



Date :- 01/08/2024

NOTIFICATION

Sub :- CBCS Syllabi of B. A. in Psychology (Sem. I & II)

Ref. :- Decision of the Academic Council at its meeting held on 27/07/2024.

The Syllabi of B. A. in Psychology (First and Second Semesters) as per **NATIONAL EDUCATION POLICY – 2020 (2024 Pattern)** and approved by the Academic Council as referred above are hereby notified for implementation with effect from the academic year 2024-25.

Copy of the Syllabi Shall be downloaded from the College Website (www.kcesmjcollege.in)

Sd/-
Chairman,
Board of Studies

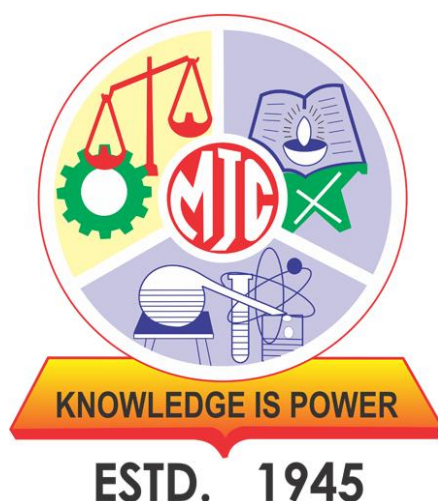
To :

- 1) The Head of the Dept., M. J. College, Jalgaon.
- 2) The office of the COE, M. J. College, Jalgaon.
- 3) The office of the Registrar, M. J. College, Jalgaon.

Knowledge is Power

Khandesh College Education Society's
Moolji Jaitha College, Jalgaon
An "Autonomous College"

Affiliated to
Kavayitri Bahinabai Chaudhari
North Maharashtra University, Jalgaon-425001



STRUCTUREANDSYLLABUS

B.A Honors / Honors with Research
(F. Y.B.A psychology)

As per NEP-2020 Guidelines
(w.e.f.AcademicYear:2024-25)

Preface

Human resources is a prerequisite in higher education, and it is to be acquired through knowledge of theoretical concepts and hands-on observation, case study, experiment methods of the subject. The Moolji Jaitha College (Autonomous) has adopted a department-specific model as per the guidelines of UGC, NEP-2020 and the Government of Maharashtra. Three year course in B.A. Psychology has been designed to have a progressive and innovative curriculum in order to equip our students to face the future challenges in the field of higher education. Student's development is introduced to the Branch of Psychology in such as clinical psychology, development psychology, counseling psychology, experimental psychology, health psychology, social psychology etc. Further students also learn behavior and mental process in human life.

The syllabus cultivates theoretical and applied fields of Psychology. The contents of the syllabus have been prepared to accommodate the fundamental aspects of various disciplines of Psychology and to build the foundation for various applied sectors of Psychology. Besides this, students will be mental process, soft skill, observation skill, which will enhance students' counseling in the different area in the interest.

Program Specific Outcome PSO (B.A. psychology):

After completion of this course, students are expected to learn/understand the:

PSO No.	PSO
1	Students have opportunities to work as counselor as well as a social worker.
2	Students have opportunities in the field of mental hygiene and field of public health is open for them.
3	Students can work as assistance of psychiatrists and in health clinic.
4	.Public Oriented Job: Personal Manager in industries, career counselor & can also work with NGO's in different fields.
5	Work as a rehabilitation teacher for mentally retarded, physically handicapped and for special children.
6	Students will able to understand Psychological methodology, tools, techniques and analysis procedure.

Multiple Entry and Multiple Exit options:

The multiple entry and exit options with the award of UG certificate/UG diploma or three-year degree depending upon the number of credits secured;

Levels	Qualification Title	Credit Requirements		Semester	Year
		Minimum	Maximum		
4.5	UG Certificate	40	44	2	1
5.0	UG Diploma	80	88	4	2
5.5	Three Year Bachelor's Degree	120	132	6	3
6.0	Bachelor's Degree-Honors Or Bachelor's Degree-Honors with Research	160	176	8	4

F.Y.B.A. Psychology Course Structure

Semester	Course Module	Credit	Hours/ week	TH/ PR	Code	Title
I	Sub 1	2	2	TH	PSY-DSC-111	Introduction to behavior science
		2	4	PR	PSY. DSC. 112	Practical (psychological Testing)
	OE	2	2	TH	PSY-OE-111	Introduction of personality (T)
	AEC	2	2	TH	ENG-AEC-111	English Communication Skills-I
	EV/CI	2	2	TH	ES-VEC-111	Constitution of India/ Environment a studies
	IKS	1	1	TH	IKS-111	Indian knowledge system
			2		NCC-CC111 NSS-CC-111 SPT-CC-111	NCC NSS Sports
	CC	2		CC	CUL-CC-111	Cultural
II	Sub-1	2	2	TH	PSY-DSC-121	Fundamentals of psychology
		2	4	PR	PSY. DSC. 122	Practical (Psychological Testing)
	OE	4	2 2	TH PR	PSY-OE-121 PSY-OE- 122	Positive psychology Practical (Assessment of personality)
	AEC	2	2	TH	ENG-AEC-121	English Communication Skills- II
	EV/CI	2	2	TH	CI/VEC-121	Constitution of India/ Environmental studies
	IKS	1	1	TH	IKS-121	Indian knowledge system
					NCC-CC121 NSS-CC-121 SPT-CC-121	NCC NSS Sports
	CC	2	2	CC	CUL-CC-121	Cultural

DSC : Department-Specific Core course
DSE : Department-Specific elective
GE/OE : Generic/Open elective
SEC : Skill Enhancement Course
MIN : Minor course
AEC : Ability Enhancement Course
VEC : Value Education Courses
ENG : English

ES : Environmental studies
CI : Constitution of India
IKS : Indian Knowledge System
CC : Co-curricular course
TH : Theory
PR : Practical

**FYBA
SEMESTER – I**

PSY- DSC – 111 Introductions to Behaviour Science (T)

Total Hours: 30

Credit: 02

Course Objectives	1. Impart knowledge of the basic concepts and modern trends in Psychology 2. To create interest in the subject of Psychology. 3. To make the students aware of the applications of Psychological concepts in various fields. 4. To become familiar with the theories concerning human behavior in a social context.	
Course Outcomes	After successful completion of this course, students are expected to 1. Make the students aware of the applications of Psychological concepts. 2. Help students think critically about the new information that they have learned and relate to their own life 3. Identify basic concepts and research findings, and give examples of psychology's 4. Psychological, biological, social, and cultural factors influence mental process and behaviour.	
Unit	Contents	Hours
I	Introduction to psychology 1.1 Definition and Nature of Psychology 1.2 Historical background of Psychology- (Schools- Structuralism, Functionalism, Behaviorism, Gestalt, Cognitive) 1.3 Branches of Psychology- (Clinical, Educational & School, Industrial, Counseling, Social, Developmental, Health, and Criminal. 1.4 Methods and Applying Psychology : Carrere in Psychology	8
II	Biological bases Behaviour 2.1 Neurons - Structure and function of Neurons and Synapses. 2.2 Neurotransmitters -Acetylcholine, Dopamine, Serotonin, Epinephrine, Nor Epinephrine, GABA. 2.3 CNS: Structure and Function of Brain and spinal Cord. 2.4 Glandular System - Pituitary, pineal, Thyroid, Parathyroid, Adrenal, Gonads.	8
III	Human Ability 3.1 Intelligence - Definition and Basic Concepts of Measurement (CA, MA, IQ), Types of Intelligence test. (Verbal and Non Verbal Individual and Group). 3.2 Theories of Intelligence - Cattell and Sternberg. 3.3 Mental Retardation- Types, Reasons.	7

	3.4 Application	
IV	Aggression 4.1 Nature and theoretical perspective on aggression: instinct, biological, drive, Social and cognitive theory. 4.2 Reasons of aggression social, cultural, personal and environmental 4.3 Long term effects on relationship of aggression 4.4 prevention of aggression	7
Study Resources	• Baron , R. and Mishra , G. (2013) : Psychology , New Delhi : Pearson . • Chadha , N.K. and Seth , S. (2014) : The Psychological Realm : An Introduction, New Delhi : Pinnale Learning , • Ciccurelli , S.K. and Meyer , G.E. (2010) : Psychology , New Delhi : Pearson Education . • Passer , M.W. and Smith , R.E. (2010) : Psychology : The science of mind and behavior New Delhi : Tata McGraw - Hill . - Suleman , Md . (2012) : Adhunic Samanya Manougyan . Patna : Motilal Banarasi Das . • Singh , A.K. (2012) : Adhunic Samanya Manovigyan . Patna : Motilal Banarasi Das . Books in Marathi Language : 1. Bachhav , Badgujar and Shinde (2001) . General Psychology. Swayambhu Prakashan , Nashik . 2. Mundada , N. and Khalane , S. (2013) . Manasshastrachi Multatve. Athary Publication , Jalgaon . 3. Mundada , N. and Surye , S. (2015) . Upayojit Manasshastr . Atharv Publication , Jalgaon . 4. Oak , Abhyankar and Govilkar (2008) . Psychology . Pearson Publication , Delhi . 5. Padhye , V. (2004) . Psychology . Renuka Prakashan , Aurangabad . 6. Pandit , Gore , and Kulkarni (1999) . General Psychology . Pimplapure Publication , Nagpur 7. Rane , Chaudhari and Pawar (2005) . General Psychology . Prashant Publication , Jalgaon	

FYBA
SEMESTER – I
PSY- DSC-112 Practical (Psychological Testing) (P)

Total Hours: 60

Credit: 02

Course Objectives	This course aims at enabling students to - 1. To understand the psychological test 2. Applying the psychological test 3. To learn advanced techniques and tools 4. To Understand the Neurotic Behavior	
Course Outcomes	1. To develop the applied approach to counseling to learn the practical knowledge. 2. To understand of the problematic behaviour. 3. To develop areas in need of additional support 4. To understand Developmental abilities of students.	
Practical	Contents	Hours
Practical I	Any Five Tests of The Following : 1) Mental Health Check List 2) Comprehensive Anxiety Test 3) Emotional Maturity Scale 4) Intelligence test (SPM) 5) Stress Management Scale 6) Personality Inventory 7) Aggression Scale	60
Study Resources	1. Deshpande, S.V. (2002). PrayogikManasshastra. Continental Publication, Pune 2. Garret, H.E. & Wood, W. (1981).Statistics in Psychology and Education.Vakils Fetter andSimonce Ltd. Bombay. 3. Upasani, N.K. &Kulkarni (1990). Nave Shakshanik Mulyamapanaani Sankhyashastra. ShriVidya Prakashan, Pune. 4. Desai, B. &Abhyabkar, S.C. (2008). Prayogik Manasshstraani Sanshodhan Paddhati.NarendraPrakashan, Pune. 5. Anastasi, A. &Urbina, S. (2009).Psychological testing. N.D. Pearson Education 6. Kaplan, R. M. &Saccuzzo, D. P. (2005).Psychological testing , Principals, Applications and Issues.(6th Ed.), Cengage Learning India Pvt. Ltd.	

F.Y. B.A.
Semester –I
PSY- OE- 111 Introduction of personality (T)

Total Hours: 30

Credits: 02

Course Objectives	1. To enhance the personality of the students , contribute to their well - being and prepare them for the work environment and other important aspects of life 2. To make the students aware about the concept of Personality and Personality. Development. 3. To help the students in analyzing his own personality 4. Personality development helps an individual to inculcate positive qualities like punctuality, willingness to learn, friendly nature, eagerness to help others and so on.	
Course Outcomes	1. The applications of the various concepts in Social Psychology of the Indian context. 2. Make the students aware of self concepts and develop the positive self concepts. 3. Develop a base for fundamental psychology with the help of relevant examples from everyday life. 4. Knowledge of the fundamental physiological functional mechanism behind the Nervous system in the human body.	
Unit	Contents	Hours
Unit I	Meaning of Personality 1.1 Nature , Meaning and Misconception in Personality The Developing Personality- Three main influences cited : Heredity , Environment , Situations . 1.2 Sheldon , Jung . Trait Approaches- Allport , Cattle , McCrae and Costa big -5 Model) 1.3 Type and Trait Approaches of Personality (Type Approaches- Hippocrates , Kretchmer . 1.4 Theories of Personality - Freud's Psychoanalytic theory . Carl Roger's Self theory	8
Unit II	Well being and Happiness 2.1 Definition Nature Goal's , Assumption of Positive Psychology 2.2 Happiness : Definition , types and Effects on life	7

	2.3 Subjective well - being : measuring subjective well - being , measuring life satisfaction 2.4 optimism , Dispositional , optimism as explanatory style	
Unit III	Effective communication 3.1 Communication- Meaning, Types, Communication Skills (Listening, Talking, Reading, Writing) 3.2 obstacles in communication process 3.3 Role of Body Language in Effective Communication 3.4 Group Discussion, Public Speaking, Facing Job Interview	8
Unit IV	Self concept and interpersonal relation 4.1 Meaning of Self and Self-Concept, Dimensions of Self (Real, Ideal, Social, Physical, Mental, 4.2 theories of self –George Mead and Kule’s theory of self Kurt Levin’s Theory of self 4.3 Consciousness, Self Perceive Self, Another Perceived Self) 4.4 Developing our Self and Self – Esteem, Self Control.	7
Study Resources	Baumgardner, S. R. & Crothers M.K. (2009). Positive Psychology. Pearson Education, Delhi. Cavett, R. (1998). The Cavett Robert Personal Development Course. Taraporevala Sons & Co. Private Limited, Bombay. Choube J. (2008). Development of Human Skills. Vision Publication, Pune. Donelson, F. R. (1990). Group Dynamics (2nd Ed.) Brooks /Cole Publishing Company, California. Hurlock, E. B. (1999). Personality Development. Tata McGraw-Hill Publishing company Limited, New Delhi. Mancini, M. (2006). Time Management. Tata McGraw Hill, New Delhi. MTD Training –Gerr Larsson- Stress management. Perry, S. (1995). How to enrich your life. Paul Press, Bombay. Robert, M., Sherfield, Rhonda, J. (2011). Montgomery Developing Soft Skills (4th Ed.) Pearson Publication Delhi.	

F.Y. B.A.
Semester –II
PSY-DSC-121 Fundamentals of psychology (T)

Total Hours: 30

Credits: 02

Course Objectives	1. To make the students aware of the applications of Psychological concepts in various fields. 2. To understand the learning methods and memory types. 3.To understand the fundamental processes underlying human behavior and the process 4.To understand further the fundamental processes underlying human behavior such as learning, motivation, emotion, individual differences, intelligence, personality and states of consciousness.	
Course Outcomes	1. Develop Cognitive and Emotive Skills in the students. 2. Relate the fundamental principles of Psychology in everyday life. 3. Knowledge of the fundamental physiological functional mechanism behind the Nervous system in the human body. 4. To apply the principles of psychology in day-to-day life for a better understanding of themselves and others.	
Unit	Contents	Hours
Unit I	Methods of learning 1.1 Nature and Definition of Learning 1.2 Learning Method- Trial and Error , Insight 1.3 Learning Method - Conditioning- Classical and Operant 1.4 Learning Method- Latent and Observational, Applying Psychology	8
Unit II	Memory and forgetting 2.1 Nature , Definition and Process of Learning (Encoding , Storing and Retrieving) 2.2 Types of Memory - (SM , STM , LTM) 2.3 Retention and its Methods 2.4 Forgetting - Decay , Interference , Prospective Memory , Absence of Retrieval Cues, Improve your memory	8
Unit III	Motivation and Emotion 3.1 Motivation - Meaning, Motivation Cycle and Approaches. (Instinct Drive Reduction , Arousal and Maslow's Hierarchical theory) 3.2 Types of Motivation, 3.3 Frustration and Conflict - Types of Conflicts	7

	3.4 Emotion- Meaning, Physiological Changes and External Expression of Emotion, Emotional Intelligence.	
Unit IV	Cognitive process 4.1 Attention - Definition Types and Determinants. 4.2 Perception - Definition , Perceptual Organization 4.3 Illusions and Hallucinations, Subliminal Perception. 4.4 Thinking Definition. Types and Basic Elements of Thought.	7
Study Resources	• Aaron, R. and Mishra, G. (2013): Psychology, New Delhi: Pearson. • Chadha, N.K. and Seth, S. (2014): The Psychological Realm: An Introduction, New Delhi: Pinnale Learning. • Ciccarelli, S.K. and Meyer, G.E. (2010): Psychology, New Delhi: Pearson Education. • Passer, M.W. and Smith, R.E. (2010): Psychology: The science of mind and behavior New Delhi: Tata McGraw-Hill. Suleman, Md. (2012): Adhunic Samanya Manougyan. Patna: Motilal Banarasi Das. Books in Marathi Language: 1. Bachhav, Badgujar and Shinde (2001). General Psychology. Swayambhu Prakashan, Nashik. 2. Mundada, N. and Khalane, S. (2013). Manasshastrachi Multatve. Atharv Publication, Jalgaon. 3. Mundada, N. and Surye, S. (2015). Upayojit Manasshastr. Atharv Publication, Jalgaon. 4. Oak, Abhyankar and Govilkar (2008). Psychology. Pearson Publication, Delhi. 5. Padhye, V. (2004). Psychology. Renuka Prakashan, Aurangabad. 6. Pandit, Gore, and Kulkarni (1999). General Psychology. Pimplapure Publication, Nagpur. 7. Rane, Chaudhari and Pawar (2005). General Psychology. Prashant publication.	

F.Y.B.A
Semester - II
PSY- DSC-122 Practical (psychological testing) (P)

Total Hours: 60

Credit: 02

Course Objectives	1. To understand the basic principal of psychological testing. 2. To understand how conduct the psychological test. 3. Identifying the concept and types of psychological test. 4. To know the analysis of psychological test.																						
Course Outcomes	1. To develop the applied approach to psychological testing. 2. To learn the practical knowledge psychological testing. 3. To understand the areas and need of psychological test. 4. To learn the analysis skills of psychological test.																						
Unit	Contents		Hours																				
I	Any four tests of the following : 1 Introversion Extroversion inventory. 2. Deprivation Scale 3. PGI Health Questionnaire 4. Family climate inventory 4.ProblemSolvingAbilityTest 5. Social Distance Scale 6 Learning Disabilities Scale		60																				
	<table><tr><td colspan="4">Internal Examination Marks Distribution</td></tr><tr><td>Any one psychological test</td><td>Attendance and Performance</td><td colspan="2">Total</td></tr><tr><td>5</td><td>5</td><td colspan="2">10</td></tr></table> *Evaluation of marks in external examination *PracticalExaminationdurationwillbe2hours <table><tr><td>Conducting and report writing</td><td>Journal</td><td>Viva-voce</td><td>Total</td></tr><tr><td>15</td><td>15</td><td>10</td><td>40</td></tr></table>		Internal Examination Marks Distribution				Any one psychological test	Attendance and Performance	Total		5	5	10		Conducting and report writing	Journal	Viva-voce	Total	15	15	10	40	
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F.Y.B.A
SEMESTER-II
PSY.OE.121 Positive psychology (T)

Total Hours: 30

Credit:02

Course Objectives	1. To impart knowledge and understanding of the basic concepts of modern trends in Positive Psychology. 2. To foster interest in Positive Psychology as a field of study and research. 3. To makes the students aware of the implication and application of the various concepts of Positive Psychology in daily life. 4.To relate the fundamental principles of Positive Psychology in everyday life	
Course Outcomes	1.To develop the positive mental health. 2. To develop the strategies stress management. 3. To understand the increase in self-esteem, improved relationships on life. 4. To understand the frustration and conflict management.	
Unit	Contents	Hours
I	Positive Emotion and Well Being 1.1 Meaning of Emotion. Types of Emotions. What is Positive Emotion 1.2 Positive Emotion and Health Resources 1.3 Positive Emotion and Well Being 1.4 cultivating positive emotion	8
II	Time management and Goal Setting 2.1 Time Management - Concept, Importance and Need , Personal Time Management , Advantages of Time Management. 2.2 Time Management Techniques and Skills 2.3 meaning of personal goals- Definition Goals and related motivation concepts , goal origination 2.4 Goal Setting and Prioritization	8
III	Frustration and Conflict Management 3.1 Frustration - Meaning , Sources of Frustration , Reaction Frustration Conflict - Meaning , Types 3.2 Direct and Indirect Ways to Solve a Problem 3.3 Mental Health Definition and Principles of Mental Health. 3.4 Difference between Mental health and Mental Illness.	7

IV	Healthy practice for mind and body 4.1 Eating Disorder 4.2 importance of yoga and meditation in your life Types of Pranayam Meditation techniques 4.3 stress and stressors 4.4 stress management -Meaning, Types of Effect of stress, strategies of stress management	7
Study Resources	Baron, R. and Mishra, G. (2013): Psychology, New Delhi: Pearson. Chadha , N.K. and Seth , S. (2014): The Psychological Real : An Introduction, New Delhi: Pinnale Learning, Ciccarelli, S.K. and Meyer, G.E. (2010): Psychology, New Delhi: Pearson Education. Passer, M.W. and Smith, R.E. (2010): Psychology: The science of mind and behavior New Delhi: Tata McGraw - Hill. Suleman , Md . (2012): Adhunic Samanya Manougyan. Patna: Motilal Banarasi Das. Singh , A.K. (2012): Adhunic Samanya Manovigyan. Patna: Motilal Banarasi Das . Books in Marathi Language : 1. Bachhav, Badgujar and Shinde (2001) General Psychology. Swayambhu Prakashan, Nashik. 2. Mundada, N. and Khalane, S. (2013). Manasshastrachi Multatve. Athary Publication, Jalgaon. 3. Mundada, N. and Surye, S. (2015). Upayojit Manasshastr. Atharv Publication, Jalgaon. 4. Oak, Abhyankar and Govilkar (2008). Psychology. Pearson Publication, Delhi. 5. Padhye, V. (2004). Psychology. Renuka Prakashan, Aurangabad. 6. Pandit, Gore, and Kulkarni (1999). General Psychology. Pimplapure Publication, Nagpur. 7. Rane, Chaudhari and Pawar (2005) General Psychology. Prashant Publication, Jalgaon.	

F.Y.B.A
SEMESTER-II
PSY-OE- 122 Practical (Assessment of personality) (P)

Total Hours: 60

Credit:02

Course Objectives	1. To understand the basic foundation of personality. 2. To understand how pattern in personality. 3. Identifying the concept of personality. 4. To understand how to develop the personality.																						
Course Outcomes	1. To develop the applied and practical knowledge. 2. To learn the pattern in personality. 3.To develop new approach of personality 4. To understand developmental various abilities of students.																						
Unit	Contents		Hours																				
I	Any Five Tests of The Following : 1 Introversion extroversion inventory. 2. Five factor personality. 3. Educational aspiration scale. 4. High school student’s personality questionnaire. 4. Children personality questionnaire. 5. Parent child relationship scale. 6. Value test.		60																				
	<table><tr><td colspan="4">Internal Examination Marks Distribution</td></tr><tr><td>Any one psychological test</td><td>Attendance and Performance</td><td colspan="2">Total</td></tr><tr><td>5</td><td>5</td><td colspan="2">10</td></tr></table> *Evaluation of marks in external examination *PracticalExaminationdurationwillbe2hours <table><tr><td>Conducting and report writing</td><td>Journal</td><td>Viva-voce</td><td>Total</td></tr><tr><td>15</td><td>15</td><td>10</td><td>40</td></tr></table>		Internal Examination Marks Distribution				Any one psychological test	Attendance and Performance	Total		5	5	10		Conducting and report writing	Journal	Viva-voce	Total	15	15	10	40	
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