

## BRIDGE COURSE IN PSYCHOLOGY

### Objectives:

- 1) To impart knowledge and understanding of research designs and methods of data collection in Psychological research
- 2) To create awareness about various terms such as variables and hypothesis (null hypothesis & alternate hypothesis)
- 3) To impart knowledge and understanding of the concepts in Statistics and the various measures of Descriptive Statistics and inferential statistics
- 4) To create a foundation for conducting tests in Psychology, scoring, interpreting the data and report writing
- 5) To acquaint learners with ethics in psychological research.

### Learning Outcome:

- 1) Students will learn about basics of research in Psychology. They will get an understanding of research designs and various methods of data collection in psychological research
- 2) Learner will familiarise himself/herself with various terminologies in research such as variables, hypothesis etc.
- 3) Students will get to know how to use statistical tools to analyse and interpret data.
- 4) After completing the course students will be equipped with research methods, basics of statistics and counselling techniques.
- 5) Course will create a good foundation for advance learning in Psychology

### Unit 1: Introduction to Psychological Research

10 hours

#### a. Introduction to research designs

Independent groups design  
Repeated measures designs  
Complex designs

#### b. Introduction to research methods

Case study  
Observation and Interview method  
Questionnaire  
Survey research

#### c. APA style writing

#### d. Ethical issues in psychological research

### Unit 2: Statistics in Psychology

8 hours

#### a. Descriptive statistics

#### b. Types of variables

1 hour

#### c. Hypothesis testing (one tailed, two tailed)

#### d. Inferential Statistics: 't' test- independent and dependent samples, One-way ANOVA, MANOVA

**Unit 3: Counselling Techniques**

3.5 hours

- a. Cognitive behavioural therapy
- b. Psychodynamic approach
- c. Person centred therapy

**Unit 4: Practicum**

8.5 hours

- a. Practice exercises in Methodology – Discussion & understanding of research situations – 2 practice sessions
- b. Practice questions of Inferential statistics – t-test, one way ANOVA, Chi square test
- c. Administration of a test (intelligence, motivation or any other test), scoring, interpretation & report writing
- d. Literature review report      30 minutes

**Books for reference:**

- 1) Aaron, A., Aaron, E. N., & Coups, E. J. (2006). Statistics for Psychology. (4th ed.). Pearson Education, Indian reprint 2007
- 2) Cohen, J. R., Swerdlik, M. E., & Sturman, E. D. (2013). Psychological Testing and Assessment: An introduction to Tests and Measurement. (8th ed.). New York. McGraw-Hill International edition. (Indian reprint 2015)
- 3) Corey, J. (2015). Theory and Practice of Counseling and Psychotherapy, *Tenth Edition*
- 4) Counseling and Psychotherapy: Theories and Interventions (2016). Edited by David Capuzzi and Mark D. Stauffer, sixth edition
- 5) Shaughnessy, J., Zechmeister, E. & Zechmeister, J. (2012). Research Methods in Psychology, Ninth Edition