

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