

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
III	Practicals	3 Hrs.	50	50

NOTE :-

- There will be three papers in Psychology. It will be common for Arts and Science. Each paper will be of 3 hours and would contain 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 Questions	Marks	Total
A	10	01	10
B	5 (Out of 7)	02	10
C	3 (with internal choice)	10	30
Total Marks			50

2. 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 Eudaemonist 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
- Wong, P.T. and Fry, (1998). The Human Quest for Meaning. Mahwah, New Jersey: Lawrence, Erlbaum
- Baumgardner, S. C. Myers, M. (2009). Positive Psychology. New Delhi: Pearson Education.

Psychological Testing and Assessment

Section-A

1. Human Assessment: Nature and Scope
2. Theories of Measurement: Campbell's Theory, Steven's Contribution, Problems in Psychological Measurement.
3. Psychological Test Construction: Principles and Steps, 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 and Performance, Speed and Power Test, Rating Scales.
8. Application of Psychological Testing: Educational, Counselling and Guidance, Clinical and Organizational Setting.
9. Practical and Ethical Issues in Psychological Testing.

Books Recommended:

- Anastasi, A. (1997), Psychological testing, New York: MacMillan Co.
- Chadha, N.K. (2009). Applied Psychometry, New Delhi: Sage.
- Kaplan, R.M. and Saccuzzo, D.P. (2009) Psychological Testing and Assessment. New Delhi: Cengage Learning.



अरुण कुमार सिंह (2002) : मनोविज्ञान में मापन एवं मूल्यांकन. नई दिल्ली, मोतीलाल बनारसीदास।

Paper-III

Practicals

1. Measurement of Subjective Wellbeing
2. Measurement of Forgiveness
3. Measurement of Emotional Intelligence
4. Measurement of Attributional Styles
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