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**GOVERNMENT OF MIZORAM
SOCIAL WELFARE & TRIBAL AFFAIRS DEPARTMENT**

Dated Aizawl, the 8th September, 2023

NOTIFICATION

No. A. 11012/11/2022-SWD: In the interest of public service, the Governor of Mizoram is pleased to notify Syllabus for direct recruitment to the post of Psychologist under Social Welfare & Tribal Affairs Department in Level 8 of the Pay Matrix as per annexure enclosed with immediate effect and until further order.

Sd/- K. LALRINZUALI

Secretary to the Govt. of Mizoram,
Social Welfare & Tribal Affairs Department

Memo No. A. 11012/11/2022-SWD: Dated Aizawl, the 8th September, 2023.

Copy to:

1. Secretary to the Governor, Mizoram.
2. Sr. PPS to Chief Secretary, Mizoram.
3. Secretary to the Govt. of Mizoram, DP&AR.
4. Secretary, Mizoram Public Service Commission.
5. Controller, Printing & Stationery Department with 5 spare copies for publication in the Mizoram Gazette.
6. Director, Social Welfare & Tribal Affairs.
7. Guard file.

*Rimawii
8/9/23*

(LALRIMAWII HMAR)

Under Secretary to the Govt. of Mizoram,
Social Welfare & Tribal Affairs Department.

**SYLLABUS FOR DIRECT RECRUITMENT TO THE POST OF PSYCHOLOGIST
(LEVEL 8) UNDER SOCIAL WELFARE & TRIBAL AFFAIRS DEPARTMENT**

Paper I (General English): 100 Marks

- (a) Précis Writing : 14 Marks
- (b) Letter Writing : 10 Marks
- (c) Comprehension of given passages : 10 Marks
- (d) Grammar: Parts of Speech (MCQ) : 30 Marks
- (e) Correct usage and Vocabularies (MCQ) : 16 Marks
- (f) Formation of Sentence (MCQ) : 20 Marks

(i) Verbs

Tenses: Present/past forms, Simple/continuous forms, Perfect forms, Future time reference

(ii) Sentence Structure

Connectors

Types of sentences: Affirmative/interrogative sentences, Negation, Exclamations

Types of Phrases and Clauses: finite and non-finite subordinate clauses, noun clauses and phrases, adjective clauses and phrases, adverb clauses and phrases

Narration (Direct and Indirect speech)

PAPER II (General Studies) : 100 Marks

- (a) Current events of state, national and international importance : 12 marks
 - (b) History of India and Indian National Movement : 12 marks
 - (c) Indian and World Geography - Physical, Social, Economic Geography of India and the World : 12 marks
 - (d) Indian Polity and Governance - Constitution, Political System, Public Policy, Duties & Rights Issues : 12 marks
 - (e) Economic and Social Development Sustainable Development, Poverty, Inclusion, Demographics, Social Sector initiatives, and other related issues : 12 marks
 - (f) General issues on Environmental Ecology, Bio-diversity and Climate : 12 marks
 - (g) General Science : 12 marks
- The topics listed above shall cover the State of Mizoram wherever applicable.*
- (h) General awareness on Mizo culture, its heritage and society : 16 marks

PAPER III (TECHNICAL PAPERS) -

Notes: 50% of the questions in all Technical Papers shall be set in conventional type and the remaining 50% shall be set in multiple choice questions.

PSYCHOLOGY PAPER – I (200 marks)

UNIT I

Introduction: Psychology as a Science (10 marks)

Definitions and perspective. Psychology in relation to other social and natural sciences. Use of interdisciplinary approach.

UNIT II: (20 marks)

a) Methods of Psychology

Characteristics and components of methods in psychology. Observation, Survey, Laboratory and field experiments. Clinical and Case study. Experimental and Correlation methods.

b) Research methods and quantitative analysis

Major steps in psychological research (problem statement, hypothesis formulation, research design, sampling, tools of data collection, analysis and interpretation and report writing). Methods of data collection (interview, observation, questionnaire and case study).

UNIT III (50 marks)

a) Attention, Sensation and Perception

Attention - factors, influencing attention including set and characteristics of stimulus. Models of attention (selective and divided theories). Sensation- concepts of threshold, absolute and difference thresholds, signal detection and vigilance. Definition and concept of perception, biological factors in perception. Perceptual organization-influence of past experiences, Perceptual defense-factors influencing. Space and depth perception, size estimation and perceptual readiness.

b) Learning

Concepts and theories of learning (Pavlov, Skinner and Piaget). The processes of extinction, discrimination and generalization. Programmed learning, probability learning, self-instructional learning, concepts, types and the schedules of reinforcement. Modeling and social learning. Recent trends in learning: Neurophysiology of learning

c) Memory and forgetting

Concepts and definition of memory and forgetting, 7+/-2 concept and chunking Encoding, storage and retrieval. Factors influencing retention and forgetting. Theories of forgetting (Interference, Retrieval failure, Decay, Motivated Forgetting). The concept of reminiscence.

UNIT IV (50 marks)

a) Personality

Concept and definition of personality. Theories of personality (psychoanalytical, socio-cognitive, interpersonal and developmental, humanistic, behavioural, trait and type approaches). Measurement of personality (projective tests, pencil-paper test).

b) Attitudes, Values and Interests

Definitions, concepts of attitudes, values and interests. Components of attitudes, values and interests. Formation and maintenance of attitudes. Measurement of attitudes, values and interests. Theories of attitudes, and attitudes changes, strategies for fostering values.

c) Motivation and Emotion

Definition and concepts. Theories and physiological basis of motivation and emotion. Measurement of motivation and emotion Motivation and emotion-their effects on behavior.

UNIT V (30 marks)

a) Thinking and Problem Solving

Concept formation processes. Reasoning and problem solving. Creative thinking and fostering creativity. Information processing. Decision making and judgement.

b) Intelligence and Aptitude

Concept and definition of Intelligence and aptitude, Nature and theories of intelligence. Measurement of Intelligence and aptitude Concepts and measurement of emotional and multiple intelligence.

UNITVI (30 marks)

a) Development of Human Behaviour

The nature, origin and development. Role of genetic and environmental factors in determining human behaviour. Influence of cultural factors and socialization. Life span development - the critical periods and their handling, Mastery of the developmental tasks. Influence of child rearing practices and its impact on the growth and development of the individual.

b) Biological Psychology

Definition, Scope, Approaches and levels of analysis in Biological Psychology. Methods. Evolution and Life-span Development of the brain and behavior. Ingestive Behavior-Drinking and its neural mechanism, Drugs and Behavior: Reward Pathways.

UNIT VII - Language and Communication (10 marks)

Human language-properties, structure and linguistic hierarchy, Language acquisition-predisposition, critical period hypothesis. Theories of language development (Skinner, Chomsky), Process and types of communication. Effective communication and training.

PSYCHOLOGY PAPER – II (200 marks)

UNIT I - Psychological Measurement of Individual Difference (16 marks)

The nature of individual differences. Characteristics and construction of standardized psychological tests. Types of psychological tests. Use, misuse and limitation of psychological tests. Ethical issues in the use of psychological tests.

UNIT II (50 marks)

a) Mental Disorders

Mental disorders (Anxiety disorders, mood disorders, schizophrenia and delusional disorders; personality disorders, neuro-developmental disorders, trauma and stress related disorders, dissociative disorders & somatic symptom disorders). Causal factors in mental disorders. Assessment and Diagnosis: DSM V and other tool. Factors influencing positive health, well being, life style and quality of life.

b) Therapeutic Approaches

Psychodynamic therapies. Behaviour therapies. Client centered therapy. Cognitive therapies. Indigenous therapies (Yoga, Reiki, Meditation) Biofeedback therapy. Prevention and rehabilitation of the mentally ill.

UNIT III (40 marks)

a) Health Psychology

The mind-body relationship: functions and need for health psychology: Biosocial Model. The systems of the body. Well being – definitions and implications of well-being. Stress and Health-Related consequences - Behavioural and Physical symptoms; Burnout Stress Syndrome (BOSS), Anxiety, Anger and Depression as Emotional Vital Signs of Mental Health. Stress, emotions, coping and health – stress and health-related consequences, Emotions theories, Physiological correlates of emotions, Social resources of stress, managing/coping with stress. Living with chronic illness- HIV/AIDS. Health compromising behaviors: Smoking, Alcohol and substance abuse. Health Enhancing Behaviors: Weight Control; Diet; Exercise; Yoga, Habit Modification.

b) Substance related and addictive disorders

Definition- addictive behavior, abuse, dependence, tolerance, withdrawal, psycho-active substances. Alcohol related disorders (clinical picture) and causes, Drug abuse and dependence – different types of drug used.

UNIT IV - Positive Psychology (18 marks)

Emotional and cognitive approaches. Self-based and Interpersonal approaches.

UNIT V - Work Psychology and Organisational Behaviour (20 marks)

Personnel selection and training. Use of Psychological tests in the industry. Training and human resource development. Performance appraisal. Theories of work motivation. Leadership and participatory management. Employee Counseling. Stress and its Management.

UNIT VI - Community Psychology (20 marks)

Definition and concept of Community Psychology. Role of community psychologists in social change. Use of small groups in social action. Arousing community consciousness and action for handling social problems. Group decision making and leadership for social change.

UNIT VII - Social Psychology (36 marks)

- a) Nature of Social Issues; Social Psychology and Social issues, increasing role of social psychology in social problems, applied psychology in social problems, applied psychology and Social Policy. Impact of IT & Communication Technology on Social behavior.
- b) The concept of social integration. The problem of caste, class, religion and language conflicts and prejudice. Nature and manifestation of prejudice between the in-group and out-group. Casual factors of such conflicts and prejudices. Psychological strategies for handling the conflicts and prejudices. Measures to achieve social integration.
- c) Social perception and leadership. Positive social relationships. Social influence – Groups, Attitudes, Poverty and deprivation, psychological effects of unemployment. Social interaction. Negative Social Relations.

PSYCHOLOGY PAPER – III (200 marks)

UNIT I - Application of Psychology to Educational Field (14 marks)

Psychological principles underlying effective teaching-learning process; Learning styles Gifted, retarded, learning disabled and their training. Training for improving memory and better academic achievement. Personality development and value education, Educational, vocational guidance and Career counseling. Use of Psychological tests in educational institutions.

UNIT II - Application of Psychology to disadvantaged groups (14 marks) The concepts of disadvantaged, deprivation and socially deprived. Social, physical, cultural and economic consequences of disadvantaged and deprived groups. Educating and motivating the disadvantaged towards development.

UNIT III - Application of Psychology to environment and related fields (14 marks) Environmental Psychology-effects of noise, pollution and crowding. Population psychology-psychological consequences of population explosion and high population density. Motivating for small family norms. Impact of rapid scientific and technological growth on degradation of environment.

UNIT IV - Rehabilitation Psychology (36 marks) Primary, secondary and tertiary prevention programmes - role of psychologists. Organising of services for rehabilitation of physically, mentally and socially challenged persons including old persons. Rehabilitation of persons suffering from substance abuse, juvenile delinquency, criminal behaviours. Rehabilitation of victims of violence. Rehabilitation of HIV/AIDS victims.

UNIT V - Counseling Psychology (36 marks) Definition and nature, goals of counseling. Counseling: Basic issues; Micro-skills; feedback Skills; Counseling Relationship; Stages & Process. Qualities of an effective counselor. Training and education of a counselor, ethics. The Counsellor: As a Person and Professional, Ethical Issues. Approaches and Techniques of Counselling: Psychodynamic, Humanistic and Transpersonal, Cognitive-behavioural, Family Systems, and Eclectic/Integrated approaches. Group counseling, family counseling, drugs and alcohol dependents, life-skills counseling. Crisis intervention and stress management.

UNIT VI - Psychological Assessment (36 marks) Meaning and purpose of psychological assessment – Principles of Assessment, Ethical Considerations. Test Construction – Steps, CTT and IRT. Applications of Psychological Testing – Clinical setting, Educational Counseling. Interpretation of Data and Writing Research Report.

UNIT VII – Psycho-diagnostics (36 marks) Introduction to Clinical Psychology – Nature of psychometric and behavioural assessment, clinical interview and observation, history taking and mental status examination. Cognitive assessment of adults: WAIS, Stanford-Binet, WMS, Progressive matrices. Objective testing of personality: MMPI, CPI. Clinical scales: measurement of depression and anxiety, APS, ASIQ.

UNIT VIII - Recent Trends (14 marks) Computer application in the Psychological laboratory and psychological testing. Artificial Intelligence. Psycho cybernetics. Study of consciousness-sleep-wake schedules; dreams, stimulus deprivation, meditation, hypnotic/drug induced states. Extrasensory perception. Inter sensory perception Simulation studies.