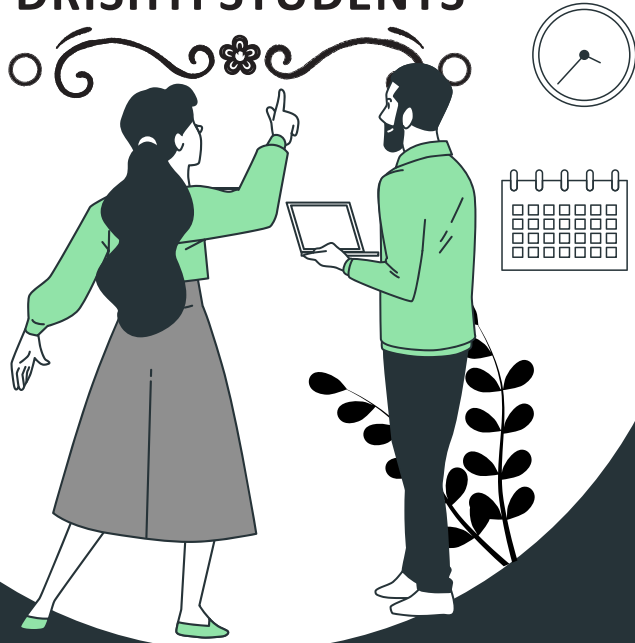




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### Salient Features

- Important and relevant topics are curated with the help of Previous Year Questions asked by the Union Public Service Commission.
- Diverse set of questions (application based, case studies, direct questions, theory based, etc.) are incorporated in the test series.
- Questions and model answers are guided by recent research developments in the field of psychology as per the UPSC standard.
- Use of illustrations, flow charts, examples, graphical analysis, etc. in model answers for better understanding.
- Exhaustive coverage by incorporating scholarly articles, reliable sources and standard books during answer writing.
- Suitable intervals between each test for proper preparation.

| Test Code              | Date                          | Syllabus   |
|------------------------|-------------------------------|--|
| Test-1<br>OPT-PSY-2401 | 17 December, 2023<br>(Sunday) | Introduction to psychology; Development of Human Behavior; and Issues and Perspectives in Modern Contemporary Psychology |
| Test-2<br>OPT-PSY-2402 | 24 December, 2023<br>(Sunday) | Methods of Psychology; Research Methods  |
| Test-3<br>OPT-PSY-2403 | 7 January, 2024<br>(Sunday)   | Language and Communication; Intelligence and Aptitude  |
| Test-4<br>OPT-PSY-2404 | 21 January, 2024<br>(Sunday)  | Sensation, Attention, and Perception; Learning; Memory   |
| Test-5<br>OPT-PSY-2405 | 4 February, 2024<br>(Sunday)  | Thinking and Problem Solving; Attitudes, Values and Interests  |
| Test-6<br>OPT-PSY-2406 | 18 February, 2024<br>(Sunday) | Motivation and emotion; Personality  |
| Test-7<br>OPT-PSY-2407 | 30 June, 2024<br>(Sunday)     | Psychological Measurement of Individual Differences; Application of Psychology to Educational Field                      |
| Test-8<br>OPT-PSY-2408 | 07 July, 2024<br>(Sunday)     | Psychological wellbeing and Mental Disorders; Therapeutic Approaches; Rehabilitation Psychology                          |

| Test Code               | Date                           | Syllabus  |
|-------------------------|--------------------------------|---|
| Test-9<br>OPT-PSY-2409  | 14 July, 2024<br>(Sunday)      | Work psychology and organizational behavior; Gender Psychology  |
| Test-10<br>OPT-PSY-2410 | 21 July, 2024<br>(Sunday)      | Community Psychology; Application of Psychology to disadvantaged groups; psychological problems of social integration |
| Test-11<br>OPT-PSY-2411 | 28 July, 2024<br>(Sunday)      | Application of Psychology in Information Technology and Mass Media; Psychology and Economic development               |
| Test-12<br>OPT-PSY-2412 | 04 August, 2024<br>(Sunday)    | Application of psychology to environment and related fields; Application of psychology in other fields                |
| Test-13<br>OPT-PSY-2413 | 18 August, 2024<br>(Sunday)    | Full Length Paper-I   |
| Test-14<br>OPT-PSY-2414 |                                | Full Length Paper-II  |
| Test-15<br>OPT-PSY-2415 | 01 September, 2024<br>(Sunday) | Full Length Paper-I   |
| Test-16<br>OPT-PSY-2416 |                                | Full Length Paper-II  |

\*For detailed breakup of syllabus, kindly refer to the subsequent pages.



## Test Schedule

| Test Code  | Test Date   | Subject   |
|--|---|---|
| <p style="text-align: center;"><b>Test-1</b><br/><b>OPT-PSY-2401</b></p> | <p style="text-align: center;"><b>17 December, 2023</b><br/><b>(Sunday)</b></p> | <p><b><u>Introduction to psychology</u></b></p> <ul style="list-style-type: none"> <li>● Definition of Psychology; Historical antecedents of Psychology and Trends in the 21st century</li> <li>● Psychology and scientific methods; Psychology in relation to other social sciences and natural sciences</li> <li>● Application of psychology to societal problems</li> </ul> <p><b><u>Development of Human Behavior</u></b></p> <ul style="list-style-type: none"> <li>● Growth and development; Principles of development</li> <li>● Role of genetic and environmental factors in determining human behavior; Influence of cultural factors in socialization</li> <li>● Life span development - Characteristics, development tasks, promoting psychological well-being across major stages of the life span.</li> </ul> <p><b><u>Issues and Perspectives in Modern Contemporary Psychology</u></b></p> <ul style="list-style-type: none"> <li>● Computer application in the psychological laboratory and psychological testing; Artificial intelligence; Psycho-cybernetics.</li> <li>● Study of consciousness- Sleep- Wake schedules; Dreams, stimulus deprivation, meditation, Hypnotic/ drug induced state.</li> <li>● Extrasensory perception; Intersensory perception; Simulation studies.</li> </ul> |
| <p style="text-align: center;"><b>Test-2</b><br/><b>OPT-PSY-2402</b></p> | <p style="text-align: center;"><b>24 December, 2023</b><br/><b>(Sunday)</b></p> | <p><b><u>Methods of Psychology</u></b></p> <ul style="list-style-type: none"> <li>● Types of research: Descriptive, Evaluative, Diagnostic and prognostic; Methods of research: Survey, Observation, Case study and experiments</li> <li>● Characteristics of experimental design and non-experimental design; Quasi-experimental designs</li> <li>● Focused group discussions; brainstorming; grounded theory approach</li> </ul> <p><b><u>Research Methods</u></b></p> <ul style="list-style-type: none"> <li>● Major steps in psychological research (problem statement, hypothesis formulation, research designs, sampling, tools of data collection, analysis and interpretation and report writing)</li> </ul>  |



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|  |  | <ul style="list-style-type: none"> <li>● Fundamental versus applied research; Methods of data collection (interview, observation, questionnaire and case study); Research designs (ex-post facto and experimental)</li> <li>● Application of statistical techniques (T-Test, Two-way ANOVA, correlation, Regression and factor analysis.); item Response theory</li> </ul>   |
| <p><b>Test-3</b><br/><b>OPT-PSY-2403</b></p> | <p><b>7 January, 2024</b><br/><b>(Sunday)</b></p>  | <p><b><u>Language and Communication</u></b></p> <ul style="list-style-type: none"> <li>● Human language - Properties, structure and linguistic hierarchy; Language acquisition-predisposition; critical period hypothesis</li> <li>● Theories of language development - Skinner and Chomsky</li> <li>● Process and types of communication - effective communication training.</li> </ul> <p><b><u>Intelligence and Aptitude</u></b></p> <ul style="list-style-type: none"> <li>● Concept of intelligence and aptitude; Emotional Intelligence, Social intelligence</li> <li>● Nature and theories of intelligence - Spearman, Thurstone, Gulliford, Vernon, Sternberg and J.P; Das; Measurement of multiple intelligence; Fluid intelligence and crystallized intelligence.</li> <li>● Measurement of intelligence and aptitudes; concept of IQ, deviation IQ, constancy of IQ</li> </ul>  |
| <p><b>Test-4</b><br/><b>OPT-PSY-2404</b></p> | <p><b>21 January, 2024</b><br/><b>(Sunday)</b></p> | <p><b><u>Sensation, Attention, and Perception</u></b></p> <ul style="list-style-type: none"> <li>● Sensation: concepts of the threshold, absolute and difference thresholds; signal-detection and vigilance; Factors influencing attention including set and characteristics of stimulus</li> <li>● Definition and concept of perception; biological factors in perception</li> <li>● Perceptual organization-influence of past experiences, perceptual defense-factors influencing space and depth perception, size estimation and perceptual readiness</li> <li>● The plasticity of perception; Extrasensory perception; Culture and perception; Subliminal perception.</li> </ul> <p><b><u>Learning</u></b></p> <ul style="list-style-type: none"> <li>● Concept and theories of learning (Behaviorists, Gestaltalist and Information processing models)</li> <li>● The Processes of extinction, discrimination and generalization; Programmed learning, probability learning, self-instructional learning; concepts, Types and the schedules of reinforcement; escape, avoidance and punishment</li> <li>● Modeling and social learning</li> </ul> |



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|  |   | <p><b><u>Memory</u></b></p> <ul style="list-style-type: none"> <li>● Encoding and remembering; Short term memory, long term memory, Sensory memory, Iconic memory, Echoic memory</li> <li>● The Multistore model; levels of processing; Theories of forgetting: decay, interference and retrieval failure:</li> <li>● Organization and Mnemonic techniques to improve memory</li> <li>● Metamemory; Amnesia: Anterograde and retrograde.</li> </ul>  |
| <p><b>Test-5</b><br/><b>OPT-PSY-2405</b></p> | <p><b>4 February, 2024</b><br/><b>(Sunday)</b></p>  | <p><b><u>Thinking and Problem Solving</u></b></p> <ul style="list-style-type: none"> <li>● Piaget's theory of cognitive development; Concept formation processes; Information processing,</li> <li>● Reasoning and problem solving; Facilitating and hindering factors in problem solving; Methods of problem solving; Factors influencing decision making and judgment; Recent trends.</li> <li>● Creative thinking and fostering creativity</li> </ul> <p><b><u>Attitudes, Values and Interests</u></b></p> <ul style="list-style-type: none"> <li>● Definition of attitudes, values and interests; Components of attitudes; Formation and maintenance of attitudes; Theories of attitude change;</li> <li>● Measurement of attitudes, values and interests; Strategies for fostering values; Formation of stereotypes and prejudices;</li> <li>● Changing others behavior; Theories of attribution; Recent trends.</li> </ul> |
| <p><b>Test-6</b><br/><b>OPT-PSY-2406</b></p> | <p><b>18 February, 2024</b><br/><b>(Sunday)</b></p> | <p><b><u>Motivation and emotion</u></b></p> <ul style="list-style-type: none"> <li>● Psychological and physiological basis of motivation and emotion; Measurement of motivation and emotion; Effects of motivation and emotion on behavior; Emotional competence and the related issues.</li> <li>● Extrinsic and intrinsic motivation; Factors influencing intrinsic motivation;</li> </ul> <p><b><u>Personality</u></b></p> <ul style="list-style-type: none"> <li>● Definition and concept of personality; The notion of self in different traditions.</li> <li>● Theories of personality (psychoanalytical, sociocultural, interpersonal, developmental, humanistic, behavioristic, trait and type approaches); Latest approaches like big 5 factor theory;</li> <li>● Measurement of personality (projective tests, pencil-paper test); The Indian approach to personality; Training for personality development</li> </ul> |



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| <p><b>Test-7</b><br/><b>OPT-PSY-2407</b></p> | <p><b>30 June, 2024</b><br/><b>(Sunday)</b></p> | <p><b><u>Psychological Measurement of Individual Differences</u></b></p> <ul style="list-style-type: none"> <li>● Nature of individual differences</li> <li>● Characteristics and construction of standardized psychological test; types of psychological test</li> <li>● Use, misuse and limitation of psychological tests; Ethical issues in the use of psychological tests.</li> </ul> <p><b><u>Application of Psychology to Educational Field</u></b></p> <ul style="list-style-type: none"> <li>● Psychological principles underlying effective teaching-learning process; Learning styles; Use of psychological tests in educational institutions;</li> <li>● Gifted, retarded, learning disabled and their training</li> <li>● Training for improving memory and better academic achievement; Personality development and value education; Educational, vocational guidance and career counseling; Effective strategies in guidance programs.</li> </ul>  |
| <p><b>Test-8</b><br/><b>OPT-PSY-2408</b></p> | <p><b>07 July, 2024</b><br/><b>(Sunday)</b></p> | <p><b><u>Psychological wellbeing and Mental Disorders; Therapeutic Approaches</u></b></p> <ul style="list-style-type: none"> <li>● Causal factors in mental disorders (anxiety disorders, mood disorders, schizophrenia and delusional disorders; personality disorders, substance abuse disorders);</li> <li>● Psychodynamic therapies; Behavior therapies; Client centered therapy; Cognitive therapies; Indigenous therapies (Yoga, Meditation); biofeedback therapy; Prevention and rehabilitation of the mentally ill</li> <li>● Concept of health-ill health, positive health, well being; Factors influencing Positive health, wellbeing; lifestyle and quality of life (factors influencing and meaning); Happiness disposition; Fostering mental health.</li> </ul> <p><b><u>Rehabilitation Psychology</u></b></p> <ul style="list-style-type: none"> <li>● Primary, secondary and tertiary prevention programs - role of psychologists;</li> <li>● Organizing of services for rehabilitation of physically, mentally and socially challenged persons including old persons; Rehabilitation of persons suffering from substance abuse, juvenile delinquency, criminal behavior;</li> <li>● Rehabilitation of victims of violence, Rehabilitation of HIV/AIDS victims, the role of social agencies.</li> </ul> |
| <p><b>Test-9</b><br/><b>OPT-PSY-2409</b></p> | <p><b>14 July, 2024</b><br/><b>(Sunday)</b></p> | <p><b><u>Work psychology and organizational behavior</u></b></p> <ul style="list-style-type: none"> <li>● Personnel selection and training; Use of psychological tests in the industry; Training and human resource development;</li> <li>● Theories of work motivation – Herzberg, Maslow, Adam Equity theory, Porter and Lawler, Vroom</li> <li>● Leadership and participatory management; Managerial effectiveness; Transformational leadership.</li> <li>● Advertising and marketing; Stress and its management; Ergonomics; consumer psychology; Sensitivity training; Power and politics in organizations</li> </ul>   |



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|  |  | <p><b><u>Gender Psychology</u></b></p> <ul style="list-style-type: none"> <li>● Issues of discrimination; Management of diversity; Women and Indian society</li> <li>● Glass ceiling effect; Self-fulfilling prophesy</li> </ul>   |
| <p><b>Test-10<br/>OPT-PSY-2410</b></p> | <p><b>21 July, 2024<br/>(Sunday)</b></p> | <p><b><u>Community Psychology</u></b></p> <ul style="list-style-type: none"> <li>● Definition and concept of community psychology; Use of small groups in social action;</li> <li>● Arousing community consciousness and action for handling social problems;</li> <li>● Group decision making and leadership for social change; Effective strategies for social change.</li> </ul> <p><b><u>Application of Psychology to disadvantaged groups</u></b></p> <ul style="list-style-type: none"> <li>● The concepts of disadvantaged, deprivation; Relative and prolonged deprivation.</li> <li>● Social, physical, cultural and economic consequences of disadvantaged and deprived groups; Educating and motivating the disadvantaged towards development;</li> </ul> <p><b><u>Psychological problems of social integration</u></b></p> <ul style="list-style-type: none"> <li>● The concept of social integration;</li> <li>● The problem of caste, class, religion and language conflicts and prejudice; Nature and manifestation of prejudice between the in-group and out-group; Causal factors of social conflicts and prejudices;</li> <li>● Psychological strategies for handling the conflicts and prejudices; Measures to achieve social integration.</li> </ul> |
| <p><b>Test-11<br/>OPT-PSY-2411</b></p> | <p><b>28 July, 2024<br/>(Sunday)</b></p> | <p><b><u>Application of Psychology in Information Technology and Mass Media</u></b></p> <ul style="list-style-type: none"> <li>● The present scenario of information technology and the mass media boom and the role of psychologists;</li> <li>● Selection and training of psychology professionals to work in the field of IT and mass media; Distance learning through IT and mass media; Entrepreneurship through e-commerce; Multilevel marketing;</li> <li>● Impact of TV and fostering value through IT and mass media; Psychological consequences of recent developments in Information Technology.</li> </ul> <p><b><u>Psychology and Economic development</u></b></p> <ul style="list-style-type: none"> <li>● Achievement motivation and economic development;</li> <li>● Characteristics of entrepreneurial behavior; Motivating and training people for entrepreneurship and economic development;</li> <li>● Consumer rights and consumer awareness, Government policies for the promotion of entrepreneurship among youth including women entrepreneurs.</li> </ul>   |



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| <p><b>Test-12</b><br/><b>OPT-PSY-2412</b></p> | <p><b>04 August, 2024</b><br/><b>(Sunday)</b></p>    | <p><b><u>Application of psychology to environment and related fields</u></b></p> <ul style="list-style-type: none"> <li>● Environmental psychology-effects of noise, pollution and crowding; Impact of rapid scientific and technological growth on degradation of the environment.</li> <li>● Population psychology: psychological consequences of population explosion and high population density; Motivating for small family norm;</li> </ul> <p><b><u>Application of psychology in other fields</u></b></p> <ul style="list-style-type: none"> <li>● Military Psychology: Devising psychological tests for defence personnel for use in selection, Training, counselling; training psychologists to work with defence personnel in promoting positive health; Human engineering in defence.</li> <li>● Sports Psychology: Psychological interventions in improving performance of athletes and sports. Persons participating in Individual and Team Games.</li> <li>● Media influences on pro and antisocial behaviour.</li> <li>● Psychology of terrorism.</li> </ul> |
| <p><b>Test-13</b><br/><b>OPT-PSY-2413</b></p> | <p><b>18 August, 2024</b><br/><b>(Sunday)</b></p>    | <p><b>Full Length Paper-I</b></p>  |
| <p><b>Test-14</b><br/><b>OPT-PSY-2414</b></p> |  | <p><b>Full Length Paper-II</b></p>   |
| <p><b>Test-15</b><br/><b>OPT-PSY-2415</b></p> | <p><b>01 September, 2024</b><br/><b>(Sunday)</b></p> | <p><b>Full Length Paper-I</b></p>  |
| <p><b>Test-16</b><br/><b>OPT-PSY-2416</b></p> |  | <p><b>Full Length Paper-II</b></p>   |





## SUGGESTED BOOKS

- Psychology by Pearson by Saundra Ciccarelli, J. Noland White, and Girishwar Misra
- Atkinson and Hilgard's Introduction to Psychology
- Textbook of Psychology by Morgan and King
- Tests, Measurements and Research Methods in Behavioral Sciences by AK Singh
- Research Methods and Statistics in Psychology by Hugh Coolican
- Cognitive Psychology by Robert Sternberg
- Theories of Personality by Schultz
- Health Psychology by Shelley Taylor
- Social Psychology by Baron Robert

- Social Psychology by A.K. Singh
- Development throughout the Lifespan by Laura Berk
- Diagnostic and Statistical Manual of Mental Disorder-5-TR
- Abnormal psychology by James Butcher, Jill Hooley, Matthew Nock
- Theory and Practice of Counseling and Psychotherapy by Gerald Corey
- Counseling- A Comprehensive Profession by Samuel Gladding
- Organizational Psychology by Robbins and Judge
- Organizational psychology: An Evidence- Based Approach by Fred Luthans
- Community Psychology: Linking Individuals and Communities by Bret Kloos
- NCERT book for 11<sup>th</sup> and 12<sup>th</sup> grade for psychology