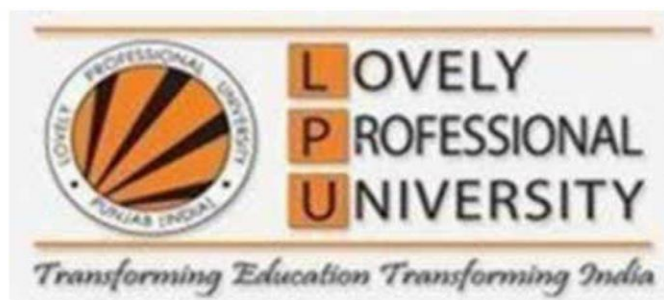


LMPSY-291

Psychological Testing - Lab Manual
School of Social Sciences and Languages



Name of the Student..... Reg. No.....

Section..... Roll No.....

LMPSY-291

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Practical Worksheet

Practical 1

Title: To measure the stress management skills by using Stress Management Scale by Dr.Vandana Kaushik and Dr. Namrata Arora.

Material required: Stress Management consumable booklet, manual, worksheet, pencil.

Learning Objectives:

This will enable the students:

1. To understand what is stress and its related factors and how to manage it.
2. To know about how to assess the stress management skills of the subject.
3. To know about the conduction of the test
4. To interpret obtained scores.

Description of the Test: Stress Management Scale is developed by Dr Vandana Kaushik and Dr.Namrata Arora . Aim of the test is to assess the stress management of an individual. This test consists 36 items in all with 6 responses for each item. This scale contains positively and negatively worded items, which helps in the scoringprocess .Scoring, norms and interpretation are given in the manual. Through this student will be able to administer the test and able to interpret the scores.

Procedure:

1. Instruct the following “This is not an Intelligent test and generally people will take 10minutes to complete it”
2. Instructions will be provided to the subject regarding the test.
3. Total 36 items are there with 6 options each and the subjects have to select oneoptionfor each item.
4. There is no time limit to complete the test.

5. After instructions administration will be done with the help of the experimenter.

6. Then scoring will be done with the help of manual
7. After scoring interpretation of the scores will be provided to the subject for his/her knowledge.

Required results:

There are positively and negatively worded items with different scores. Scoring procedure, norms and interpretations are available in the manual. After getting the raw scores through the help of table that raw score will be converted into z-score. At the end interpretation table of z- score is available in the manual.

Precautions:

Few things should be kept in the mind –

- (a) Calm environment
- (b) Material required for the test should be ready beforehand.
- (c) Consent must be taken by the subject for administering the test.
- (d) Clear all the ambiguities beforehand.
- (e) Confidentiality should be maintained regarding the results of the subject.

Learning Outcomes:

Students will be able to:

- Understand how to administer the scale with precautions
- Assess the stress management of an individual.
- Comprehend the scoring and interpretation the test.
- Comprehend the basic concepts related related to stress and its management.

Practical 2: Personality

Aim: To analyze the personality of the subject by Big five personality Questionnaire

Material required: Big five personality Questionnaire

Learning Objectives: Students will be able to

- To assess personality of the subject.
- To understand about the concept of personality.

Description of the test: The Big five personality Questionnaire is a multiple -choice personality questionnaire which was developed by. he framework for personality traits was derived from the lexical hypothesis and first created by Lewis Goldberg in 1963. The idea suggests that you can describe people using terms belonging to five different groups: Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness. The test is designed to measure these five personality factors or “dimensions

Procedure: 1. Instruct the following “This is a Personality test and try to offer your true responses”
2. Each and every form has different time limits
. Collect the sheets after completion and score the response using manual, and norms table. Below is a Table outlining the personality measured by Big five personality the Questionnaire.

Precautions:

1. The subject should be encouraged to respond honestly.
2. There is no time limit while answering the statements but the subject should respond as quickly as possible.
3. Answers are to be made on a separate answer sheet.

Required Results:

A person having very high score in a particular dimension means he is having that trait of personality. That person has that quality in him. A person having low score means he or she is lacking that

particular trait.

Learning Outcomes:

The students will:

- Learn how to assess and report the personality of an individual using this test.
- Be able to know how to administer, score and interpret the personality test.
- Be able to know about the concept of personality.

Practical 3

Title: To measure the emotional maturity of an individual by using Emotional maturity scale by Dr. Yashvir Singh and Dr. Mahesh Bhargava .

Material required: Emotional Maturity consumable booklet, manual, worksheet, pencil.

Learning Objectives:

This will enable the student to:

- understand the emotional maturity related factors.
- know about how to assess the emotional maturity of the subject.
- know about the conduction of the test
- to interpret scores.

Description of the test:

Emotional Maturity Scale by Dr. Yashvir Singh and Dr. Mahesh Bhargava Aim of the test is to assess the emotional maturity of an individual. This test consists 48 items in all with 5 responses for each item. This scale contains positively and negatively worded items, which help in the scoring process. Scoring, norms and interpretation, are given in the manual. Through this student will be able to administer the test and able to interpret the scores.

Procedure:

1. Instruct the following “This is not an Intelligent test and generally people will take 10 minutes to complete it”
2. Instructions will be provided to the subject regarding the test.
3. Total 48 items are there with 5 options each and the subjects have to select one option for each item.
4. There is no time limit to complete the test.
5. After instructions administration will be done with the help of the experimenter.
6. Then scoring will be done with the help of manual
7. After scoring interpretation of the scores will be provided to the subject for his/her knowledge.

Required results:

There are positively and negatively worded items with different scores. Scoring procedure, norms and interpretations are available in the manual. After getting the raw scores through the help of table interpretation of the scores will be provided to the subject.

Precautions:

Few things should be kept in the mind –

- (a) Calm environment
- (b) Material required for the test should be ready beforehand.
- (c) Consent must be taken by the subject for administering the test.
- (d) Clear all the ambiguities beforehand.
- (e) Confidentiality should be maintained regarding the results of the subject.

Learning Outcomes:

Students will be:

1. Understanding the basic concepts related to emotional maturity.
2. Learning to administer the scale and able to apply the precautions.
3. Able to assess the emotional maturity of an individual.
4. Able to do the scoring and interpretation the test scores

Practical 4: Levels of Aspiration

Aim: To assess the aspiration level of an individual by using Bhargav's aspiration scale.

Material required: Level of Aspiration Booklet, Manual, Pen, Pencil and Paper.

Learning Objectives:

- To understand about the concept of aspiration.
- To assess the level of aspiration of an individual using this test.
- To know about the administration, scoring and interpretation of the test.

Description of the test: The level of Aspiration performance sheet has 50 circles (each of 1 cm in diameter) which are arranged in five rows – ten in each row. Above and below of these rows, there are two boxes on the right side – the upper box is for writing the number of expected score (except in practice trial) whereas lower box is for putting the number of actual score or completed performance. Thus, ten trials are needed for each subject except practice trial.

Procedure:

The following instructions are given to the subject:

- 1) You have a page containing 50 circles in front of you and have to draw four lines in these circles, so that they may appear like a human face
- 2) You must draw line in a sequence – right eye, left eye, nose and mouth
- 3) Work from left to right across the rows and then proceed to the next line
- 4) For each trial 30 seconds are allotted for work and end of this time duration you will be asked to stop the performance and count the number of completed faces and enter it in the lower box
- 5) This trial will be treated as practice trial
- 6) In the next trials, you achieve to do the same thing along with to put the number of faces in the upper box which you intend to complete within 30 seconds time duration on the basis of last actual performance

7) Same is repeated for 10 trials for actual work

Precautions:

1. Time should be announced before the start and after the completion of every trial.
2. Doubts if any must be clarified only before the start of test.
3. Faces should be made from left to right only
4. The expected score and the actual score should be entered in the respective boxes.
5. Subject should not be allowed to take any help from anyone while performing the test.

Scoring:

The procedure of scoring is simple. It provides three types of scores:

- (1) Goal discrepancy Score
- (2) Attainment discrepancy score
- (3) The Number of time

The Goal reach score Goal discrepancy Score The extent and direction of difference between actual score on the previous trial and goal set of the next trial is known as Goal Discrepancy Score Or GD Score , which is obtained by subtracting the actual score on a trial from the aspiration score (Goal set up score) for the next trial.

Attainment discrepancy Score or ADS It is the difference between aspiration (expected score) and the achievement (actual score) on the same trial. So, in order to obtain ADS expected performance is subtracted from the actual performance.

NTRS (Number of Times the Goal reach Score) This may be obtained by number of times where his actual score is equal or more than the expected score. Then the raw score for the GDS and ADS is converted into the percentile from the table in the manual and then the percentile is interpreted into high aspirant, average aspirant and low aspirant.

Required Results: The obtained result will be interpreted in terms of mean of GDS, ADS and NTR score in different areas of the test and then by referring to norm table.

Learning Outcomes:

Student will be able:

To understand about the concept of aspiration.

To assess the level of aspiration of an individual using this test.

To know about the administration, scoring and interpretation of the test

Practical 5

Title: Locus of control: To assess the locus of control of an individual by using Hasnain and Joshi scale

Material required: Level of Aspiration Booklet, Manual, Pen, Pencil and Paper.

Learning Objectives:

1. To check the aspiration level of an individual
2. To make the student aware about the use of aspiration test
3. To make student able to apply the test results.

Description of the test:

-Locus of Control Scale constructed and standardized by Hasnain and Joshi (1992) is used for determining externality and internality. The scale comprised of 41 items having 18 positive items and 23 negative items. The items that reveal internal locus of control are treated as positive items and items that reveal external locus of control are taken as negative items. It is a three- point scale and the Ss have to respond in terms of “always”, “Sometimes”, and “Never”.

Procedure:

The following instructions are given to the subject:

1. This is a test of the locus of control
2. There are various statements given that relate to particular work area.
3. Try to read carefully and respond one by one to each and every statement.
4. If the given statement fully applies to you then put a tick mark on „Always“
5. If the given statement applies to you quite often then put a tick mark on „Sometimes“.
6. If the given statement does not apply to you at all then put a tick mark on „Never“.
7. Do not spend more time on a single statement

Scoring:

Score of 2, 1, and 0 are given to positive items for “always”, “Sometimes”, and “Never” respectively. The scoring on negative items is done in reverse order. The highest score on the scale is 72 and lowest score is 0. Positive items:-

1,3,6,7,9,13,15,16,18,23,26,27,29,30,34 and 35. Negative items:-

2,4,5,8,10,11,12,14,17,19,20,21,22,24,25,28,31,32,33 and 36.

The procedure of scoring is simple.

Required results:

The obtained result will be interpreted in terms of internal locus of control or internal locus of control.

Precautions:

1. Subject should be willing to do the test. Doubts if any must be clarified only before the start of test.
2. Subject should not be allowed to take any help from anyone except the experimenter while performing the test.
3. Proper arrangements like light and comfortable seating should be arranged before the conduction.
4. Before the completion do not reveal the main aim of the practical to avoid any socially desirable answers.

Learning Outcomes:

Student will be able to:

1. Understand about the concept of Locus of control.
2. Assess the locus of control of an individual using this test.
3. Know about the administration, scoring and interpretation of the test.
4. Learn to prepare the report with the obtained results

Practical: 6

Lovely Anxiety Scale

Title: To measure the anxiety level of an individual with the help of lovely anxiety scale by Dr.Mohammad Amin Wani.

Learning Objectives:

This will enable the students:

5. To understand what is anxiety and its related factors and how to assess it.
6. To know about how to assess the anxiety of the subject.
7. To know about the conduction of the test
8. To interpret obtained scores.

Description of the Test: The scale has been constructed with the purpose of measuring the level of academic anxiety among students. Operational Definition of Academic anxiety Academic anxiety has come from the Latin word 'Anxiety,' which relates to the feeling of uncertainty, threat, and agitation in various combinations. Students are under a lot of pressure to do well, which leads to tension and exam anxiety. Academic anxiety is, in some ways, man's most personal experience. With the first breath, it enters man's life and leaves with the last. It is the root of all mental illnesses

Procedure:

8. Instruct the following “This is not an Intelligent test and generally people will take 10minutes to complete it”
9. Instructions will be provided to the subject regarding the test.
10. Total 31 items are there with 4 options each and the subjects have to select one option for each item.
11. There is no time limit to complete the test.
12. After instructions administration will be done with the help of the experimenter.

13. Then scoring will be done with the help of manual
14. After scoring interpretation of the scores will be provided to the subject for his/her knowledge.

Required results:

There are positively and negatively worded items with different scores. Scoring procedure, norms and interpretations are available in the manual. After getting the raw scores through the help of table that raw score will be converted into z-score. At the end interpretation table of z- score is available in the manual.

Precautions:

Few things should be kept in the mind –

- (f) Calm environment
- (g) Material required for the test should be ready beforehand.
- (h) Consent must be taken by the subject for administering the test.
- (i) Clear all the ambiguities beforehand.
- (j) Confidentiality should be maintained regarding the results of the subject.

Learning Outcomes:

Students will be able to:

- Understand how to administer the scale with precautions
- Assess the stress management of an individual.
- Comprehend the scoring and interpretation the test.
- Comprehend the basic concepts related related to Anxiety