



Drishti IAS

DRISHTI IAS MAINS TEST SERIES 2024

PSYCHOLOGY (Optional Subject)

Available in **English Medium** Only

STARTING : 17TH DECEMBER 2023

Total 16 Tests

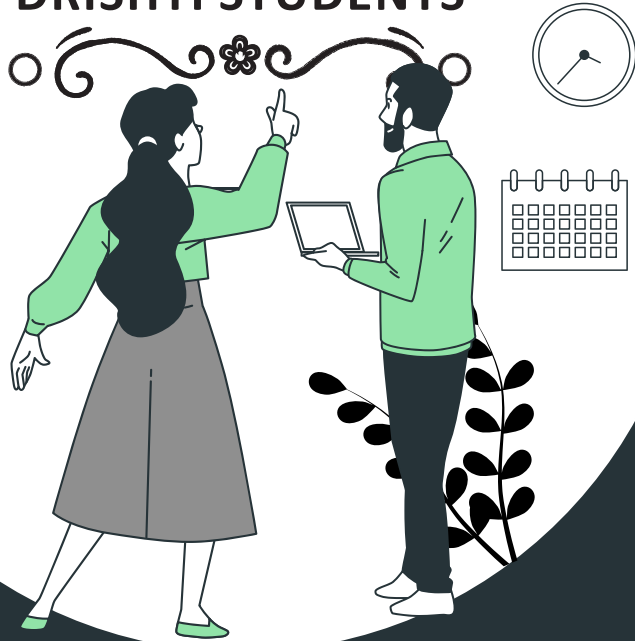
12 Sectional

4 Full Syllabus

Available in **Online** and **Offline** Mode

FEE : ₹16,000/-

**SPECIAL DISCOUNT
FOR
DRISHTI STUDENTS**



Mukherjee Nagar

VARDHMAN COMPLEX, NEHRU
VIHAR, NEAR MUKHERJEE
NAGAR, DELHI

Karol Bagh

21, PUSA ROAD,
KAROL BAGH,
NEW DELHI

Prayagraj

13/15 EDMONSTON ROAD,
TASHKENT MARG, PRAYAGRAJ
(UTTAR PRADESH)

Jaipur

PLOT NO. 45, 45A, HARSH
TOWER 2, TONK ROAD, JAIPUR
(RAJASTHAN)

Lucknow

47/CC, BURLINGTON MALL,
VIDHAN SABHA MARG,
LALBAGH, LUCKNOW, U.P.

Contacts: 8010440440, 87501 87501 **E-mail :** testseries@groupdrishti.in **Website :** www.drishtias.com

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 OPT-PSY-2401	17 December, 2023 (Sunday)	Introduction to psychology; Development of Human Behavior; and Issues and Perspectives in Modern Contemporary Psychology
Test-2 OPT-PSY-2402	24 December, 2023 (Sunday)	Methods of Psychology; Research Methods
Test-3 OPT-PSY-2403	7 January, 2024 (Sunday)	Language and Communication; Intelligence and Aptitude
Test-4 OPT-PSY-2404	21 January, 2024 (Sunday)	Sensation, Attention, and Perception; Learning; Memory
Test-5 OPT-PSY-2405	4 February, 2024 (Sunday)	Thinking and Problem Solving; Attitudes, Values and Interests
Test-6 OPT-PSY-2406	18 February, 2024 (Sunday)	Motivation and emotion; Personality
Test-7 OPT-PSY-2407	9 June, 2024 (Sunday)	Psychological Measurement of Individual Differences; Application of Psychology to Educational Field
Test-8 OPT-PSY-2408	16 June, 2024 (Sunday)	Psychological wellbeing and Mental Disorders; Therapeutic Approaches; Rehabilitation Psychology

Test Code	Date	Syllabus
Test-9 OPT-PSY-2409	23 June, 2024 (Sunday)	Work psychology and organizational behavior; Gender Psychology
Test-10 OPT-PSY-2410	30 June, 2024 (Sunday)	Community Psychology; Application of Psychology to disadvantaged groups; psychological problems of social integration
Test-11 OPT-PSY-2411	7 July, 2024 (Sunday)	Application of Psychology in Information Technology and Mass Media; Psychology and Economic development
Test-12 OPT-PSY-2412	14 July, 2024 (Sunday)	Application of psychology to environment and related fields; Application of psychology in other fields
Test-13 OPT-PSY-2413	28 July, 2024 (Sunday)	Full Length Paper-I
Test-14 OPT-PSY-2414		Full Length Paper-II
Test-15 OPT-PSY-2415	11 August, 2024 (Sunday)	Full Length Paper-I
Test-16 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
Test-1 OPT-PSY-2401	17 December, 2023 (Sunday)	<p>Introduction to psychology</p> <ul style="list-style-type: none"> ● Definition of Psychology; Historical antecedents of Psychology and Trends in the 21st century ● Psychology and scientific methods; Psychology in relation to other social sciences and natural sciences ● Application of psychology to societal problems <p>Development of Human Behavior</p> <ul style="list-style-type: none"> ● Growth and development; Principles of development ● Role of genetic and environmental factors in determining human behavior; Influence of cultural factors in socialization ● Life span development - Characteristics, development tasks, promoting psychological well-being across major stages of the life span. <p>Issues and Perspectives in Modern Contemporary Psychology</p> <ul style="list-style-type: none"> ● 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 state. ● Extrasensory perception; Intersensory perception; Simulation studies.
Test-2 OPT-PSY-2402	24 December, 2023 (Sunday)	<p>Methods of Psychology</p> <ul style="list-style-type: none"> ● Types of research: Descriptive, Evaluative, Diagnostic and prognostic; Methods of research: Survey, Observation, Case study and experiments ● Characteristics of experimental design and non-experimental design; Quasi-experimental designs ● Focused group discussions; brainstorming; grounded theory approach <p>Research Methods</p> <ul style="list-style-type: none"> ● Major steps in psychological research (problem statement, hypothesis formulation, research designs, sampling, tools of data collection, analysis and interpretation and report writing)



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

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



Test-7 OPT-PSY-2407	9 June, 2024 (Sunday)	<p><u>Psychological Measurement of Individual Differences</u></p> <ul style="list-style-type: none"> ● Nature of individual differences ● Characteristics and construction of standardized psychological test; types of psychological test ● Use, misuse and limitation of psychological tests; Ethical issues in the use of psychological tests. <p><u>Application of Psychology to Educational Field</u></p> <ul style="list-style-type: none"> ● Psychological principles underlying effective teaching-learning process; Learning styles; Use of psychological tests in educational institutions; ● 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; Effective strategies in guidance programs.
Test-8 OPT-PSY-2408	16 June, 2024 (Sunday)	<p><u>Psychological wellbeing and Mental Disorders; Therapeutic Approaches</u></p> <ul style="list-style-type: none"> ● Causal factors in mental disorders (anxiety disorders, mood disorders, schizophrenia and delusional disorders; personality disorders, substance abuse disorders); ● Psychodynamic therapies; Behavior therapies; Client centered therapy; Cognitive therapies; Indigenous therapies (Yoga, Meditation); biofeedback therapy; Prevention and rehabilitation of the mentally ill ● 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. <p><u>Rehabilitation Psychology</u></p> <ul style="list-style-type: none"> ● Primary, secondary and tertiary prevention programs - role of psychologists; ● 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; ● Rehabilitation of victims of violence, Rehabilitation of HIV/AIDS victims, the role of social agencies.
Test-9 OPT-PSY-2409	23 June, 2024 (Sunday)	<p><u>Work psychology and organizational behavior</u></p> <ul style="list-style-type: none"> ● Personnel selection and training; Use of psychological tests in the industry; Training and human resource development; ● Theories of work motivation – Herzberg, Maslow, Adam Equity theory, Porter and Lawler, Vroom ● Leadership and participatory management; Managerial effectiveness; Transformational leadership. ● Advertising and marketing; Stress and its management; Ergonomics; consumer psychology; Sensitivity training; Power and politics in organizations

		<u>Gender Psychology</u> <ul style="list-style-type: none"> ● Issues of discrimination; Management of diversity; Women and Indian society ● Glass ceiling effect; Self-fulfilling prophesy
Test-10 OPT-PSY-2410	30 June, 2024 (Sunday)	<u>Community Psychology</u> <ul style="list-style-type: none"> ● Definition and concept of community psychology; Use of small groups in social action; ● Arousing community consciousness and action for handling social problems; ● Group decision making and leadership for social change; Effective strategies for social change. <u>Application of Psychology to disadvantaged groups</u> <ul style="list-style-type: none"> ● The concepts of disadvantaged, deprivation; Relative and prolonged deprivation. ● Social, physical, cultural and economic consequences of disadvantaged and deprived groups; Educating and motivating the disadvantaged towards development; <u>Psychological problems of social integration</u> <ul style="list-style-type: none"> ● 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; Causal factors of social conflicts and prejudices; ● Psychological strategies for handling the conflicts and prejudices; Measures to achieve social integration.
Test-11 OPT-PSY-2411	7 July, 2024 (Sunday)	<u>Application of Psychology in Information Technology and Mass Media</u> <ul style="list-style-type: none"> ● The present scenario of information technology and the mass media boom and the role of psychologists; ● 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; ● Impact of TV and fostering value through IT and mass media; Psychological consequences of recent developments in Information Technology. <u>Psychology and Economic development</u> <ul style="list-style-type: none"> ● Achievement motivation and economic development; ● Characteristics of entrepreneurial behavior; Motivating and training people for entrepreneurship and economic development; ● Consumer rights and consumer awareness, Government policies for the promotion of entrepreneurship among youth including women entrepreneurs.



Test-12 OPT-PSY-2412	14 July, 2024 (Sunday)	<p>Application of psychology to environment and related fields</p> <ul style="list-style-type: none"> ● Environmental psychology-effects of noise, pollution and crowding; Impact of rapid scientific and technological growth on degradation of the environment. ● Population psychology: psychological consequences of population explosion and high population density; Motivating for small family norm; <p>Application of psychology in other fields</p> <ul style="list-style-type: none"> ● 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. ● Sports Psychology: Psychological interventions in improving performance of athletes and sports. Persons participating in Individual and Team Games. ● Media influences on pro and antisocial behaviour. ● Psychology of terrorism.
Test-13 OPT-PSY-2413	28 July, 2024 (Sunday)	Full Length Paper-I
Test-14 OPT-PSY-2414		Full Length Paper-II
Test-15 OPT-PSY-2415	11 August, 2024 (Sunday)	Full Length Paper-I
Test-16 OPT-PSY-2416		Full Length Paper-II



SUGGESTED BOOKS

- | | |
|---|---|
| <ul style="list-style-type: none">● Psychology by Pearson by Sandra 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 | <ul style="list-style-type: none">● 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 11th and 12th grade for psychology |
|---|---|