

॥ सा विद्या या विमुक्तये ॥



# स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

“ज्ञानतीर्थ” परिसर, विष्णुपुरी, नांदेड - ४३१६०६ (महाराष्ट्र)

**SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY NANDED**

“Dnyanteerth”, Vishnupuri, Nanded - 431606 Maharashtra State (INDIA)

Established on 17th September 1994 – Recognized by the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'A' Grade

## ACADEMIC (1-BOARD OF STUDIES) SECTION

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संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील तृतीय वर्षाचे CBCS Pattern नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०२१-२२ पासून लागू करण्याबाबत.

### प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, मा. विद्याशाखेने दिनांक २२ मे २०२१ रोजीच्या बैठकीतील केलेल्या शिफारशीप्रमाणे व दिनांक १२ जून २०२१ रोजी संपन्न झालेल्या ५१ व्या मा. विद्या परिषद बैठकीतील विषय क्र. १५/५१-२०२१च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील तृतीय वर्षाचे खालील विषयांचे C.B.C.S. (Choice Based Credit System) Pattern नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०२१-२२ पासून लागू करण्यात येत आहेत.

- |  |  |
|--|--|
| 01. B. A. -III Year- Marathi                 | 02. B. A. - III Year- Hindi            |
| 03. B. A. - III Year- English                | 04. B. A. -III Year- Urdu              |
| 05. B. A. - III Year- Sanskrit               | 06. B. A. -III Year- Pali              |
| 07. B. A. - III Year- Kannada                | 08. B. A. - III Year- Economics        |
| 09. B. A. - III Year- Policial Science       | 10. B. A. - III Year- Sociology        |
| 11. B. A. - III Year- Philosophy             | 12. B. A. - III Year- Geography        |
| 13. B. A. -III Year – Psychology             | 14. B. A. - III Year History           |
| 15. B. A. -III Year- Public Administration   | 16. B. A. - III Year- Military Science |
| 17. B. A. -III Year- Administrative Services |  |

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या [www.srtmun.ac.in](http://www.srtmun.ac.in) या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी, ही विनंती.

‘ज्ञानतीर्थ’ परिसर,  
विष्णुपुरी, नांदेड - ४३१ ६०६.  
जा.क्र.:शैक्षणिक-१/परिपत्रक बी.ए./पदवी-सीबीसीएस अभ्यासक्रम/  
२०२१-२२/८७

दिनांक : २४.०७.२०२१.

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. प्र. अधिष्ठाता, मानवविज्ञान विद्याशाखा, प्रस्तुत विद्यापीठ
- २) मा. संचालक, परीक्षा व मूल्यमापन मंडळ यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ३) प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.
- ४) साहाय्यक कुलसचिव, पदव्युत्तर विभाग, प्रस्तुत विद्यापीठ.
- ५) उपकुलसचिव, पात्रता विभाग, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ.
- ७) अधीक्षक, परीक्षा विभाग मानवविज्ञान विद्याशाखा प्रस्तुत विद्यापीठ.

स्वाक्षरित

**सहा.कुलसचिव**

शैक्षणिक (१-अभ्यासमंडळ) विभाग

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



**SYLLABUS**

**Faculty of Humanities**

**PSYCHOLOGY**

**B.A. THIRD YEAR**

**SEMESTER PATTERN**

**(Choice Based Credit System)**

**(Revised)**

**With effect from June, 2021-2022**

**Swami Ramanand Teerth Marathwada University, Nanded.**  
**Choice Based Credit System (CBCS)**  
**Faculty of Humanities**  
**Under Graduate Programmes (UG)**  
**PSYCHOLOGY**  
**Curriculum Structure and Scheme of Evaluation for B.A. Third Year**  
**With effective from 2021-22**

Seme ster	Core Course	Paper No.	Title of the Pape	(Periods / Week)	Total Periods	Scheme of Evaluation		
						External ESE	Internal CA	Credit (Marks)
V	DSEPSY-I	XI	Abnormal Psychology	3	45	40	10	Credit:02 (Marks:50)
	GEPSY-I	XII	Introduction to Counselling	3	45	40	10	Credit:02 (Marks:50)
	SEC	III	Skills in Psychology-I	3	45	25	25	Credit:02 (Marks:50)
VI	DSEPSY-II	XIII	Psychopathology	3	45	40	10	Credit:02 (Marks:50)
	GEPSY-II	XIV	Counselling Techniques	3	45	40	10	Credit:02 (Marks:50)
	SEC	IV	Skills in Psychology-II	3	45	25	25	Credit:02 (Marks:50)
<b>Annu al Patte rn V &amp; VI</b>	DSEPSYP	XV	Psychology Practicum's: Experiments & Test	4 (Per Batch)	120	100	---	Credit:04 (Marks:100)
<b>Total</b>						<b>310</b>	<b>90</b>	Credit:16 (Marks:400)

**DSEPSY:** Discipline Specific Elective Psychology, **GEPSY:** Generic Elective

Psychology, **DSEPSYP:** Discipline Specific Elective Psychology Practical,

**ESE:** End of semester examination, **SEC:** Skill Enhancement Course

**CA:** Continuous Assessment

**CA of Marks 10:** 10 marks for Test/Assignments

**CA of Marks 25:** 10 marks for Unit Test & 15 Group Discussion/Seminar

Teaching workload will be of **three** periods per week for theory and **four** periods for practical **per week per batch**.

- 1) Strength of students for each practical batch shall not be more than **fifteen (15)**
- 2) Submission of Record Book is compulsory.
- 3) Students shall not be allowed for practical examination without certified Record Book.
- 4) Practical examination will be held in at the end of sixth semester.
- 5) Internal marks will be awarded for certified Record Book.
- 6) For practical, the duration of examination shall be three hours.

**Swami Ramanand Teerth Marathwada University, Nanded.**  
**Choice Based Credit System (CBCS)**  
**Faculty of Humanities**  
**Under Graduate Programmes (UG)**  
**DISCIPLINE SPECIFIC ELECTIVE PSYCHOLOGY (DSEPSY)-I**  
**Syllabus for B. A. T. Y. Fifth Semester**  
**Paper XI – Abnormal Psychology**  
**With effective from 2021-22.**

**Credit : 02 (Marks – 50)**

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**Objectives:**

1. To impart knowledge about the normality and abnormality.
2. To make students understand the nature and course of various abnormal conditions.
3. To impart knowledge and skills needed for Psychological assessment of different abnormal conditions.

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**Unit – I – Abnormal Behaviour in our Times**

What do we mean by abnormal behaviour? Dilemmas of Definition – Mental Disorders as Maladaptive behaviours - classifying abnormal behaviour – DSM classification of Mental Disorders – The problem of Labelling – Unresolved issues on classification

**Unit –II – Causal Factors and Viewpoints in Abnormal Psychology**

What causes Abnormal Behaviour? Necessary, sufficient and contributory causes – Diathesis – Stress models – The Biological viewpoints - Biological causal factors – The Psychosocial viewpoints – Psychosocial causal factors – The Socio-cultural viewpoint, Socio-cultural causal factors.

**Unit – III – Panic, Anxiety and their Disorders**

The Fear and Anxiety Response Patterns – Anxiety Disorders – Phobic Disorders – Obsessive – Compulsive Disorders – Treatment and Outcomes.

## **Unit – IV – Somatoform and Dissociative Disorders**

Somatoform Disorder, Hypochondriasis, Conversion Disorder –Dissociative Disorder, Casual Factors in Somatoform and Dissociative Disorder, Treatment and Outcomes.

### **Books for Readings:-**

1. **Robert .C. Carson, James N. Butcher, Susan Mineka (1998) :** *Abnormal Psychology and Modern Life* - 10th edition – Library of Congress.
2. **Irwin.G. Sarason, Barbara R. Sarason (2005) :** *Abnormal Psychology*, Prentice Hall.
3. **Lamman :** *Introduction to Psychopathology*.
4. **Buss A.H. :** *Psychopathology*
5. **Ahuja N. (2011):** *A Short Textbook of Psychiatry*, (7th Ed). New Delhi: Jaypee
6. **Barlow D.H. and Durand V.M. (2005) :** *Abnormal Psychology: An Integrated Approach*, (4th Ed.).Wadsworth: New York.
7. **Carson R.C., Butcher J.N., Mineka, S., & Hooley J.M. (2007):** *Abnormal Psychology*, (13th Ed.).ND: Pearson Education.
8. **Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010):** *Abnormal Psychology*, (11th Ed.).NY: John Wiley.
9. **Dr.Mansi Rajhans, Angha Patil and Dr. Sushil Surve (2001):** *Apsamanyache Manashatra*, Unmesh Prakashan, Pune
- 10.**Nadkumar Kulthe :** *Manasrang*, Sumedha Prakashan, Pune.
- 11.**Nadkumar Kulthe :** *Batchit Manovikar Chikistakanshi*, Shanti Prakashan, Pune.

**Swami Ramanand Teerth Marathwada University, Nanded.**  
**Choice Based Credit System (CBCS)**  
**Faculty of Humanities**  
**Under Graduate Programmes (UG)**  
**GENERIC ELECTIVE PSYCHOLOGY (GEPSY)-I**  
**Syllabus for B. A. T. Y. Fifth Semester**  
**Paper XII – Introduction to Counselling**  
**With effective from 2021-22.**

**Credit : 02 (Marks – 50)**

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**Objectives:**

1. To examine the various concepts of guidance and Counselling.
2. To explore various elements and levels of Counselling.
3. To explore various approaches and theories of Counselling.

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**Unit – I – Introduction**

- i. Definition of Counselling
- ii. Difference between guidance and counselling
- iii. Goals of counselling
  - a. Immediate goals
  - b. Long range goals
  - c. Major goals of counselling
- iv. Professional and ethical issues
  - a. Professional issues – Licensing, The Master’s degree in
- v. Psychology, Accreditation and specialization
  - a. Ethical principles

**Unit – II – Counselling Process**

- i. Preparation for counselling
- ii. Counselling relationship
- iii. Counselling content and process
- iv. Steps in the counselling process

### **Unit – III– Counselling Interaction**

- i. Counselling interaction
- ii. Variables affecting the counselling process
- iii. Counselling skills and portrait of an effective counsellor

### **Unit – IV – Counselling Interview**

- i. Essential aspects of interviewing
- ii. Non-verbal communication in interview
- iii. Counselee-counsellor relationship
- iv. Interviewing techniques in counselling
- v. Sharing of experience

### **Books for Readings:-**

**Gelso, C.J. Fertz, B.R. (1995):** *Counselling Psychology*, Prism Books Pvt.Ltd., Bangalore.

**S Narayana Rao (2002):** *Counselling and Guidance*, (2nd Edition), Tata McGraw Hill Publishing Company Limited, New Delhi.

**R. L. Gibson and M. H. Mitchell (2008):** *Introduction to counselling and guidance*, Prentice Hall New Delhi. (Eastern Economy Edition).

**Feltham, C. and Horton I. (2000):** *Handbook of Counselling and Psychotherapy*, Sage, London.

**Misra, G. (Ed) (2010).** *Psychology in India*, Volume 3: Clinical and Health Psychology, Pearson India, New Delhi.

**Gideon Arulnagmani (2004):** *Career Counselling*, A Handbook - Tata Mc - Graw Hill Publishing Company Limited, New Delhi.

**Deshpande C.G.(2010):** *Samupadeshan* (Marathi), Unmesh Prakashan,Pune.

**Hirve and Tadsare (2008):** *Samupadeshan Manasshastra*, Phadke Prakashan, Kolhapur.

**Nadkumar Kulthe :** *Antrang Yuvamanche*, Shanti Prakashan, Pune.



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**Choice Based Credit System (CBCS)**  
**Faculty of Humanities**  
**Under Graduate Programmes (UG)**  
**SKILL ENHANCEMENT COURSE-III**  
**Syllabus for B. A. T. Y. Fifth Semester**  
**Paper Name– Skills in Psychology-I**  
**With effective from 2021-22.**

**Credit : 02 (Marks – 50)**

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**Objectives:**

1. To inculcate psychological skills among students.
  2. To enable students to relate learning outcomes with the issues they encounter in their everyday life, such as motivation, academic performance and personality etc.
  3. To impart knowledge and skills needed for Psychological assessment.
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**UNIT- I- UNDERSTANDING MOTIVATION**

- a) Understanding Your Needs
- b) Psychosocial Motives
- c) Achievement Motivation
- d) Measurement of Achievement Motivation

**UNIT- II- IMPROVING ACADEMIC PERFORMANCE**

- a) Developing Sound Study Habits
- b) Improving Your Reading – SQ3R Method
- c) Getting More Out of Lectures
- d) Measurement of Study habit

**UNIT- III- ASSESSING YOUR PERSONALITY**

- a) Key Concepts in Psychological Testing
- b) Self Report Inventories
- c) Projective Tests
- d) Measurement of Personality

### **Books for Readings:**

1. **Weiten, W., Lloyd A. M. (2004).** *Psychology Applied to Modern Life: Adjustment in the 21st Century.* (7th Ed) Singapore: Thomson Wadsworth Pvt. Ltd.
2. **Eastwood Atwater (1995).** *Psychology for Living, Adjustment, Growth and Behaviour today,* prentice hall of India Private Limited, New Delhi, 5th Edition.
3. **Brannon, L. and Feist, J. (2007).** *Introduction to health psychology,* India ed. N.D.:Thomson.
4. **Dimatteo, M.R. and Martin, L.R. (2002).** *Health Psychology.* N.D.:Pearson.
5. **Martin, L.G.; Osborne, G. (1989).** *Psychology: Adjustment and everyday living,* N.J.: Prentice-Hall, Englewood Cliffs.

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**Choice Based Credit System (CBCS)**  
**Faculty of Humanities**  
**Under Graduate Programmes (UG)**  
**DISCIPLINE SPECIFIC ELECTIVE PSYCHOLOGY (DSEPSY)-II**  
**Syllabus for B. A. T. Y. Sixth Semester**  
**Paper XIII – Psychopathology**  
**With effective from 2021-22.**

**Credit : 02 (Marks – 50)**

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**Objectives:**

1. To impart knowledge about the normality and abnormality.
2. To make students understand the nature and course of various abnormal conditions.
3. To impart knowledge and skills needed for Psychological assessment of different abnormal conditions.

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**UNIT- I- Mood Disorders**

Unipolar Mood Disorders – Normal Depression-Mild, Moderate, Major Depressive Disorder-Bipolar Disorder – Schizoaffective Disorder- Causal Factors in Mood Disorders- Treatment and outcomes.

**UNIT -II- Personality Disorders**

Clinical Features of Personality Disorders- Causal Factors in Personality Disorders – Treatment and outcomes – Antisocial personality and Psychology – Causal Factors and Treatment

**UNIT -III - Schizophrenias and Delusional Disorders**

The Schizophrenias, the clinical picture in schizophrenia – subtypes of Schizophrenia – Causal Factors and Treatment – Delusional (paranol) Disorder – The Clinical picture and Causal factors in Delusional Disorder – Treatment and outcomes

## **UNIT-IV- Mental Retardation**

Level of mental Retardation – Brain Defects in Mental Retardation – organic Retardation syndrom Cultural – Familial Mental Retardation – Treatment, outcome and prevention.

### **Books for Readings:**

1. **Robert .C. Carson, James N. Butcher, Susan Mineka (1998):** *Abnormal Psychology and Modern Life* - 10th edition – Library of Congress.
2. **Irwin.G. Sarason, Barbara R. Sarason (2005):** *Abnormal Psychology*, Prentice Hall.
3. **Lamman :** *Introduction to Psychopathology*.
4. **Buss A.H. :** *Psychopathology*
5. **Ahuja N. (2011):** *A Short Textbook of Psychiatry*, (7th Ed). New Delhi: Jaypee
6. **Barlow D.H. and Durand V.M. (2005):** *Abnormal Psychology: An Integrated Approach*, (4th Ed.).Wadsworth: New York.
7. **Carson R.C., Butcher J.N., Mineka, S., & Hooley J.M. (2007):** *Abnormal Psychology*, (13th Ed.).ND: Pearson Education.
8. **Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010):** *Abnormal Psychology*, (11th Ed.).NY: John Wiley.
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**Choice Based Credit System (CBCS)**  
**Faculty of Humanities**  
**Under Graduate Programmes (UG)**  
**GENERIC ELECTIVE PSYCHOLOGY (GEPsy)-II**  
**Syllabus for B. A. T. Y. Sixth Semester**  
**Paper XIV – Counselling Techniques**  
**With effective from 2021-22.**

**Credit : 02 (Marks – 50)**

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**Objectives:**

1. To examine the various concepts of guidance and Counselling.
  2. To explore various elements and levels of Counselling.
  3. To explore various approaches and theories of Counselling.
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**Unit – I – Theories and Techniques of Counselling**

- i. Psychodynamic approach – Freud
- ii. Humanistic approach – Client Centred
- iii. Cognitive approach – Rational Emotive Therapy
- iv. Behavioural approach – Behaviour Modification
- v. Yoga and Meditation

**Unit – II – Psychological Testing and Diagnosis**

- i. Types of Psychological Tests
- ii. Test use in Counselling situations
- iii. Test interpretation in counselling
- iv. Non-test appraisal techniques

**Unit –III– Educational Counselling**

- i. Counselling the elementary school-child
- ii. Counselling at high school
- iii. Counselling at college
- iv. The role of teachers in counselling
- v. Educational counselling and curriculum

## **Unit – IV – Counselling Applications**

- i. Family counselling
- ii. Counselling with parents
- iii. Pre-marital and marital counselling
- iv. Career counselling
- v. Counselling drug addicts

### **Books for Readings:**

1. **Gelso, C.J. Fertz, B.R. (1995):** *Counselling Psychology*, Prism Books Pvt.Ltd., Bangalore.
2. **S Narayana Rao (2002):** *Counselling and Guidance*, (2nd Edition), Tata McGraw Hill Publishing Company Limited, New Delhi.
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5. **Misra, G. (Ed) (2010).** *Psychology in India*, Volume 3: Clinical and Health Psychology, Pearson India, New Delhi.
6. **Gideon Arulnagmani (2004):** *Career Counselling*, A Handbook - Tata Mc - Graw Hill Publishing Company Limited, New Delhi.
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9. **Nadkumar Kulthe :** *Antrang Yuvamanche*, Shanti Prakashan, Pune.

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**Choice Based Credit System (CBCS)**  
**Faculty of Humanities**  
**Under Graduate Programmes (UG)**  
**SKILL ENHANCEMENT COURSE-IV**  
**Syllabus for B. A. T. Y. Sixth Semester**  
**Paper Name – Skills in Psychology-II**  
**With effective from 2021-22.**

**Credit : 02 (Marks – 50)**

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**Objectives:**

1. To inculcate psychological skills among students.
  2. To enable students to relate learning outcomes with the issues they encounter in their everyday life, such as anxiety, parenting and shyness etc.
  3. To impart knowledge and skills needed for Psychological assessment.
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**UNIT- I- ANXIETY DISORDER**

- a) Generalized Anxiety Disorder
- b) Types of Anxiety Disorder
- c) Etiology of Anxiety Disorder
- d) Measurement of Anxiety

**UNIT- II- BECOMING AN EFFECTIVE PARENT**

- a) Parenting Styles
- b) Towards Effective Parenting
- c) Using Punishment Effectively
- d) Measurement of parenting/parent-child relationship

**UNIT- III- MEETING PEOPLE**

- a) First Impression
- b) Mistaken Impression
- c) Shyness
- d) Measurement of Shyness - How Shy are you?

### **Books for Readings:**

1. **Weiten, W., Lloyd A. M. (2004).** *Psychology Applied to Modern Life: Adjustment in the 21st Century.* (7th Ed) Singapore: Thomson Wadsworth Pvt. Ltd.
2. **Eastwood Atwater (1995).** *Psychology for Living, Adjustment, Growth, and Behaviour today,* prentice hall of India Private Limited, New Delhi, 5th Edition.
3. **Brannon, L. and Feist, J. (2007).** *Introduction to health psychology,* India ed. N.D.:Thomson.
4. **Dimatteo, M.R. and Martin, L.R. (2002).** *Health Psychology.* N.D.: Pearson.
5. **Martin, L.G.; Osborne, G. (1989).** *Psychology: Adjustment and everyday living,* N.J.: Prentice-Hall, Englewood Cliffs.



**Swami Ramanand Teerth Marathwada University, Nanded.**  
**Choice Based Credit System (CBCS)**  
**Faculty of Humanities**  
**Under Graduate Programmes (UG)**  
**DISCIPLINE SPECIFIC ELECTIVE PSYCHOLOGY PRACTICAL**  
**(DSEPSYP)**  
**Syllabus for B. A. T. Y. (V & VI)**  
**Paper XV– Psychology Practicum's: Experiments & Test**  
**With effective from 2021-22.**  
**Credit : 04 (Practical Marks – 100)**

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**Objectives:**

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

**Tests Any – 10**

1. Human Maze Learning
2. Zeigarnic effect
3. Mental work and rest
4. Reaction time
5. Effect of noise on performance
6. Localization of sound
7. Reminiscence
8. Localization of Sound
9. Depth Perception
10. Field of Vision & Colour Zone by Perimeter
11. Career decision Scale
12. Attitude towards communication job

13. Social Maturity Scale
14. Frustration Scale
15. Leadership Scale
16. P.G.I. General Well – Being Measure
17. Locus of control
18. Eysenck’s personality inventory
19. Life satisfaction scale
20. Socio- Economic Status Scale
21. Depression Scale
22. Loneliness
23. Mental health
24. Obedient - disobedient scale

Distribution of Marks				Total
Procedure	Viva	Report	Internal	
			Record Book	
30	30	20	20	100

**1. Books for Readings:**

2. **Rajamanickam, M. (2005):** *Experimental Psychology: With Advanced Experiments, Vol. 1 & 2.* New Delhi: Concept Publishing Company.
3. **Parameshwarn, E.G. & Rao, B. T. (1968):** *Manual of Experimental Psychology.* Bombay: Lalvani Publishing House.
4. **Galloti, K. M. (2004):** *Cognitive Psychology In and Out of Laboratory.* USA: ThomsonWadsworth.
5. **Baker, L. M., Weisiger, C. & Taylor, M. W. (1960):** *Laboratory Experiments in General Psychology.* Oxford Univ. Press.
6. **Debold, R. C. (1968):** *Manual of Contemporary Experiments in Psychology.* Prentice-Hall.

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8. **Sonodgrass, J. G., Levy-Berger, Hyden (1985).***Human Experimental Psychology*. New York: Oxford University Press.
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