BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Major/Minor

Syllabus of B.A. PSYCHOLOGY (Honors with Research) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- VII (HONOURS WITH RESEARCH)

B.A. HONOURS IN PSYCHOLOGY PROGRAMME
AS PER NEP 2020
(Effective from June-2026)

FACULTY OF ARTS

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

KHADIYA-JUNAGADH-362263

website: https://www.bknmu.edu.in

BHAKTA KAVI NARSINH MEHTA UNIVERSITY - JUNAGADH
NEP 2020
CREDIT FRAM WORK FOR UNDER GRADUATE PROGRAMME
FACULTY: BACHELOR OF ARTS
APPLIED: JUNE 2023

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SUMMARY OF THE SYLLABUS

Sem No.	Sr. No.	Category of Course	Course Title	Course Level	Credit	Teaching Hrs.	SEE Marks	CCE Marks	Total Marks	Exam Duration
Sem-7	1	Major-17	Psychological Testing Practical - I	6.0	4 (PER BATCH)	60	100	00	100	MORE THEN 5:00 Hrs
	2	Major-18	Emerging Areas in Psychology	6.0	4	60	50	50	100	2:00 Hrs
	3	Major-19	Research Method in Psychology	6.0	4	60	50	50	100	2:00 Hrs
	4	Minor-7	Applied Industrial Psychology	6.0	4	60	50	50	100	2:00 Hrs
	5	Research Project (RP) (for UG Honours with ResearchDegree)	Research Project (RP) (for UG Honours with Research Degree)	**6.0**	**6**					
				Total	**22**					

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Course Level	**6.0**		**Internal Marks**	**0**
Programme	**B.A**		**External Marks**	**0**
Semster	**VII**		**Practical Internal**	**50**
Category Of Course	**MAJOR 17**		**Practical External**	**50**
Course Credit	**04 (Per Batch)**		**Prac. External Exam Duration**	**2:30 Hours**
Teaching Hours	**60**		**Total**	**100**
Course Code			**Exam Duration**	
Course Title	**PRACTICAL : Psychological Testing Practical - I**			

✓ Objectives of the Course

1. To develop skills in psychological testing and measurement.
2. To understand administration and scoring of psychological tests.
3. To assess adjustment, anxiety, intelligence, personality, and mental health.
4. To study job satisfaction, job involvement, and occupational stress.
5. To understand organizational behaviour and work psychology.
6. To learn psychometric principles and research methodology.
7. To assess psychological factors related to health and well-being.
8. To develop clinical observation and assessment skills.

✓ Learning Outcomes

After completing this course, students will be able to:

1. Students acquire competency in administering psychological tests.
2. Students learn scoring, interpretation, and psychological report writing.
3. Students develop assessment skills in clinical, educational, health, and organizational settings.
4. Students gain understanding of personality, intelligence, and emotional behaviour.
5. Students develop research orientation and scientific thinking.
6. Students enhance professional psychological evaluation skills.
7. Students become capable of applying psychological knowledge in real-life situations.

✓ Any Four Tests from the following are to be performed and reported in Journal:

1. Adjustment Inventory

2. Anxiety Inventory

3. M.R. Kotharis draw – a Flower

4. Intelligence Test

5. Job Satisfaction Scale

6. Job Involvement Scale

7. Occupational Stress Inventory

8. Mental Hygiene Inventory

9. Tests Related to Organizational Behavior

10. Tests Related to Psychometric and Research Methodology

11. Tests Related to Health Psychology

❖ સંદર્ભ ગ્રંથો - References

1. Garret,H.E (1951): Great Experiments in Psychology, New York: Appleton- Century Crafts, IncThird Edition
2. Kuppuswami, B. (1954) Elementary Experiments in Psychology, Madras: Oxford UniversityPress
3. Postman, Leo & Egan, James P. (1949) Experimental Psychology: An Introduction, N.Y: Harper& Row
4. Underwood, Benton, j. (1963): Experimental: An Introduction, Bombay, The Times of IndiaPress
5. Woodworth, Robert S. & Schlosberg, Harold (1971); Experimental Psychology, Calcutta:Oxford & IBH Publishing Co.
6. D' Amato, M.R: Experimental Psychology: Methodology, (1970): PsychoPhysic Learning,NewYork: McGraw Hill

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SEMESTER- VII (HONOURS WITH RESEARCH)

Programme/Class:	Year : Forth	Semester : VII
Subject : Psychology		
Course Code:06	Course Title : Emerging Areas in Psychology	
Course Credit : 4	Course Type : MAJOR-18	
Teaching Hours : 60 (Hours)	Total Marks : 100 (50+50)	
Teaching Methodology : Lecture & Demonstration		

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1. Course Outcomes દરેકવિષયનીશરૂઆતમાંદર્શાવેલછે ?હા
2. Employability/Entrepreneurship/Skill Development પરકેન્દ્રિતથયેલછેકેનહિ ?હા
3. Value added Courses Imparting Transferable and Life Skillsનાગુણોધરાવેછે ?હા
4. Major ☑ Minor ☐ Skill Enhancement Courses ☐ Ability Enhancement Courses ☐ Value Added Cou☐s Exit/ Vocational ☐ Courses ☐
5. Holistic Education ✓ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગમાટેવિષયઅંતર્ગતઆનુસાંગિકજોગવાઈકરાયેલછે ?ના
7. New India Literacy Programme (NILP) મુજબનોવિષયછે ?ના
8. Swayamપ્લેટફોર્મપરના MOOC વિષયપરઆધારિતઆવિષયછે ?ના
9. ઇન્ડીયનનોલેજસીસ્ટમ- IKS પરઆધારિતવિષયછે ? હા

Course Objectives

The primary goals of this course are:

1. To provide a deep understanding of the psychological roots of contemporary social issues such as gender roles, poverty, and disability.
2. To explore the mentalities behind violence, war, and terrorism, while emphasizing the psychological processes of peacebuilding.
3. To introduce the concepts of Subjective Wellbeing and mindfulness as tools for holistic self-development.
4. To analyze the psychological interface between humans and technology, specifically regarding digital education and cyber-related challenges.

Course Outcomes (COs)

Upon successful completion of this course, students will be able to:

1. Identify and explain the psychological factors contributing to gender stereotypes, LGBTQ+ challenges, and the social stigma associated with poverty and disability.
2. Understand the psychological mechanisms of dehumanization and radicalization that lead to collective violence, war, and terrorism.
3. Formulate basic psychological approaches for peacebuilding and the mental health rehabilitation of communities affected by trauma and conflict.
4. Implement principles of mindfulness and various dimensions of self-growth to improve personal happiness and subjective wellbeing.
5. Critically assess the psychological impact of online learning and develop intervention strategies for cyberbullying and the effects of cyber pornography.

Course Detail

Modules	Content/ Topic	Weightage and Teaching

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		Hours
Unit-1	**સામાજિક મુદ્દાઓનું મનોવિજ્ઞાન(Psychology of Social Issues)** 1.પૂર્વભૂમિકા(Introduction) 2.જાતીય ભૂમિકા અને રૂઢિચુસ્તતા:વ્યાખ્યાખ્યાલ-, પરંપરાગત વિરુદ્ધ આધુનિક ભૂમિકાઓ (Gender Roles and Stereotypes: Definition, Concept, Traditional vs. Modern Roles) 3.જાતીય ભેદભાવ:ક્ષેત્રો અને કારણો Gender Discrimination: Areas and Causes 4.LGBTQ+ ઓળખ:જાતીય અભિમુખતા અને લિંગ ઓળખના ખ્યાલો. (LGBTQ+ Identity: Concepts of Sexual Orientation and Gender Identity) 5.ગરીબી:અર્થ, કારણો અને પરિણામો. (Poverty: Meaning, Causes, and Consequences) 6.દિવ્યાંગતા ધરાવતી વ્યક્તિઓના મનોવૈજ્ઞાનિક પડકારો. (Psychological Challenges of Persons with Disabilities)	**25%** **15 Hours**
Unit-2	**હિંસા અને શાંતિનું મનોવિજ્ઞાન** **(Psychology of Violence and Peace)** 1.પૂર્વભૂમિકા(Introduction) 2. હિંસાનો ખ્યાલ અને કારણો (Concept and Causes of Violence) 3. શાંતિ નિર્માણ:અહિંસાની મનોવૈજ્ઞાનિક પ્રક્રિયાઓ (Peacebuilding: Psychological Processes of Non-violence) 4. યુદ્ધનું મનોવિજ્ઞાન:યુદ્ધની સામૂહિક માનસિકતા, શત્રુની છબી અને અમાનવીયકરણ (Psychology of War: Collective Mindset of War, Enemy Image and Dehumanization) 5. આતંકવાદ:આતંકવાદના મનોવૈજ્ઞાનિક પરિબળો અને સામાજિક અસરો (Terrorism: Psychological Factors of Terrorism and Social Impacts) 6. યુદ્ધ અને આતંકવાદથી પ્રભાવિત સમુદાયોનું મનોવૈજ્ઞાનિક પુનર્વસન. (Psychological Rehabilitation of Communities Affected by War and Terrorism)	**25%** **15 Hours**

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Unit-3	સુખાકારી અને સ્વવિકાસનું મનોવિજ્ઞાન- **Psychology of Wellbeing and Self-Growth** 1. પૂર્વભૂમિકા(Introduction) 2. સુખાકારી:અર્થ અને વ્યાખ્યાઓ (Wellbeing: Meaning and Definitions) 3. વ્યક્તિલક્ષી સુખાકારીના ઘટકો (Components of Subjective Wellbeing) 4. સુખના નિર્ધારકો:જૈવિક, સામાજિક અને મનોવૈજ્ઞાનિક પરિબળો. (Determinants of Happiness: Biological, Social, and Psychological Factors) 5. સ્વ:વિકાસના આયામો-શારીરિક, માનસિક, આવેગાત્મક અને સામાજિક વિકાસ. (Dimensions of Self-Growth: Physical, Mental, Emotional, and Social Development) 6. માઇન્ડફુલનેસ (સજાગતા)(Mindfulness)	**25%** **15 Hours**
Unit-4	મનોવિજ્ઞાન અને ટેકનોલોજી **Psychology and Technology Interface** 1. પૂર્વભૂમિકા(Introduction) 2. ઓનલાઇન શિક્ષણનો પરિચય અને ડિજિટલ શિક્ષણના લાભો. (Introduction to Online Education and Benefits of Digital Learning) 3. ડિજિટલ શિક્ષણના મનોવૈજ્ઞાનિક પડકારો. (Psychological Challenges of Digital Education) 4. સાયબર બુલિંગ:વ્યાખ્યા અને પીડિત પર તેની અસરો. (Cyberbullying: Definition and Effects on the Victim) 5. સાયબર બુલિંગ નિવારણ અને હસ્તક્ષેપ. (Prevention and Intervention of Cyberbullying) 6. સાયબર પોર્નોગ્રાફીની મનોવૈજ્ઞાનિક અસરો. (Psychological Effects of Cyber Pornography)	**25%** **15 Hours**

Pedagogical Tools:

• Classroom Lecture • Problem Solving • Tutorial • GroupDiscussion • Seminar • Case Studies • Role Play • Field Work • Hospital Visit

Mode of Evaluation: Evaluation will be divided in two parts.

External: Annual Examination will be conducted by the Bhakta KaviNarsinh Mehta University of 50 Marks (4 Descriptive Questions and 2 short note)

Internal: Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 50 Marks.

• Assignment • MCQ Test • Presentation • Attendance • Seminar • Symposium

• Poster Presentation • Essay type Questions • Classroom quizzes and exams • Projects • Questionnaires • Interviews

Reference Books:

1. Baron, R. A., &Branscombe, N. R. (2017).*Social psychology* (14th ed.). Pearson Education.
2. Christie, D. J., Wagner, R. V., &Winter, D. D. (Eds.). (2001).*Peace, conflict, and violence: Peace psychology for the 21st century*. Prentice-Hall.
3. Compton, W. C., & Hoffman, E. (2019).*Positive psychology: The science of happiness and flourishing* (3rd Ed.). SAGE Publications.
4. Gackenbach, J. (Ed.). (2007).*Psychology and the internet: Intrapersonal, interpersonal, and transpersonal implications* (2nd Ed.). Academic Press.
5. Huppert, F. A., Baylis, N., &Keverne, B. (Eds.). (2005).*The science of well-being*. Oxford University Press.
6. Norman, K. L. (2017).*Cyberpsychology: An introduction to human-computer interaction* (2nd Ed.). Cambridge University Press.
7. सिंह, ए। के।९२०१७०।*उच्चतर सामाजिक मनोविज्ञान*. मोतीलाल बनारसीदास।
8. पाण्डेय, जे। ९१९८८०।*मनोविज्ञान के उभरते क्षेत्र*. हिमालय पब्लिशिंग हाउस।
9. अस्थाना, एच।एस। ९२००४०।*सकारात्मक मनोविज्ञान*. नीलकमल पब्लिकेशन्स।

Additional Online Resources:

1. American Psychological Association. (2020).*Publication manual of the American Psychological Association* (7th Ed.). https://doi.org/10.1037/0000165-000
2. World Health Organization. (2022).*World mental health report: Transforming mental health for all*. https://www.who.int/publications/i/item/9789240049338

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Programme/Class: Degree	Year : Forth	Semester: VII
Subject : Psychology		
Course Code: DSC-C PSY 362	Course Title: Research Method in Psychology	
Course Credit : 4	Course Type : MAJOR-19	
Teaching Hours : 60 (Hours)	Total Marks : 100 (50+50)	
Teaching Methodology : Lecture & Demonstration		

10. Course Outcomes દરેકવિષયનીશરૂઆતમાંદર્શાવેલછે ?હા
11. Employability/Entrepreneurship/Skill Development પરકેન્દ્રિતથયેલછેકેનહિ ?હા
12. Value added Courses Imparting Transferable and Life Skillsનાગુણોધરાવેછે ?હા
13. Major ☑ Minor ☐ Skill Enhancement Courses ☐ Ability Enhancement Courses ☐ Value Added Cou☐s Exit/ Vocational ☐ Courses ☐
14. Holistic Education ✓ Multidisciplinary ☐ Interdisciplinary ☐
15. દિવ્યાંગમાટેવિષયઅંતર્ગતઆનુસાંગિકજોગવાઈકરાયેલછે ?ના
16. New India Literacy Programme (NILP) મુજબનોવિષયછે ?ના
17. Swayam પ્લેટફોર્મપરના MOOC વિષયપરઆધારિતઆવિષયછે ?ના
18. ઇન્ડીયનનોલેજસીસ્ટમ- IKS પરઆધારિતવિષયછે ? હા

Course Objectives

The primary goals of this course are:

1. To provide students with a fundamental understanding of the scientific method and its application within the field of psychology.
2. To enable students to identify, formulate, and define researchable problems and develop testable hypotheses.
3. To familiarize students with various experimental and non-experimental research designs and the logic behind selecting them.
4. To instill an understanding of the ethical considerations and precautions necessary when conducting psychological research.
5. To train students in the structured process of scientific report writing according to professional standards.

Course Outcomes

Upon successful completion of this course, students will be able to:

1. Explain the meaning, importance, and systematic steps involved in psychological research.
2. Identify valid sources of research problems and construct sound, testable hypotheses based on theoretical frameworks.
3. Differentiate between experimental and non-experimental designs and select the most appropriate design for a given research question.
4. Assess the quality of a research design based on scientific criteria and characteristics.

5. Organize and write a comprehensive research report following the standard structure from the Title Page to Appendices.
6. Demonstrate an awareness of the precautions and necessity of maintaining integrity during the data collection and reporting phases.

Course Detail

Modules	Content/ Topic	Weightage and Teaching Hours
Unit-1	**સંશોધનનોપરિચયઅનેસંશોધનસમસ્યાઓ** **Introduction to Research and Research Problems** 1. પૂર્વભૂમિકા (Introduction) 2. સંશોધનનોઅર્થઅનેવ્યાખ્યા (Meaning and Definition of Research) 3. સંશોધનનુંમહત્વ (Importance of Research) 4. સંશોધનસમસ્યા :અર્થઅનેવ્યાખ્યા (Research Problem: Meaning and Definition) 5. સારીસંશોધનસમસ્યાનામાપદંડો / લક્ષણો (Criteria-Characteristics of a Good Research Problem) 6. સંશોધનસમસ્યાનીપસંદગીમાંધ્યાનેરાખવાનીબાબતો (Factors to Consider in Selecting a Research Problem) 7. સંશોધનસમસ્યાનાઉદ્ભવસ્થાન / સ્ત્રોતો (Sources of Research Problems)	**25%** **15 Hours**
Unit-2	**ઉત્કલ્પના) Hypothesis)** 1. પૂર્વભૂમિકા (Introduction) 2. ઉત્કલ્પનાનોઅર્થઅનેવ્યાખ્યા (Meaning and Definition of Hypothesis) 3. ઉત્કલ્પનાનાસ્ત્રોત / આધારો (Sources / Basis of Hypothesis) 4. ઉત્કલ્પનાનાપ્રકારો (Types of Hypotheses) 5. સારીઅનેચકાસણીક્ષમઉત્કલ્પનાનીલાક્ષણિકતાઓ (Characteristics of a Good and Testable Hypothesis) 6. ઉત્કલ્પનાનીસાર્થકતા / મહત્વ (Significance / Importance of Hypothesis)	**25%** **15 Hours**
Unit-3	**સંશોધનડિઝાઇન) Research Design)** 1. પૂર્વભૂમિકા (Introduction)	

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	2. સંશોધનડિઝાઇનનોઅર્થઅનેવ્યાખ્યા (Meaning and Definition of Research Design) 3. સંશોધનડિઝાઇનનાહેતુઓ (Objectives of Research Design) 4. વૈજ્ઞાનિકસંશોધનડિઝાઇનનામાપદંડો / લક્ષણો (Criteria-Characteristics of Scientific Research Design) 5. પ્રાયોગિકડિઝાઇન (Experimental Design) 6. બિન-પ્રાયોગિકડિઝાઇન (Non-Experimental Design)	**25%** **15 Hours**
Unit-4	**સંશોધનઅહેવાલ Research Report** 1. પૂર્વભૂમિકા (Introduction) 2. સંશોધનઅહેવાલનોઅર્થઅનેવ્યાખ્યા (Meaning and Definition of Research Report) 3. સંશોધનઅહેવાલનામુખ્યહેતુઓ (Main Objectives of Research Report) 4. અહેવાલલેખનનુંમાળખું) શીર્ષકપૃષ્ઠથીપરિશિષ્ટ((Structure of Report Writing-Title Page to Appendices) 5. સંશોધનઅહેવાલલેખનમાંરાખવાનીસાવચેતીઓ (Precautions in Research Report Writing) 6. સંશોધનમાં કમ્પ્યુટરનો ઉપયોગ (Use of Computers in Research)	**25%** **15 Hours**
Pedagogical Tools: **• Classroom Lecture • Problem Solving • Tutorial • GroupDiscussion • Seminar • Case Studies • Role Play • Field Work • Hospital Visit**		
Mode of Evaluation: Evaluation will be divided in two parts. **External:** Annual Examination will be conducted by the Bhakta Kavi Narsinh Mehta University of 50 Marks (4 Descriptive Questions and 2 short note) **Internal:** Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 50 Marks. • Assignment • MCQ Test • Presentation • Attendance • Seminar • Symposium • Poster Presentation • Essay type Questions • Classroom quizzes and exams • Projects • Questionnaires • Interviews		

Reference Books:

1. Selltiz C. Jahoda, Deatch M. and Cook S. W. *Research methods in behavioural Science*. New York, 1953.
2. Festinger and Katz D. *Research methods in behavioral Sciences*. Holt, Rinchart and Winstone, New York.

3. Kerlinger F. N. (2000). *Foundation of behavioral research*. Fifth edition-(Surjeet Publication, Delhi).
4. Best, J. W., & Kahn, J. V. – *Research in Education*.
5. McGuigan, F. J. – *Experimental Psychology: A Methodological Approach*.
6. Anastasi, A., & Urbina, S. – *Psychological Testing*.
7. American Psychological Association (APA) – *Publication Manual of the APA (7th Edition)*.

Available Books

1. Kothari C. R. (1990) *Research Methodology*. 2nd Ed. Wishwa Prakashan, New Delhi.
2. Anna anastach: *Psychological Testing.* 6th Ed. Mac Millan Co. Ltd., London,
3. Maser C. A. (1967): *Survey methods in Social Investigation*. Hei Neman, London.

Modern Books

1. Research methods in Psychology Sixth Edition. David G. Elmes, Barry H. Kantowitz, Henry L. Roediger Iii. Brooks/Cole Publishing Company I (R) P An International Thomson Publishing Company.
2. How to Research 2nd edition. Loraine Blaxter, Christina Hughes, Malcolm Tight. Viva Books Private Limited (1997) New Delhi, Mumbai, Chennai, Kolkata.
3. Research Methods in Psychology IV Edtion. John J. Shaughnessy. Eugene B. McGrew Hill Co., Zechmeister.

ગુજરાતીસંદર્ભપુસ્તકો:

1. યાજ્ઞિક, ઢીલાઅનેચોથાણી (2004): સંશોધનપદ્ધતિ (વાર્તનિકવિજ્ઞાનાનોમાં), અક્ષરપબ્લિકેશન, અમદાવાદ.

2. મલીકએમ. આર. તથાઅન્ય (2007): મનોવિજ્ઞાનનીસંશોધનપદ્ધતિઓ, દ્વિતીયઆવૃત્તિ, સી.જમનાદાસનીકંપની, અમદાવાદ.

Digital Resources

- Swayam / NPTEL
- e-PG Pathshala
- Google Scholar

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Major/Minor

Syllabus of B.A. PSYCHOLOGY (Honors with Research) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- VII (HONOURS WITH RESEARCH)

Course Level	**6.0**		**Internal Marks**	**50**
Programme	**B.A**		**External Marks**	**50**
Semster	**VII**		**Practical Internal**	**0**
Category Of Course	**Minor-7**		**Practical External**	**0**
Course Credit	**04**		**Prac. External Exam Duration**	**0**
Teaching Hours	**60**		**Total**	**100**
Course Code			**Exm Duration**	**02: 00 Hours**
Course Title	**Applied Industrial Psychology**			

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SEMESTER- VII (HONOURS WITH RESEARCH)

9. Objectives of the Course

1. To introduce the basic concepts and scope of Industrial Psychology.
2. To understand the importance of individual differences in industrial and organizational settings.
3. To explain the concept of work productivity, fatigue and job satisfaction among employees.
4. To study the role of motivation and incentives in improving employee performance.
5. To understand the causes and effects of stress and burnout in the workplace.
6. To create awareness about mental health and counseling at the workplace.
7. To understand the role of Industrial Psychology in improving employee well-being and organizational efficiency.

10. Learning Outcomes

After completing this course, students will be able to:

8. Explain the meaning, nature and scope of Industrial Psychology.
9. Understand individual differences and their importance in industrial settings.
10. Analyze the factors affecting work productivity, fatigue and job satisfaction.
11. Identify different types of motivation and incentives used in organizations.
12. Understand the sources and types of stress and the stages of burnout.
13. Explain the importance of mental health and counseling in the workplace.
14. Suggest measures to improve employee morale, productivity and mental well-being.

SEM	Unit	Syllabus	Teaching Hours
7	1	એકમ – ૧ વિષય પ્રવેશ અને વ્યક્તિગત ભિન્નતા : **Unit :1Introduction to the Subject and Individual Differences** 1. પ્રસ્તાવના -**Introduction** 2. ઔદ્યોગિક મનોવિજ્ઞાનનો અર્થ અને વ્યાખ્યા - **Meaning and Definition of Industrial Psychology** 3. ઔદ્યોગિક મનોવિજ્ઞાનનું ધ્યેય -**Objectives of Industrial Psychology** 4. ઉદ્યોગમાં મનોવિજ્ઞાનનું સ્થાન અને કાર્ય-**Role and Functions of Psychology in Industry** 5. ઔદ્યોગિક મનોવિજ્ઞાનનું દૃષ્ટિબિંદુ-**Perspective of Industrial Psychology** 6. વ્યક્તિગત ભિન્નતા-**Individual Differences** 7. વ્યક્તિગત ભિન્નતાનો અર્થ-**Meaning of Individual**	15

		Differences **8. વ્યક્તિગત ભિન્નતાનું સ્વરૂપ-Nature of Individual Differences** **9. ઔદ્યોગિક વ્યક્તિગત ભિન્નતાનું મહત્વ-Importance of Individual Differences in Industry** **10. વ્યક્તિગત ભિન્નતા ઉપર તાલીમની અસર-Effect of Training on Individual Differences**	
	2	**એકમ – ૨ કાર્ય ઉત્પાદકતા :, થાક અને કાર્ય સંતોષ** **Unit 2: Work Productivity, Fatigue and Job Satisfaction** **1. કાર્ય ઉત્પાદકતાનો અર્થ-Meaning of Work Productivity** **2. થાકનો અર્થ અને થાકના પાસા-Meaning and Aspects of Fatigue** **3. યોગ્ય અને અયોગ્ય થાક-Proper and Improper Fatigue** **4. થાકનું માપન-Measurement of Fatigue** **5. કાર્ય સંતોષ એટલે શું ? -What is Job Satisfaction?** **6. કાર્ય સંતોષને અસર કરતા પરિબળો-Factors Affecting Job Satisfaction** **7. ઔદ્યોગિક જોમ કર્મચારીમાં જોમ કઈ રીતે વધારી શકાય ? - How to Increase Industrial Morale among Employees?**	15
	3	**એકમ – ૩ કર્મચારીનું પ્રેરણ :, પ્રલોભન, તણાવ અને બર્નઆઉટ** **Unit 3: Employee Motivation, Incentives, Stress and Burnout** **1. પ્રસ્તાવના-Introduction** **2. કાર્ય પ્રેરણ-Work Motivation** **3. પ્રલોભન એટલે શું ? -What are Incentives?** **4. પ્રલોભનના પ્રકારો-Types of Incentives** **5. તણાવનો અર્થ -Meaning of Stress** **6. તણાવના પ્રકારો-Types of Stress** **7. તણાવના સ્ત્રોતો-Sources of Stress** **8. બર્ન આઉટના તબક્કાઓ-Stages of Burnout** **9. શારીરિક અને માનસિક અસર-Physical and Psychological Effects** **10. કાર્યક્ષમતા પર અસર -Effect on Work Performance** **11. નિવારણ અને નિયંત્રણ-Prevention and Control**	**15**

	4	એકમ – ૪ કાર્ય સ્થળે માનસિક આરોગ્ય અને સલાહ : **Unit 4: Mental Health and Counseling at Workplace** 1. પ્રસ્તાવના-**Introduction** 2. માનસિક આરોગ્યનો અર્થ-**Meaning of Mental Health** 3. કાર્ય સ્થળે માનસિક આરોગ્યને અસર કરતી પરિસ્થિતિઓ-**Conditions Affecting Mental Health at Workplace** 4. માનસિક આરોગ્ય અને ઉત્પાદકતા-**Mental Health and Productivity** 5. સલાહનો અર્થ અને મહત્વ-હેતુઓ/**Meaning, Importance and Objectives of Counseling** 6. કર્મચારી સહાય કાર્યક્રમ)**Employee Assistance Program - EAP) -Employee Assistance Program (EAP)** 7. કાર્ય સ્થળે માનસિક આરોગ્ય-**Mental Health at Workplace** 8. પ્રોત્સાહન માટેના ઉપાયો-**Measures for Promotion** 9. ઔદ્યોગિક મનોવિજ્ઞાનની ભૂમિકા-**Role of Industrial Psychology**	**15**

❖ સંદર્ભ ગ્રંથો - **References**

- **Blum, M. L., & Naylor, J. C.. (1968). Industrial psychology: Its theoretical and social foundations. Harper & Row.**
- **Gilmer, B. H.. (1971). Industrial psychology. McGraw-Hill.**
- **Robbins, S. P., & Judge, T. A.. (2017). Organizational behavior (17th ed.). Pearson Education.**
- **Arnold, J., Robertson, I. T., & Cooper, C. L.. (2012). Work psychology: Understanding human behaviour in the workplace (5th ed.). Pearson Education.**
- **Spector, P. E., (2012). Industrial and organizational psychology: Research and practice (6th ed.). John Wiley & Sons.**
- **Landy, F. J., & Conte, J. M.. (2016). Work in the 21st century: An introduction to industrial and organizational psychology (4th ed.). Wiley.**
- **Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J.. (1986). Introduction to psychology (7th ed.). McGraw-Hill.**
- **Schein, E. H., (2010). Organizational culture and leadership (4th ed.). Jossey-Bass.**
- ઠુંમર, બી. કે. અને બુચ એમ. એન. (2021). ઉદ્યોગ અને સંગઠનમાં મનોવિજ્ઞાન, આયુધ

પ્રકાશન, ભાવનગર

- ત્રિવેદી, એમ. બી., (2015). ઔદ્યોગિક મનોવિજ્ઞાન. અમદાવાદ: યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.
- પટેલ, આર. કે.(2012). સંગઠનાત્મક વર્તન. અમદાવાદ: યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.
- દેસાઈ, કે. જી. (2014). મનોવિજ્ઞાનના મૂળભૂત સિદ્ધાંતો. અમદાવાદ: યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.
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- જોશી, એસ. એચ. (2016). માનસિક આરોગ્ય. અમદાવાદ: યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.

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Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- VII (HONOURS WITH RESEARCH)

Research Project (RP)

Course: Research Project (RP)

Semester: VII

Credits: 06

Total Marks: As per University Scheme (Internal + External Viva/Dissertation)

COURSE OUTLINE

1. CASE STUDY
2. SURVEY METHODS
3. FIELD WORK
4. REPORT WRITING

How to Do a Research Project (In Short)

1. **Choose a Research Topic**
   Select a relevant psychology topic (e.g., Stress, Anxiety, Emotional Intelligence).
2. **Define the Research Problem**
   Clearly state what you want to study.
3. **Review Literature**
   Read books and research articles related to your topic.
4. **Set Objectives and Hypotheses**
   Write the aims of the study and expected outcomes.
5. **Prepare Methodology**
   - Select participants (sample)
   - Choose a research design
   - Select standardized psychological tools/scales
6. **Collect Data**
   Administer questionnaires or psychological tests ethically.
7. **Analyze Data**
   Use statistical methods (Mean, SD, t-test, Correlation, etc.) with SPSS, or Excel.
8. **Interpret the Results**
   Explain the findings and compare them with previous studies.
9. **Write the Research Report**
   Include:
   - Introduction
   - Review of Literature
   - Methodology
   - Results
   - Discussion
   - Conclusion
   - References (APA 7th Edition)

10. **Submit and Present**
    Submit the dissertation and appear for the viva voce.

- **Areas of Research in Psychology**

Educational Psychology
- Academic Stress
- Study Habits
- Examination Anxiety
- Emotional Intelligence
- Learning Styles
- Academic Motivation
- Self-Efficacy

Clinical Psychology
- Depression
- Anxiety
- Sleep Quality
- Internet Addiction
- Smartphone Addiction
- Psychological Well-being

Counselling Psychology
- Career Decision Making
- Coping Strategies
- Life Satisfaction
- Resilience
- Self-esteem

Social Psychology
- Social Media Use
- Peer Pressure
- Attitude Formation
- Prosocial Behaviour
- Gender Attitudes

Health Psychology
- Stress Management
- Lifestyle Behaviour
- Health Awareness
- Quality of Life
- Mindfulness

Positive Psychology
- Happiness
- Gratitude
- Hope
- Optimism
- Flourishing

Organizational Psychology
- Job Satisfaction
- Work Stress

- Employee Motivation
- Burnout
- Work-Life Balance

Child Psychology

- Parenting Style
- Emotional Development
- Behavior Problems
- Self-Concept
- Learning Difficulties

Adolescent Psychology

- Social Anxiety
- Body Image
- Self-esteem
- Emotional Regulation
- Internet Behavior

Geriatric Psychology

- Loneliness
- Successful Ageing
- Cognitive Health
- Depression in Elderly

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SEMESTER- VII (HONOURS WITH RESEARCH)

ExternalAssessmentbyUniversityforMajor-17,18,19,Minor-07

Ques. No.	Particulars	FromwhichUnit	Marks
1	Unit1:Question 1ORQuestion 1	1	10
2	Unit2:Question 2ORQuestion 2	2	10
3	Unit3:Question 3ORQuestion 3	3	10
4	Unit4:Question 4ORQuestion 4	4	10
5	Unit1 to4: Writeshort note(2 outof 4)	FromEachUnit	10
		TotalMarks	50

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SEMESTER- VII (HONOURS WITH RESEARCH)

InternalEvaluationSchemeforMajor-17,18,19,Minor-07		
NO	**Particulars**	**Marks**
1	**MidSemesterExam(Mandatory)**	**25**
2	ClassTest	05
3	Openbookexam/test	05
4	Opennote exam/test	05
5	Self-test/Online test	05
6	Essay/Articlewriting	05
7	Quizzes/Objectivetest	05
8	Classassignment	05
9	Homeassignment	05
10	ReportsWriting	05
11	Research/Dissertation	05
12	CaseStudies	05
13	Viva/Oralexam	05
14	GroupDiscussion	05
15	RolePlay	05
16	Paperpresentation/Seminar	05
17	LanguageLabwork	05
18	Interview	05
19	Craftwork	05
20	Co-curricularwork	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	ProjectWork	05
	Total	**50**

Note: Sr.No.1 is mandatory. Select any five from Sr.No.2 to 24. Each Contains fivemarks. Students should secure 18 Marks for passing internal Exam.

Ques. No.	**Particulars**	**From Which Unit**	**Marks**
1	Question 1 **OR** Question 1	Unit 1	10
2	Question 2 **OR** Question 2	Unit 2	10
3	Write Short Note (1 out of 2)	From Each Unit	05
	Total Marks		**25**

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