



PSYCHOLOGY

Optional 2026-27

Pratigya Batch



By - Sanket Jain Sir

Senior Faculty - Psychology



9th July '25



1:00 PM

Study Iq is introducing a comprehensive Psychology Optional Course cum Test Series Programme. The objective of this course is to help students understand the subject matter more conceptually as well as to impart answer writing skills to the students.

Psychology Optional 2026-27 Batch

It is said that Optional determines the destiny of UPSC journey. It is the most important weapon to conquer this exam. To get into the final list, one must ace the optionals.

To help you sail with a comfortable margin in Psychology Optional, StudyIQ is here with its Psychology Foundation Course

1 >

Ethics & GS Linkage – Special focus on linking Psychology with Ethics and GS topics for better integration.

2 >

Sanket Sir actively supports doubt-clearing and strategy discussions through online class

3 >

Regular answer writing with feedback is a key feature of our Foundation Course.

4 >

PYQ-Based Teaching Approach – Topics prioritized and taught based on UPSC past year question trends.

5 >

Personal Mentorship & Progress Tracking – One-on-one guidance to track performance and improve answer quality.

6 >

Conceptual Clarity with Real-life Examples – Complex theories simplified using relatable Indian examples and case studies.

Crack UPSC CSE with Confidence

Proven Track Record: More than 10 toppers in the last 3 years

Timely Feedback: Answer writing evaluation within 48 hours

Expert Mentorship: Personalized support from subject experts













Additional Guidance: Mentorship support from Sanket Sir through Zoom sessions



Features

Gold

Platinum

	400+ hours of live lectures spread over 6 months
	Live Doubt Clearing Sessions with Faculty
	Recorded Lectures & Hand written Notes and Crux
	Comprehensive Coverage of Every Topic with PYQ Discussion
	Current affairs to keep the aspirants updated
	Discussion of all the Previous Year Questions
	Regular answer writing sessions with evaluation
	One to one Mentorship 24*7
	Mains Test Series (Sectional & Full Length Test)
	Optional Gyan Bhandar
	Weekly Doubt Clearing Sessions with Faculty
	Validity



18 Months

30 Months

STUDY PLAN

ORIENTATION CLASS

09–15 July

Week

Focus

Topics

1.

09–15 July

Thinking And Problem Solving:

: 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: Creative thinking and fostering creativity; Factors influencing decision-making and judgement; Recent trends....

2.

16–22 July

Intelligence And Aptitude:

Concept of intelligence and aptitude, Nature and theories of intelligence Spearman, Thurstone, Guilford Vernon, Sternberg and J.P. Das; Emotional Intelligence, Social intelligence, measurement of intelligence and aptitudes, concept of I Q deviation I Q, constancy of I Q; Measurement of multiple intelligence; Fluid intelligence and crystallized intelligence....

3.

23–29 July

Development of Human Behaviour:

Growth and development; Principles of development, Role of genetic and environmental factors in determining human behaviour; Influence of cultural factors in socialisation; Life span development— Characteristics, development tasks, promoting psychological well-being across major stages of the life span....

29–05 August

Language and Communication:

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....

Week

Focus

Topics

4.

06 – 14 august

Attitudes, Values and Interests:

Definitions of attitudes, values and interests;
Components of attitudes; Formation and maintenance of attitudes.
Measurement of attitudes, values and interests. Theories of attitude changes, strategies for fostering values. Formation of stereotypes and prejudices; Changing other's behaviour, Theories of attribution; Recent trends....

5.

14–21 August

Motivation and Emotion:

Psychological and physiological basis of motivation and emotion;
Measurement of motivation and emotion; Effects of motivation and emotion on behaviour; Extrinsic and intrinsic motivation; Factors influencing intrinsic motivation; Emotional competence and the related issues....

6.

22–31 August

Sensation, Attention and Perception:

Sensation: concepts of 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 organisation–influence of past experiences, perceptual defence–factor influencing space and depth perception, size estimation and perceptual readiness; The plasticity of perception; Extrasensory perception; Culture and perception, Subliminal perception....

7.

01–10 September

Research methods:

Major steps in psychological research (problem statement, hypothesis formulation, research design, sampling, tools of data collection, analysis and interpretation and report writing); Fundamental versus applied research; Methods of data collection (interview, observation, questionnaire and case study). Research Designs (Expost facto and experimental). Application of statistical techniques (t-test, two-way ANOVA, correlation and regression and factor analysis) item response theory.

Week

Focus

Topics

8.

11-18 September

Methods of Psychology:

Types of research:

Descriptive, evaluative, diagnostic and prognostic;

Methods of Research: Survey, observation, casestudy and experiments; Characteristics of experimental design and non-experimental designs; quasi-experimental designs; Focussed group discussions, brainstorming, grounded theory approach....

9.

19-25 September

Psychological Measurement of Individual Differences:

The nature of individual differences.

Characteristics and construction of standardised psychological tests.

Types of psychological tests. Use, misuse and limitation of psychological tests. Ethical issues in the use of psychological tests....

PAPER 2 PART A

Week

Focus

Topics

1.

26-03 October

Psychological well-being and Mental Disorders:

Concept of health-ill health positive health, wellbeing casual factors in Mental disorders (Anxiety disorders, mood disorders; schizophrenia and delusional disorders; personality disorders, substance abuse disorders). Factors influencing positive health, well-being, lifestyle and quality of life; Happiness disposition....

2.

06-10 October

Therapeutic Approaches:

Psychodynamic therapies. Behaviour therapies. Client-centered therapy. Cognitive therapies. Indigenous therapies (Yoga, Meditation). Biofeedback therapy. Prevention and rehabilitation of the mentally ill; Fostering mental health....

3.

13-15 October

Rehabilitation Psychology:

: Primary, secondary and tertiary prevention programmes—role of psychologists. Organising services for the rehabilitation of physically, mentally and socially challenged persons including old persons. Rehabilitation of persons suffering from substance abuse, juvenile delinquency, and criminal behaviours. Rehabilitation of victims of violence. Rehabilitation of HIV/AIDS victims, the role of social agencies....

4.

16-20 October

Psychological problem of social integration:

: The concept of social integration. The problem of caste, class, religion and language conflicts and prejudice. Nature and manifestation of prejudice between the ingroup and outgroup. Casual factors of such conflicts and prejudices. Psychological strategies for handling conflicts and prejudices. Measures to achieve social integration....

Week

Focus

Topics

5.

21–24 October

Psychology of Gender:

Issues of discrimination, Management of diversity; Glass ceiling effect, Self-fulfilling prophesy, Women and Indian society....

6.

27–31 October

Work Psychology and Organisational Behaviour:

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; Advertising and marketing; Stress and its management; Ergonomics; consumer psychology; Managerial effectiveness; Transformational leadership; Sensitivity training; Power and politics in organisations....

7.

03–05 November

Psychology and Economic development:

Achievement motivation and economic development. Characteristics of entrepreneurial behaviour. 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....

8.

06–14 November

Application of Psychology to Education:

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 counselling. Use of Psychological tests in educational institutions; Effective strategies in guidance programmes....

Week

Focus

Topics

9.

17–20 November

Application of Psychology to disadvantaged groups:

The concepts of disadvantaged, deprivation social, physical, cultural and economic consequences of disadvantaged and deprived groups. Educating and motivating the disadvantaged towards development; Relative and prolonged deprivation.

10.

21–23 November

Application of psychology in other fields:

(a) Military Psychology Devising psychological tests for defence personnel for use in selection, Training, and counselling; training psychologists to work, with defence personnel in promoting positive health; Human engineering in defence.
(b) Sports Psychology Psychological interventions in improving performance of athletes and sports. Persons participating in Individual and Team Games.
(c) Media influences on pro and anti-social behaviour.
(d) Psychology of Terrorism

11.

24–27 November

Community Psychology:

: 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.

12.

28–30 November

Application of Psychology to environment and related fields:

Environmental Psychology effects of noise, pollution and crowding. Population Psychology: Psychological consequence of population explosion and high population density. Motivating for small family norms. Impact of rapid scientific and technological growth on degradation of the environment.

13.

01 – 03 December

Application of Psychology in Information Technology and Mass Media:

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.

Week

Focus

Topics

14.

01 – 05 December

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....

15.

06 – 11 December

Personality:
Definition and concept of personality; Theories of personality (psychoanalytical, sociocultural, interpersonal, developmental, humanistic, behaviouristic, trait and type approaches); Measurement of personality (projective tests, pencil-paper test); The Indian approach to personality; Training for personality development; Latest approaches like big 5-factor theory; The notion of self in different traditions....

16.

11 – 14 December

Learning:
Concepts and theories of learning (Behaviourists, Gestaltalist and Information processing models). The processes of extinction, discrimination and generalisation. Programmed learning, probability learning, self-instructional learning, concepts, types and the schedules of reinforcement, escape, avoidance and punishment, modelling and social learning....

17.

15 – 20 December

Memory:
: Encoding and remembering; Short-term memory, Long-term memory, Sensory memory, Iconic memory, Echoic memory: The Multistore model, levels of processing; Organization and Mnemonic techniques to improve memory; Theories of forgetting: decay, interference and retrieval failure: Metamemory; Amnesia: Anterograde and retrograde....

Psychology Achievers

UPSC CSE 2024



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AIR 968

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StudyIQ's



UPSC CSE 2024 RESULTS!



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