

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
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- VIII (HONOURS WITH RESEARCH)



B.A. HONOURS WITH RESEARCH 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 FRAMEWORK FOR UNDERGRADUATE 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-8	1	Major-20	Psychological Testing Practical -II	6.0	4 (PER BATCH)	60	50	50	100	MORE THEN 5:00 Hrs
	2	Major-21	Psychological Evaluation & Measurement	6.0	4	60	50	50	100	2:00 Hrs
	3	Major-22	Statistics in Psychology	6.0	4	60	50	50	100	2:00 Hrs
	4	Minor-8	Applied Community Psychology	6.0	4	60	50	50	100	2:00 Hrs
	5	Research Project (RP) (for UG Honours with Research Degree)	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	VIII	Practical Internal	50
Category Of Course	MAJOR 20	Practical External	50
Course Credit	04	Prac. External Exam Duration	2:30 Hours
Teaching Hours	60	Total	100
Course Code		Exm Duration	
Course Title	PRACTICAL Psychological Measurement (Testing) OR Clinical Assessment - II		

Objectives of the Course

1. To develop advanced skills in psychological assessment and testing.
2. To understand clinical evaluation and behavioral assessment techniques.
3. To assess personality, aptitude, emotional stability, and adjustment patterns.
4. To learn counselling and clinical observation skills.
5. To understand psychological diagnosis and case formulation.
6. To develop skills in interpretation and psychological reporting.
7. To understand applied psychology in clinical and community settings.

Learning Outcomes: After completing this course, students will be able to:

1. Conduct psychological assessment independently.
2. Apply clinical testing procedures effectively.
3. Interpret psychological test results scientifically.
4. Develop psychological case history and assessment reports.
5. Understand behavioral and emotional problems.
6. Apply psychological knowledge in counselling and clinical settings.
7. Demonstrate professional ethics in psychological assessment.

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

1. Personality Inventory Test
2. Self-Concept Scale
3. Depression Inventory
4. Emotional Intelligence Scale
5. Adjustment Rating Scale
6. Attitude Measurement Scale
7. Suicide Tendency
8. Clinical Case Study Method
9. Behaviour Rating Scale
10. Psychological Well-Being Scale
11. Counselling Assessment Techniques

સંદર્ભ ગ્રંથો - References

1. **Anastasi, Anne & Urbina, Susana (1997)** – *Psychological Testing*, New Delhi: Prentice Hall of India.

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2. **Kaplan, R.M. & Saccuzzo, D.P. (2018)** – *Psychological Testing: Principles, Applications and Issues*, Cengage Learning.
3. **Singh, A.K. (2006)** – *Tests, Measurements and Research Methods in Behavioural Sciences*, New Delhi: Bharati Bhawan.
4. **Mangal, S.K. (2012)** – *Statistics in Psychology and Education*, New Delhi: PHI Learning.
5. **Beck, A.T., Steer, R.A. & Brown, G.K. (1996)** – *Manual for Beck Depression Inventory*, Psychological Corporation.
6. **Goleman, Daniel (1995)** – *Emotional Intelligence*, New York: Bantam Books.
7. **Corey, Gerald (2017)** – *Theory and Practice of Counseling and Psychotherapy*, Cengage Learning.
8. **Rogers, Carl R. (1951)** – *Client-Centered Therapy*, Boston: Houghton Mifflin.
9. **Ryff, Carol D. (1989)** – *Psychological Well-Being Scale Manual*, University of Wisconsin.
10. **Freeman, Frank S. (1962)** – *Theory and Practice of Psychological Testing*, Oxford & IBH Publishing.

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SEMESTER- VIII (HONOURS WITH RESEARCH)		
Programme/Class:	Year : Forth	Semester : VIII
Subject : Psychology		
Course Code:	Course Title: Psychological Evaluation and Measurement	
Course Credit : 4	Course Type : MAJOR-21	
Teaching Hours : 60 (Hours)	Total Marks : 100 (50+50)	
Teaching Methodology : Lecture & Demonstration		

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે ?હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ ?હા
3. Value added Courses Imparting Transferable and Life Skillsના ગુણો ધરાવે છે ?હા
4. Major ☒ Minor ☐ Skill Enhancement Courses ☐
Ability Enhancement Courses ☐ Value Added Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☒ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસંગિક જોગવાઈ કરાયેલ છે ?ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે ?ના
8. Swayam પ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે ?ના
9. ઇન્ડિયન નોલેજ સીસ્ટમ- IKS પર આધારિત વિષય છે ? હા

Course Objectives:

The primary goal of this course is to equip students with the theoretical knowledge and practical skills required to understand and evaluate psychological measurement tools. The specific objectives are:

1. To introduce the basic principles of measurement, evaluation, and the different scales used in psychological data.
2. To provide a step-by-step understanding of how psychological tests are constructed, analyzed, and standardized.
3. To teach students how to assess the quality of a test through the lenses of reliability and validity.
4. To familiarize students with the various types of norms used to interpret raw scores into meaningful psychological data.
5. To instill a deep understanding of the ethical responsibilities, social implications, and legal rights associated with psychological testing.

Course Outcomes (COs):

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

1. Students will be able to differentiate between measurement, evaluation, and testing, and identify the appropriate levels of measurement for different types of data.
2. Students will demonstrate the ability to outline the stages of test construction and perform item analysis to refine a test's effectiveness.
3. Students will be able to explain and apply various methods of reliability, such as Test-Retest and Split-Half, to ensure consistency in measurement.
4. Students will be able to determine the appropriateness of a test by assessing its content, construct, and criterion-related validity.
5. Students will have the skills to convert raw scores into standardized formats using age, grade, and other established norms.

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6. Students will be prepared to conduct assessments while respecting the rights of test-takers and adhering to the ethical guidelines of the psychological profession.

Course Detail

Modules	Content/ Topic	Weightage and Teaching Hours
Unit-1	મનોવૈજ્ઞાનિક મૂલ્યાંકન અને માપન Psychological Evaluation and Measurement 1. પૂર્વભૂમિકા (Introduction) 2. મૂલ્યાંકનનો અર્થ, વ્યાખ્યા અને ઉદ્દેશ્યો : (Meaning, Definition and Objectives of The Evaluation) 3. માપનનો અર્થ, વ્યાખ્યા અને સ્વરૂપ: (Meaning, Definition and nature of Measurement) 4. માપનના સ્તરો: (Levels of Measurement) 5. માપન અને મૂલ્યાંકન વચ્ચેનો તફાવત (Difference between Measurement and Evaluation) 6. મનોવૈજ્ઞાનિક કસોટીની વ્યાખ્યા અને લક્ષણો (Definition and Characteristics of Psychological Tests)	25% 15 Hours
Unit-2	મનોવૈજ્ઞાનિક કસોટી નિર્માણ અને પ્રશ્ન વિશ્લેષણ Psychological Test Construction & Item Analysis 1. પૂર્વભૂમિકા (Introduction / Background) 2. મનોવૈજ્ઞાનિક કસોટીના ઉપયોગો અને મર્યાદાઓ (Uses and Limitations of Psychological Tests) 3. કસોટી નિર્માણના તબક્કા (Stages of Test Construction): 4. વિગત પ્રશ્ન (વિશ્લેષણ) Item Analysis): 5. કસોટીનું પ્રમાણીકરણ (Standardization of the Test): 6. કસોટી સંચાલન (Test Administration)	25% 15 Hours
Unit-3	વિશ્વસનીયતા અને યથાર્થતા (Reliability and Validity) 1. પૂર્વભૂમિકા (Introduction) 2. વિશ્વસનીયતા: અર્થ અને વ્યાખ્યા (Meaning and Definition of Reliability): 3. વિશ્વસનીયતાના પ્રકારો : કસોટી-પુનઃ કસોટી, અર્ધ-વિભાજન પદ્ધતિ (Types of Reliability: Test-Retest Method, Split-Half Method): 4. યથાર્થતા : અર્થ અને વ્યાખ્યા (Meaning and Definition of Validity): 5. યથાર્થતાના પ્રકારો : વિષયવસ્તુ યથાર્થતા, ઘટક યથાર્થતા,	25% 15 Hours

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	6. માપદંડલક્ષી યથાર્થતા 7. Types: Content Validity, Construct Validity)	
Unit-4	માંનાંકો / ધોરણો અને કસોટીના નૈતિક પાસાંઓ (Norms and Ethical Aspects) 1. પૂર્વભૂમિકા (Introduction) 2. માંનાંકો / ધોરણો :અર્થ અને વ્યાખ્યા)Meaning and Definition of Norms): 3. માંનાંકો / ધોરણોના પ્રકારો :વય માંનાંકો, વર્ગ માંનાંકો, પ્રતિશત ક્રમાંક માંનાંકો અને પ્રમાણભૂત પ્રાપ્તિ માંનાંકો.)Types of Norms: Age Norms, Grade Norms, Percentile Norms, Standard Score Norms) 4. કસોટીના સામાજિક અને નૈતિક પાસાંઓ)Social and Ethical Aspects) 5. પરીક્ષાર્થીના અધિકારો અને નૈતિક જવાબદારીઓ)Rights of Test-Takers and Ethical Responsibilities)	25% 15 Hours
Pedagogical Tools: • Classroom Lecture • Problem Solving • Tutorial • Group Discussion • 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 List:

1. Anastasi, A., & Urbina, S. (1997). *Psychological testing* (7th Ed.). Pearson Education.
2. Aiken, L. R., & Groth-Marnat, G. (2006). *Psychological testing and assessment* (12th Ed.). Pearson.
3. Cohen, R. J., & Swerdlik, M. E. (2017). *Psychological testing and assessment: An introduction to tests and measurement* (9th Ed.). McGraw-Hill Education.
4. Freeman, F. S. (1962). *Theory and practice of psychological testing* (3rd Ed.). Oxford & IBH Publishing.
5. Gregory, R. J. (2014). *Psychological testing: History, principles, and applications* (7th Ed.). Pearson.
6. Srivastava, D. N. (2011). *Manovaignanik mapan evam mulyankan*, Vinod Pustak Mandir.
7. Trivedi, M. D., & Parekh, B. U. (1994). *Shaikshanik mapan ane mulyankan* [Educational measurement and evaluation]. University Granth Nirman Board.
8. Desai, K. G. (1982). *Manovaignanik mapan*. University Granth Nirman Board, Gujarat State.
9. Asthana Bipin and Shweta (2019). *Manovigyan aur shiksha main mapan evam mulyankan*, Vinod Pustak Mandir.

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Programme/Class:	Year : Forth	Semester : VIII
Subject : Psychology		
Course Code:	Course Title : Statistics in Psychology	
Course Credit : 4	Course Type : MAJOR-22	
Teaching Hours : 60 (Hours)	Total Marks : 100 (50+50)	
Teaching Methodology : Lecture & Demonstration		

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 Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☒ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગમાટેવિષયઅંતર્ગતઆનુસંગિકજોગવાઈકરાયેલછે ?ના
7. New India Literacy Programme (NILP) મુજબનોવિષયછે ?ના
8. Swayamપ્લેટફોર્મપરના MOOC વિષયપરઆધારિતઆવિષયછે ?ના
9. ઇન્ડિયનનોલેજસીસ્ટમ- IKS પરઆધારિતવિષયછે ? હા

Course Objectives:

The primary goal of this course is to equip students with the Statistical and analytical tools necessary to conduct and interpret psychological research. The objectives include:

1. To help students distinguish between various types of data and choose appropriate statistical techniques (Parametric vs. Non-Parametric).
2. To enable students to summarize large datasets using measures of central tendency (Mean, Median and Mode).
3. To provide an understanding of how different psychological variables relate to one another through correlation
4. To teach the logic of statistical significance and the practical application of the t-test in comparing group means.
5. To bridge the gap between theoretical mathematical formulas and their practical utility in psychological assessment and clinical research.

Course Outcomes (COs):

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

1. Differentiate between parametric and non-parametric statistics and determine the appropriate application of each based on data distribution.
2. Calculate and interpret measures of central tendency (Mean, Median, and Mode) for both grouped and ungrouped psychological data.
3. Analyze the strength and direction of relationships between variables using Spearman's Rank Difference Method and interpret the resulting coefficients.
4. Apply t-test procedures to evaluate the significance of differences between means for both independent and dependent samples.
5. Synthesize statistical results into meaningful psychological insights while acknowledging the practical limitations of the methods used.
6. Demonstrate the ability to organize and standardize raw data for accurate academic or clinical research reporting.

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Course Detail

Modules	Content/ Topic	Weightage and Teaching Hours
Unit-1	યુનિટ 1: પ્રાયલીય અને અપ્રાયલીય આંકડાશાસ્ત્ર (Parametric and Non-Parametric Statistics) - પૂર્વભૂમિકા(Introduction) - પ્રાયલીય આંકડાશાસ્ત્રનો પરિચય: અર્થઅને સમજૂતી (Introduction to Parametric Statistics: Meaning& Explanation) - પ્રાયલીય પરીક્ષણોના લાભ અને મર્યાદાઓ (Advantages and Limitations of Parametric Tests) - અપ્રાયલીય આંકડાશાસ્ત્રનો પરિચય: અર્થ અને સમજૂતી (Introduction to Non-Parametric Statistics: Meaning and Explanation) - અપ્રાયલીય પરીક્ષણોના વ્યવહારુ ઉપયોગ (Practical Applications of Non-Parametric Tests) - પ્રાયલીય અને અપ્રાયલીય પરીક્ષણો વચ્ચેનો તફાવત (Difference between Parametric and Non-Parametric Tests)	25% 15 Hours
Unit-2	યુનિટ 2: મધ્યવર્તી સ્થિતિના માપો (Measures of Central Tendency) - પૂર્વભૂમિકા(Introduction) - મધ્યક: અર્થ, ઉપયોગો અને મર્યાદાઓ (Mean: Meaning, Uses and Limitations) - મધ્યકની ગણતરી (અવર્ગીકૃત અને વર્ગીકૃત માહિતી માટે) (Calculation of Mean: For Ungrouped and Grouped Data) - મધ્યસ્થ: અર્થ, ઉપયોગો અને મર્યાદાઓ (Median: Meaning, Uses and Limitations) - મધ્યસ્થની ગણતરી (અવર્ગીકૃત અને વર્ગીકૃત માહિતી માટે) (Calculation of Median: For Ungrouped and Grouped Data) - બહુલક: અર્થ, ઉપયોગો અને મર્યાદાઓ (Mode: Meaning, Uses and Limitations) - બહુલકની ગણતરી (અવર્ગીકૃત અને વર્ગીકૃત માહિતી માટે) (Calculation of Mode: For Ungrouped and Grouped Data)	25% 15 Hours
Unit-3	યુનિટ 3: સહસંબંધ (Correlation) - પૂર્વભૂમિકા(Introduction) - સહસંબંધનો અર્થ(Meaning of Correlation) - સહસંબંધના પ્રકારો: (ધન, ઋણ અને શૂન્ય સહસંબંધ) (Types of Correlation: Positive, Negative & Zero Correlation) - સહસંબંધાંકનું અર્થઘટન (Interpretation of Correlation Coefficient)	25% 15 Hours

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	5. સહસંબંધની ઉપયોગિતાઓ અને મર્યાદાઓ (Applications and Limitations of Correlation) 6. સ્પિયરમેનની ક્રમાંક તફાવતની રીત (Spearman's Rank Difference Method)	
Unit-4	યુનિટ 4: t-પરીક્ષણ (t-Test) 1. પૂર્વભૂમિકા(Introduction) 2. t-પરીક્ષણનો અર્થ(Meaning of t-Test) 3. t-પરીક્ષણના ઉપયોગો(Uses of t-Test) 4. t-પરીક્ષણમાં મધ્યકોના તફાવતની સાર્થકતા ચકાસવા માટેના સોપાનો (Steps for Testing the Significance of Difference Between Means in t-Test) 5. મોટા નિદર્શ અને અસંબંધ મધ્યકો માટે t-ની ગણતરી(Calculation of t for Large Samples and Uncorrelated Means) 6. મોટા નિદર્શ અને સંબંધ મધ્યકો માટે t-ની ગણતરી(Calculation of t for Large Samples and Correlated Means)	25% 15 Hours
Pedagogical Tools: • Classroom Lecture • Problem Solving • Tutorial • Group Discussion • Seminar • Case Studies • Role Play • Field Work		
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 List:

1. Aron, A., Coups, E. J., & Aron, E. N. (2012). *Statistics for psychology* (6th Ed.). Pearson.
2. Coolican, H. (2018). *Research methods and statistics in psychology* (7th Ed.). Routledge.
3. Field, A. (2017). *Discovering statistics using IBM SPSS statistics* (5th Ed.). SAGE Publications.
4. Garrett, H. E. (2005). *Statistics in psychology and education*. Cosmo Publications.
5. Howell, D. C. (2012). *Statistical methods for psychology* (8th Ed.). Cengage Learning.
6. Mangal, S. K. (2004). *Statistics in psychology and education* (2nd Ed.). PHI Learning Pvt. Ltd.
7. Siegel, S., & Castellan, N. J. (1988). *Nonparametric statistics for the behavioral sciences* (2nd Ed.). McGraw-Hill.
8. સિંહ, અરુણ કુમાર. મનોવિજ્ઞાન, સમાજશાસ્ત્ર તથા શિક્ષા મેં સાંખ્યિકી. ભારતી ભવન પબ્લિશર્સી
9. અગ્રવાલ, વિમલ. મનોવિજ્ઞાન મેં સાંખ્યિકી. SBPD પબ્લિકેશંસા
10. સુલેમાન, મોહમ્મદ. મનોવિજ્ઞાન, શિક્ષા એવં અન્ય સામાજિક વિજ્ઞાનોં મેં સાંખ્યિકી. મોતીલાલ બનારસીદાસ પબ્લિશર્સી
11. કપિલ, એચ. કે. સાંખ્યિકી કે મૂલ તત્વ. વિનોદ પુસ્તક મંદિરા

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SEMESTER- VIII (HONOURS WITH RESEARCH)

Programme/Class:	Year : Forth	Semester : EIGHT
Subject : Psychology		
Course Code:	Course Title: Community Psychology	
Course Credit : 4	Course Type : MINOR-05	
Teaching Hours : 60 (Hours)	Total Marks : 100 (50+50)	
Teaching Methodology : Lecture & Demonstration		

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે ? હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ ? હા
3. Value added Courses Imparting Transferable and Life Skillsના ગુણો ધરાવે છે ? હા
4. Major ☒ Minor ☐ Skill Enhancement Courses ☐
 Ability Enhancement Courses ☐ Value Added Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☒ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસંગિક જોગવાઈ કરાયેલ છે ? ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે ? ના
8. Swayam પ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે ? ના
9. ઇન્ડિયન નોલેજ સીસ્ટમ- IKS પર આધારિત વિષય છે ? હા

Course Objectives

The primary goals of this course are:
 the primary goals of this Community Psychology course can be summarized across the following key areas:

1. Define and understand the nature, scope, fields, and utility of community psychology.
 - Conceptualize what a community is and distinguish between different types of communities.
 - Understand core community concepts: Empowerment and Sense of Community
 - Identify challenges in community research and foster community participation and collaboration in research decisions.
 - Primary Prevention: Prevent disorders before they occur, build mental resilience, identify environmental risk factors, provide life skills training, and raise public awareness.
 - Secondary Prevention: Detect early symptoms of mental distress, offer prompt/crisis intervention, run targeted screening for high-risk groups, and provide short-term therapy.
 - Tertiary Prevention: Reduce disability from chronic illness, facilitate social reintegration, offer vocational training, establish support groups, and monitor relapse prevention.
2. Challenge superstitions (e.g., spirit possession, bad karma), replace them with scientific understanding, and stop social discrimination.
 - Public Awareness: Normalize mental health discussions, utilize digital advocacy, promote media responsibility, and execute rural outreach through Panchayats.
 - Maternal and Child Health: Train ASHA and Anganwadi workers, monitor perinatal mental health, and conduct developmental screening.
 - Elderly Well-being: Address Empty Nest Syndrome, manage isolation, and implement intergenerational programs.

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- Physical Disability: Design barrier-free infrastructure, promote inclusive education, and secure employment opportunities for PwDs.
- Intervention Types: Execute Community Development (local self-reliance), Social Advocacy (rights for marginalized groups; implementing the Mental Healthcare Act 2017), and Consultation (training gatekeepers like teachers and police).
- Local Governance: Utilize Gram Panchayats for de-addiction and women empowerment; utilize Urban Local Bodies for parks, community centers, and slum outreach.
- Systemic Support: Study the decentralization of services via the *National Mental Health Program (NMHP)* and the deployment of *Psychological First Aid (PFA)* by NGOs during crises.

Course Outcomes (COs)

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

- Define and evaluate the nature, scope, utility, and distinct fields of community psychology across various types of communities.
- Analyze and promote core community concepts, specifically Empowerment and Sense of Community
- focused on resilience building, environmental risk factor identification, life skills training, and public awareness campaigns.
- Manage Tertiary Prevention programs that prioritize long-term disability reduction, social reintegration, vocational training, support groups, and relapse prevention.
- Indian context by replacing superstitions (e.g., "spirit possession") and "bad karma" myths with scientific understanding.
- Target-Specific Community Health Management
- Support maternal and child health by providing basic training to ASHA and Anganwadi workers, monitoring perinatal mental health, and screening for early developmental risks.
- Deploy community interventions categorized by Community Development (self-reliance), Social Advocacy (legal rights and implementing the Mental Healthcare Act 2017)

Course Detail

Modules	Content/ Topic	Weightage and Teaching Hours
Unit-1	Introduction To Community Psychology 1.1. Definition Of Community Psychology (સમુદાય મનોવિજ્ઞાનની વ્યાખ્યા) 1.2. What is a community (સમુદાય એટલે શું) 1.3. Nature Of Community Psychology (સમુદાય મનોવિજ્ઞાન નું સ્વરૂપ) 1.4. Field Of Community Psychology (સમુદાય મનોવિજ્ઞાનના ક્ષેત્રો) 1.5. Utility Of Community Psychology (સમુદાય મનોવિજ્ઞાન ની ઉપયોગીતા) 1.6.Types Of Deferent Community (વિવિધ સમુદાય ના પ્રકાર)	25% 15 Hours
Unit-2	સમુદાય મનોવિજ્ઞાનના સૈદ્ધાંતિક માળખાં બ્યાલો) Theoretical	

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	Frameworks Core Concepts) 1. Bronfenbrenner's Ecological Model (પ્રોનિનબ્રેઇન ઇકોસિસ્ટમ મોડેલ) 2. James Kelly's Ecological Principles (જેમ્સ કેલીના પારિસ્થિતિક સિદ્ધાંતો) 3. Concept of Empowerment (સશક્તિકરણનો ખ્યાલ) 4. Sense of Community (સમુદાયની ભાવના)	25 % 15 Hours
Unit-3	Health Promotion and Prevention સ્વાસ્થ્ય સંવર્ધન અને નિવારણ 3.1 Prevention Models (નિવારણના મોડેલો) 3.2 Mental Health in Indian Context (ભારતીય સંદર્ભમાં માનસિક સ્વાસ્થ્ય)	25 % 15 Hours
Unit-4	Community Intervention and Institutions સામુદાયિક હસ્તક્ષેપ અને સંસ્થાઓ 4.1 Types of Intervention (હસ્તક્ષેપના પ્રકારો) 4.2 Community Development (સામુદાયિક વિકાસ) 4.3 Role of Local Governance (સ્થાનિક શાસનની ભૂમિકા) 4.4 Government and NGOs (સરકાર અને સ્વૈચ્છિક સંસ્થાઓ)	25 % 15 Hours
Pedagogical Tools: • Classroom Lecture • Problem Solving • Tutorial • Group Discussion • 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:

- "Community Psychology: Linking Individuals and Communities"
Authors: John Kloos, Jean Hill, Elizabeth Thomas, Andrew Case, Christopher B. Keys, and Bret Kloos.
- "Introduction to Community Psychology: Becoming an Agent of Change"
Authors: Leonard A. Jason, Olya Glantsman, Jack F. O'Brien, and Kaitlyn N. Ramian (2019).
- "Community Psychology: Foundations for Practice"
Authors: Victoria C. Scott and Susan M. Wolfe (2015).
- "The Ecology of Human Development: Experiments by Nature and Design" Author: Urie

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Bronfenbrenner (1979).

5. "Being Ecological: An Expedition into Community Psychology"

Author: James G. Kelly (2006).

6. "International Community Psychology: History and Theories" Editors: Stephanie Reich, Manuel Riemer, Isaac Prilleltensky, and Maritza Montero (2007).

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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Research Project (RP)

Course: Research Project (RP)

Semester: VIII

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

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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

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- 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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External Assessment by University for Major-20, 21, 22, Minor-08

Ques. No.	Particulars	From which Unit	Marks
1	Unit 1: Question 1 OR Question 1	1	10
2	Unit 2: Question 2 OR Question 2	2	10
3	Unit 3: Question 3 OR Question 3	3	10
4	Unit 4: Question 4 OR Question 4	4	10
5	Unit 1 to 4: Write short notes (2 out of 4)	From Each Unit	10
		Total Marks	50

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Internal Evaluation Scheme for Major-20,21,22 Minor-08		
NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	25
2	Class Test	05
3	Open book exam/test	05
4	Open note exam/test	05
5	Self-test/ Online test	05
6	Essay/Article writing	05
7	Quizzes/Objective test	05
8	Class assignment	05
9	Home assignment	05
10	Reports Writing	05
11	Research/Dissertation	05
12	Case Studies	05
13	Viva/Oral exam	05
14	Group Discussion	05
15	Role Play	05
16	Paper presentation/Seminar	05
17	Language Lab work	05
18	Interview	05
19	Craft work	05
20	Co-curricular work	05
21	Field Assignment	05
22	Poster Presentation	05
23	Attendance	05
24	Project Work	05
	Total	50

Note: Sr.No.1 is mandatory. Select any five from Sr.No.2 to 24.

Each Contains five marks. Students should secure 18 Marks for passing internal Exam.