q. D , A.D , S D : Meaning Application and Computation.

Unit IV

- ✦ **Correlation** : Concept of Correlation ; Linear and Non-linear Correlation ; Pearson's Product Moment Correlation, Spearman's Rank Order Correlation.
- ✦ **Normal Distribution** : Concept of Probability, Meaning , Characteristics and Applications of NPC.
- ✦ **Hypothesis Testing and Making Inferences** : Population and Sample : Random Sampling ; Sampling Distribution, Standard errors of Mean, S.D and r, df, Nature and Assumptions of t-distribution; Computation of t Values for Independent and Dependent Samples ; Interpretation of t values-Level of Significance; Type –I and Type – II errors in Inference Making.

BOOKS RECOMMENDED:

- ✦ Anastasi, A.S. and Urbina. S (1999). Psychological Testing, (7th International Ed.). MacMillan Co.
- ✦ Garrett, H. (Eds) (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.

- ✦ Guilford J. P (1984) Psychometrics Methods , Tata McGrawHill
- ✦ Kapil, H.K. (1980). Sankhyiki Ke Mool Tatva Agra: Vinod Pustak Mandir.
- ✦ Kaplan, R. N. and Saccuzzo, D. P. (2001). Psychological Testing, Principles, Applications and Issues (5th Ed.) USA: Wadsworth Thomson learning.
- ✦ Minium, E.W., King. B.M. and Bear. G. (1993). Statistical Reasoning in Psychological and Education. New York: John Wiley.
- ✦ Singh, A.K. (2000) Test, Measurement and Research Methods. Patna: Bharti Bhawan.
- ✦ Srivastava Ram Jee, Manovaigyanic Evam Shaikshik Mapan, New Delhi: Motilal Banarsidas.
- ✦ Verma, P. and Srivastava, D.N. (1996) Manovigyan aur Shiksha mein Sankhyiki Agra : Vinod Pustak Mandir.

B.A –III

Paper 2: PERSONALITY

MARKS 40

Unit I

- ✦ **Nature of Personality** : Structure and Types of Personality. Indian Concept.
- ✦ **Development of Personality** : Determinants of Personality : Biological, Social and Cultural.
- ✦ **Self Concept** : Nature , Components, Kinds of Self concepts.

Unit II

- ✦ **Constitutional Typology** : Kretschmer & Sheldon.
- ✦ **Psychoanalytic Theories**: Classical Freudian Perspective.
- ✦ **Neo Psycho Analytic Theories**: Adler and Sullivan.

UNIT III

- ✦ **Trait Theories**: Allport, Cattell.
- ✦ **Type Theories**: Jung and Eysenck.

UNIT IV

- ✦ **Need Theory**: Murray.

- ✦ **Field Theory:** Kurt Lewin.

BOOKS RECOMMENDED:

- ✦ Hall, C.S. and Lindzey, C.T. (1985), Theories of Personality, 3rd Edition. Wiley Eastern Ltd.
- ✦ Hjelja, L.A. and Ziegler, D.J. (1976). Personality Theories, McGraw Hill
- ✦ Hurlock, E.S. (1976). Personality Development, Tata McGraw Hill
- ✦ Asthana Madhu & Kiran Bala : Vyaktwa Ka Manovigyan, Motilal Banarasi Dass.
- ✦ Mischel, W. (1976). Introduction to Personality. Holt Rinehart and Winston.
- ✦ Pervin, L.A. (1984). Personality Theory and Research, 4th Edition. John Wiley and Sons.
- ✦ Singh, R. N. Vyaktitwa ka Manovigyan Agarwal Pulication Agra.

B.A. III

Paper 3(A) : COUNSELLING AND GUIDANCE

Marks-40

Unit I

- ✦ **Introduction:** Nature and Goals of Counselling. Distinction between Guidance and Counselling.
- ✦ **Perspectives of Counselling:** Psychoanalytic, Behavioural, Cognitive and Humanistic.
- ✦ **Types of Counselling:**
(a) Directive, Non-directive and Eclectic. (b) Individual and Group Counselling.

Unit II

- ✦ **Counselling Process:** Principles of Counselling.
- ✦ **Counselling Skills:** Rapport, Empathy and Communication.
- ✦ **Phases of Counselling:** Initial, Middle, Terminal and Follow up.
- ✦ **Special Areas of Counselling:** Career Counselling, Marital Counselling, Personal Counselling and Counselling of Alcoholics and Drug Addicts.

Unit III

- ✦ **Introduction to Guidance:** Need for Guidance. Nature, Goals and Functions of Guidance.
- ✦ **Areas of Guidance:** Educational, Vocational and Personal.

Unit IV

- ✦ **Testing Techniques in Guidance:**
 - (a) Intelligence (b) Personality (c) Aptitude
 - (d) Interests (e) Achievement tests

BOOKS RECOMMENDED:

- ✦ Gelso, C. J. and Pretz, B.R. (1995). Counselling Psychology. Bangalore: Prism Books Pvt. Ltd.
- ✦ Gibson, R. L. and Mitchell, M.H. (2005). Introduction to Counseling and Guidance (6th Ed.). Pearson Education.
- ✦ Patri, V. R. (2008). Counselling Psychology. New Delhi: Authors Press.
- ✦ Rao, S. N. (1991). Counselling and Guidance (28th Reprint 2008). New Delhi: Tata McGraw Hill.
- ✦ Rai, A and Asthana, M. (2003). Guidance and Counseling (Concepts, Areas and Approaches). New Delhi: Moti Lal Banarsi Das.
- ✦ Woolfe, R., Dryden, W. and Strawbridge, S. (2003). Handbook of Counselling Psychology (2nd Ed.). London: Sage Publication Ltd.

B.A. III**Paper 3(B) : HEALTH PSYCHOLOGY****Marks-40****Unit I**

- ✦ **Introduction:** Nature, Scope and a Brief History of Health Psychology. The Role of Health Psychologists.
- ✦ **Systems of Body:** Nervous System, Endocrine System, Cardio Vascular

System, Respiratory System, Renal System, Digestive System, Genitals and Immunity System.

- ✦ **Models of Health:** Bio-Psycho-Social and Cultural Models: Health Belief Models.

Unit II

- ✦ **Health Behaviour and Primary Preventions:** Determinants of Health Behaviour. Health Enhancement: Modification of Health Behaviour, Changing Health through Beliefs and Attitudes, Social Engineering, Habit Modifications, Exercise, Physical Examination, Weight Control and Diet Control.
- ✦ **Pain and Management:** Measurement of Pain, Clinical Management and Pain Control Techniques.

Unit III

- ✦ **Cardio Vascular Disease, Diabetes, Paralysis, Brain Strokes and Hypertension:** Symptoms, Causes and Remedies. Type A Behaviour in reference to Diseases.
- ✦ **Stress and Health:** Nature and Types of Stress, Causes and Consequences of Stress. Stress Management, Measurement of Stress. Role of Social Support.

Unit IV

- ✦ **Management of Chronic and Terminal Illness:** Management of Chronic and Terminal Illness, Coping, Rehabilitation of Chronically Ill, Psychological Interventions.
- ✦ Health Issues Related to Children, Adolescents, Women and Elderly.
- ✦ Future Challenges to Health Psychologists.

BOOKS RECOMMENDED:

- ✦ Bennett, P., Weinman J and Spurgeon, P. (Eds.) (1990). Current Development in Health Psychology. U. K.: Hand Academic Publishers.
- ✦ Friedman-DiMateo. (1989). Health Psychology. New York: Prentice Hall.
- ✦ Marks, D. F., Murray, M., Evans, B. and Willing, C. (2000). Health Psychology:

Theory, Research and Application, New Delhi: Concept.

- ✦ Ogden, J. (2000).: Health Psychology – A Textbook. Open University Press.
- ✦ Mathur, S. S.: Health Psychology. Agra: Vinod Pustak Mandir.

B.A. III

Paper 3(C) : ORGANIZATIONAL BEHAVIOUR

Marks-40

Unit I

- ✦ **Introduction:** Nature and Scope, contribution of Taylor, F.W. and Elton Mayo. New Challenges and Opportunities.
- ✦ **Selection and Placement:** Basic Selection Models, Measurement of Individual Differences. Techniques of Selection: Interview and Psychological Testing.

Unit II

- ✦ **Personnel Training and Development:** Training, Methods of Training On the Job and Off the Job. Techniques of Management Development. Evaluation of Training Programmes.
- ✦ **Motivation:** Major Theories: Maslow, Adams and Vroom. Financial and Non-financial Incentives. Job Characteristics; Two models: Job Enrichment, Quality of work Life.

Unit III

- ✦ **Job Satisfaction and Industrial Morale:** Nature, Determinants and Theories (Herzberg, Vroom).
- ✦ **Performance Appraisal:** Appraisal Process, Methods of Performance Appraisal and Factors Distorting Performance Appraisal.
- ✦ **Organizational Stress:** Nature, Sources, Role Stress and Its Effect on Job Behaviour.

Unit IV

- ✦ **Human Engineering:** Man-machine System. Designs, Display, Controls and

Action.

- ✦ **Accident and Safety:** Risk Taking Behaviour. Accident Proneness. Causes of Accidents: Physical and Human Factors. Safety Measures in Industries.

BOOKS RECOMMENDED:

- ✦ Blum, M. L. and Naylor J. C. (1968). Industrial Psychology: Its Theoretical and Social Foundations.
- ✦ Luthans, F (2005). Organizational Behaviour (10th Ed.). New York: TataMcGraw Hill.
- ✦ Memoria, C. B. Personnel Management.
- ✦ Rastogi, G. D. (1992). Vyavaharik Manovigyan. Agra: Har Prasad Bhargava.
- ✦ Robbins, S. J. and Sanghi, S. (2009). Organizational Behaviour.
- ✦ Singh, A. P. (1995). Vyavaharik Manovigyan. Varanasi: Abhishek Publications.
- ✦ Wexley, K. N. and Yulk, G.A. (1987). Organizational Behaviour and Personnel Psychology.

Paper 3(D) : ENVIRONMENTAL PSYCHOLOGY

Marks-40

Unit I

- ✦ **Environmental Psychology:** Nature and Characteristics; Classification of Environment. Indian Perspective on Human-environment Relationship.
- ✦ **Theories Of Environment - Behavior Relationship:** Arousal, Environmental Load, Adaptation Level and Ecological Approach.
- ✦ **Research Methods in Environmental Psychology:** Experimental, Simulation, Correlational and Descriptive; Methods of Data Collection: Self-report, Naturalistic Observation, Field Survey, Interview and Questionnaire.

Unit II

- ✦ **Ecology and Development:** Human Nature and Environmental Problems; Pro-social and Pro-environmental Behaviours, Ecosystems and Their Components: Ecology, Demography, Mortality and Fertility. Resource Use: Common Property Resources, Sustainable Developments, Acculturation and Psychological

Adaptation.

- ✦ **Environmental Stress:** Nature and Characteristics. Types of Stress: Natural Disasters, Technological Catastrophe, Noise and Air-pollution.

Unit III

- ✦ **Environmental Perception, Cognition and Attitudes:** Nature and Characteristics of Environmental Perception: Social and Cultural Influences. Environmental Cognition and Cognitive Mapping. Acquisition of Environmental Attitudes.
- ✦ **Effect of Environment on Behavior:** Personal Space and Territoriality: Nature Functions and Determinants of Personal Space, Consequences of Personal Space Invasion Territoriality Functions and Types.

Unit IV

- ✦ **Crowding:** Nature and Characteristics, Features and Effects of Crowding on Animals and Human Beings.
- ✦ **Environmental Psychology and Saving the Environment:** Environmental Education, Prompts and Reinforcement Techniques in Indian Context.

BOOKS RECOMMENDED:

- ✦ Bell, P. A., Greene, T. C., Fisher, J. D. and Baum, A. (2001). Environmental Psychology (Vth Edition). USA: Wadsworth Group / Thomson learning, 10 Davis Drive Belmont CA.
- ✦ Goldsmith, E. (1991). The Way; The Ecological World – View. Bostone; Shambala
- ✦ Ittelson W. H., Proshansky, H. M., Rilvin, E. G., Winkel, G. H. and Dempsey, D. (1974). An Introduction to Environmental Psychology. New York: Holt Rinehart and Winston.
- ✦ Jain, U. (1987). The Psychological Consequences of Crowding. New Delhi: Sage.

- ♣ Stokols, D. and Atmann, I. (Eds) (1987). Handbook of Environmental Psychology. New York: Wiley.
- ♣ Tewari, P. S. N. (2000). Paryavaraniya Manovigyan. New Delhi: Moti Lal Banarsi Das.

B.A- III

PAPER 4 : PRACTICAL

Marks-30

- ♣ Any Eight of the following :
- ♣ H.S.P.Q / M.P.I
- ♣ Self Concept
- ♣ Achievement Test
- ♣ Value Test
- ♣ Rating
- ♣ Raking
- ♣ Paired Comparison
- ♣ Word –Association Test
- ♣ Interest Test
- ♣ AIDS Awareness
- ♣ Job Satisfaction
- ♣ Health Habits
- ♣ Cognitive Mapping
- ♣ Eco-Friendly Attitudes