

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A.(Hons.) I SEMESTER
Course No: PSB – 151 (CBCS)

Course Title: BASIC PSYCHOLOGICAL PROCESSES

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam Marks	: 70

Objectives:

- To provide sufficient knowledge and information about the nature and history of psychology, different fields of psychology, approaches in psychology and methods of psychology.
- To provide understanding in biological basis of behavior.
- To explain psychological processes attention, perception, and forgetting.

1. Meaning, Definitions and brief history of Psychology.
2. Schools of Psychology: Early schools.
3. Methods of Psychology: Experimental and Observation.
4. Approaches in Psychology: Behavioristic, Cognitive, & Humanistic.
5. Fields of Psychology: Basic and Applied.
6. Receptors and Effectors
7. Structure and Functions of Nervous System.
8. Sensation: Concept, definition and characteristics.
9. Attention: Nature and factors influencing attention.
10. Perception: Definition and Perceptual Organization.
11. Difference between Perception and Sensation.
12. Learning, concepts, definitions and types.
13. Motivation: Concept and definition, Types of Motives.
14. Memory and forgetting: Methods of memory, Factors Influencing forgetting
15. Emotion: Concept and theories; James – Lange, Cannon Bard.

BOOKS RECOMMENDED:

1. Morgan, C.T. and King, R. : **Introduction to Psychology.** Tata McGraw Hill Publishing Company Limited, New Delhi (1993).
2. Munn, N.L. : **Introduction to Psychology** (3rd Ed.) New Delhi: Oxford & IBH Publishing Co., (1967).
3. Guilford, J.P. : **General Psychology** D. Van Nostrand: Princeton (1956).
4. Mohsin, S.M. : **Elementary Psychology** Delhi: Motilal Banarasi Das, (1997).
5. Sdorow, Lester M. : **Psychology.** (4th Ed.) McGraw- Hill: Boston (1998).
6. Leo Postman & James P. Egan : **Experimental Psychology: An Introduction.** New Delhi Kalyani Publishers, (1990).
7. Hilgard & Atkinson : **Introduction to Psychology** (6th Ed.) New Delhi: Oxford & IBH Publishing Co., (1976).
8. Khatoun, N. : **General Psychology** New Delhi: Pearson Education (2012).

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (Hons.) II-SEMESTER
Course No. PSB – 251 (CBCS)
Course Title: SOCIAL PSYCHOLOGY

Credit Marks	:	04
Maximum Marks	:	100
Sessional Marks	:	30
End Term Exam Marks	:	70

Objectives: To enable students to understand and interpret behaviour in social settings. It aims to introduce students to the dynamics of social relations.

1. Definition and nature of social Psychology. Emergence of social psychology.
2. Sociological and Psychological contributions to Social Psychology; Critical Perspectives on Social Psychology.
3. Historical milestones in the evolution of social psychology – 1920s and 1930s (McDougall; World War II Sherif's work on social norms, Kurt Lewin's work on leadership styles); 1950s (work of Festinger on cognitive dissonance); 1960s (Solomon Asch's research on social conformity; Stanley Milgram's work on obedience to authority); 1970s (theories of attribution); 1980's (social cognition and social identity theories)
4. Methods: brief idea of quantitative and qualitative methods: Survey and Case Study Method.
5. Application of Social Psychology to Social issues: Environment, health and Gender issues.
6. Attitudes: Cognitive, Affective, and Behavioural Processes; Attitude Function; the Attitude Behavior Relation.
7. Theories of Attitude.
8. Origin and Control of Stereotypes, Prejudice, and Discrimination
9. Perceiving Self: Self Concept and Self esteem.
10. Social Cognition; Guiding Schemas and Association; Stages in information processing and Components of Impression Formation.
11. Group: Nature and functions.
12. Impact of group on performance: Social facilitation, Social loafing, Conformity and Compliance
13. Obedience and the Power of the Situation; The Milgram Experiments; Zimbardo's Stanford Prison experiment.
14. Leadership: Qualities and functions of leaders.
15. Types of Leadership: Democratic, Autocratic, Laissez-Faire, Nurturant Task leader.

BOOKS RECOMMENDED:

1. Baron, R., & Byrne, R. : **Social Psychology** (12th Edition) Pearson (2010).
2. Misra, G. : **Applied Social Psychology** in India. New Delhi: Sage (1990).
3. Meyers, David, G : **Exploring Social Psychology** (2nd Ed.) New Jersey: Prentice Hall (1998)
4. Alcock, J.E. Carment, D.W. : **A textbook of Social Psychology**. Ontario: Prentice Hall (1997)
Sadava, S.W. Collins, J.E., &
Green, J.M
5. Secord, P.F. & Backman, C.W. : **Social Psychology**. New York: McGraw Hill (1964).
6. Wrightsman, L.S : **Social Psychology** (2nd Ed.) California: Brooks/Cole
7. Baran, R.A., & Donn Byrne : **Social Psychology** (11th Ed.) New Delhi: Prentice Hall of India
Branscombe N.R (2008)
8. Kuppuswamy, B : **Introduction to Social Psychology** Bombay: Media Promoters (1980)
9. Husain, A : **Social Psychology** New Delhi: Pearson Education (2012).

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A.(HONS.) III-SEMESTER
Course No: PSB – 351 (CBCS)
Course Title: ABNORMAL PSYCHOLOGY

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam Marks	: 70

Objective:

- Examine the concept of abnormal behavior with its DSM classification & Research Methods.
 - Understand the causes of abnormal behaviour, which include biological, psychological and socio-cultural causes.
 - Explore different approaches to the study of abnormal behaviour.
1. Nature and criteria of Abnormal Behaviour.
 2. Methods of studying Abnormal Behaviour.
 3. Biological cause: Genetic endowment and chromosomal abnormalities.
 4. Psychological : early deprivation, Inadequate parenting styles,
 5. Inadequate family structures.
 6. Psychoanalytic perspective: Level of consciousness, Structure of Personality
Psycho Sexual Development.
 7. Defense Mechanism
 8. Neuroses and Psychoses: Concept and difference.
 9. Phobias: Symptoms & Etiology.
 10. Generalized Anxiety Disorder: Symptoms & Etiology.
 11. Depression in childhood & Adolescence: Symptoms & Etiology.
 12. Obsessive – Compulsive Disorder: Symptoms & Etiology.
 13. Multiple Personality Disorder: Symptoms & Etiology.
 14. Schizophrenia: Symptom and etiology.
 15. Types of schizophrenia.

BOOKS RECOMMENDED:

1. James D. Page : **Abnormal Psychology: A Clinical Approach to Psychological Deviants.** New Delhi: Tata McGraw Hill, Publishing Company Ltd. (1991).
2. Shanmugam, T.E. : **Abnormal Psychology.** New Delhi: Tata McGraw Hill, Publishing Company Limited (1981).
3. Coleman, J.C. : **Abnormal Psychology and Modern Life,** Bombay: D.B. Taraporewala Sons. & Co. Ltd. (1976).
4. Davison G.C. & Neale, J.M. : **Abnormal Psychology** (6thEd.) New York: John Willey & Sons, (1990).
5. Carson, R.C. : **Abnormal Psychology and Modern Life** New
Butcher, J.N., & Delhi: Person Education, (2000).
Mineka, S.

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A.(HONS.) IV-SEMESTER
Course No: PSB-451 (Mains Only) (CBCS)
Course Title: PSYCHOLOGICAL STATISTICS

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam Marks	: 70

Objective: To impart knowledge and understanding of the basic concepts in statistics and the various measures of descriptive statistics, their characteristics, uses, applications and methods of calculation. It will serve as a basis for more advanced training statistics.

Introduction

1. Meaning, Definition and use of statistics in Psychology.
2. Difference between descriptive and inferential statistics.
3. Classification and tabulation of data. Frequency distribution.
4. Graphical presentation of data: Histogram, Frequency Polygon and Smoothed Frequency Polygon
5. Cumulative frequency curve and Cumulative Percentage Curve.
6. Meaning, uses and Computation of Mean of raw and group data.
7. Meaning, uses of Median and Mode of raw and Group data.
8. Measures of variability: Computation of standard deviation.
9. Semi-interquartile range – Meaning and calculation.
10. Normal probability curve: Nature, properties and uses
11. Deviation from Normal Probability Curve: Skewness and Kurtosis
12. Pearson's product-Moment coefficient of correlation: Meaning, assumptions & calculation.
13. Calculation of Spearman rank difference correlation.
14. Phi-coefficient calculation and uses
15. Calculation of chi-square and contingency coefficient.

BOOKS RECOMMENDED:

1. Garrett, H.E. : **Statistics in Psychology and Education.** New Delhi: Paragon International Publishers (2009).
2. Mohsin, S.M. : **Fundamental Statistics for the Behavioural Sciences.** Delhi: Motilal Banarsidass (1985).
3. Guilford, J.P. & Benjamin Fruchter. : **Fundamental Statistics in Psychology & Education.** (5th Ed.) New Delhi: McGraw Hill (1973).
4. Downie, N.M. & Heath, R.W. : **Basic Statistical Methods.** New York: Harper & Row Publishers (1959).

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH

B.A. (Hons.) IV-SEMESTER

Course No: PSB-452 (Subsidiary only) (CBCS)

Course Title: Psychology of Adjustment, Stress and Mental Health

Credit Marks	04
Maximum Marks	100
Sessional Marks	30
End Semester	70

Objective: The aim of this paper is to provide an overview of stress, adjustment and mental health. It further attempts to sensitize students to issues of mental health and the myths related to it. It would also help the students to enhance their adjustment process, know better ways to manage stress and also be aware of the current hurdles and challenges in maintenance of mental health.

1. Brief overview of the concept of Adjustment. Definition and Criteria of adjustment.
2. Role of Motivation, Frustration, and conflict in adjustment process.
3. Tension reduction strategy: Defense Mechanism for management of guilt, fear, anxiety and anger.
4. Dealing with the Self Concept for better adjustment: Real Self-Ideal Self; Self Incongruence; Managing the Social Self.
5. Concept and definition of stress, Concept of PTSD.
6. Sources of stress: Environment, Social and Personal
7. Reactions to Stress: Physiological and Psychological.
8. Managing stress: Behavioral, Cognitive & Social approaches
9. Definition and Criteria of Mental Health.
10. Concept of mental hygiene and its role in mental health.
11. Psychoanalytical approach to mental health.
12. Behavioral approach to mental health.
13. Humanistic approach to mental health.
14. Determinants of mental health.
15. Current challenges in mental health.

BOOKS RECOMMENDED :

1. Heyns, R.W. : **The psychology of personal adjustment.** New York: Holt, Rinehart and Winston (1958).
2. Schneider, A.A. : **Personal adjustment and mental health.** Holt, Rinehart and Winston (1960).
3. Gorlow, L. & Katkorsky W. : **Readings in the Psychology of adjustment.** New York: McGraw - Hill Book Company, Inc. (1959)
4. Calhoun, J.F. & Acocella, J.R. : **Psychology of adjustment and human relationships.** Random house: New York. (1978).
5. Weiten, W., & Lloyd, M., : **Psychology Applied to Modern Life: Adjustment in the 21st Century.** Thomson Wadsworth: Belmonte, CA: 2006
6. Atwater, E. : **Psychology for Living.** New Delhi: Eastern Economy Edition (1995).
7. Husain, A., & Khan, S. : Determinants of mental health: A new interpretation. In D. Hooda and N. R. Sharma (Eds.) **Mental health—Risk and Resources** (pp. 1-19), New Delhi: Global Vision Publishing House (2013).

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (HONS.) V SEMESTER
Course No. PSB-551 (CBCS)
Course Title: BASIC COUNSELLING (Compulsory)

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam Marks	: 70

Objective: The basic aim of this paper is to acquaint students with the basic concepts of guidance and counselling and its related terms. The paper has been primarily designed to make students aware of the role and the functions of counsellors at school levels. At the end the students will also be able to understand their own problems as well as coping mechanism.

- 1 . Counselling: Meaning, definition and misconceptions.
2. Brief historical development of counseling.
3. Goals of Counselling: Short and long term.
4. Guidance: Meaning. Brief history and need for guidance.
5. Types of Counselling: Directive, Non-directive and Eclectic.
6. Distinction between Counselling and Psychotherapy.
7. Major elements of Counselling.
8. Characteristics of Effective Counsellor.
9. Behaviouristic approach in Counselling.
10. Humanistic Approach in Counselling.
11. Initial Counselling Skills: Active Listening, Asking Questions, Communication &Empathy.
12. Career counselling: Holland's Theory.
13. Need and Importance of Career Planning
14. Addiction Counselling: Need and importance.
15. Ethical Issues of Counselling.

BOOKS RECOMMENDED

1. Alam, S. : *Principle and Procedure of Guidance & Counselling*. New Delhi: Jayanendra Prakashan House (2011).
2. Belkin, G.S. : *Introduction to Counseling*. W.G. Brown Publishers (1988).
3. Rao, S. N. : *Counselling Psychology*. New Delhi: Tata McGraw Hill Publishing Company Ltd. (1995).
4. Kottler, J.A. : **Counseling : Theories and Practices**. New Delhi: CENGAGE & Learning India Edition (2008).
5. Shepard, D.S. : **Basic Counseling Skills- A Helper's Manual**. New Delhi: Sage Publications India Pvt. Ltd. (2008).
6. Nelson – Jones, R.

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (HONS.) V- SEMESTER
Course No. PSB-552 (CBCS)
Course Title: COGNITIVE PSYCHOLOGY (Compulsory)

Credit Marks	:	04
Maximum Marks	:	100
Sessional Marks	:	30
End Term Exam Marks	:	70

Objectives:

- To study cognitive process through scientific methods.
 - To develop an understanding of the basic concepts and psychological methods of psychophysics.
 - To introduce the basic concepts of the nature of learning, classical and instrumental conditioning.
1. The scientific method, meaning. Assumption of science: determinism and skepticism.
 2. Salient features of experimental method. Variables: concept, types of variables – Independent and dependent variables. Confounding variables.
 3. Techniques to control confounding variables: Randomizations, Elimination and double blind technique.
 4. Internal validity and external validity: Meaning and importance in experimental design.
 5. Basic concepts of psychophysics: stimulus and differential thresholds, Point of Subjective Equality.
 6. Psychophysical Methods – Method of limits, Constant stimuli and Average error.
 7. Signal detection theory: Sensitivity vs. response criterion.
 8. Types of Reasoning: Inductive and deductive.
 9. Approaches to Reasoning- Componential, Rules / heuristic & mental models.
 10. Learning: Observational Learning & Insight Learning.
 11. Conditioning: Classical Conditioning & Instrumental conditioning.
 12. Application of Classical conditioning: Phobia and taste Aversion.
 13. Types of Instrumental conditioning: Avoidance conditioning and escape conditioning.
 14. Memory: Components of Memory: Sensory, Short Term and Long-term.
 15. Forgetting: Definition and factors affecting forgetting, Theory of Decay, Interference Theory.

BOOKS RECOMMENDED:

1. Wessells, M.G. : **Cognitive Psychology**. Cambridge: Happer & Row (1982).
2. Matlin, M. : **Cognition**. New York: John Wiley (2005)
3. Solso, R.L. : **Cognitive Psychology. New Delhi Pearson Education (2006)**
4. Postman, L. & Egan, J.P. : **Experimental Psychology: An introduction**. New Delhi: Kalyani Publishers (1990).
5. Mohsin, S.M. : **Experiments in Psychology**. Delhi: Motilal Banarsidass (1982).
6. D'amato, M.R. : **Experimental Psychology: Methodology and Psychophysics and Learning**. New Delhi: Tata McGraw Hill Publishing Co.Ltd. (1979)
7. Papalia, D.E. : **Psychology**. New York: McGraw Hill Book Company (1985).
8. Lester M. Sdorow : **Psychology**. (4thEd.) Boston: McGraw Hill (1998).

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (HONS.) V SEMESTER
COURSE NO. PSB – 554 (CBCS)

Course Title: INTRODUCTION TO PERSONALITY (Compulsory)

Credit Marks	:	04
Maximum Marks	:	100
Sessional Marks	:	30
End term Exam Marks	:	70

Objectives:

- To develop an understanding of the concept of individual differences with the goal to promote understanding self and others.
 - To develop an understanding of the role of biological, physical, and socio-cultural determinants of personality.
 - To study approaches to personality.
1. Concept and definition of personality.
 2. Personality as a set of traits: Cattell & Allport's trait approach, Costa & Mc Crae approach (Five factor mode)
 3. Personality as types: Sheldon, Jung, Myer-Briggs.
 4. Brief overview of Personality Assessment: Testing and Observational Methods.
 5. Psychoanalytic approach: Freud's views.
 6. Neo-Freudian approach.: Horney; Adler.
 7. Social learning approach: Bandura
 8. Social learning approach: Rotter & Mischel
 9. Humanistic approach: Maslow.
 10. Humanistic approach: May
 11. The Nature / Nurture debate in personality.
 12. Direct genetic effects & mediated effect of environmental factors/toxins in personality development.
 13. Gender and personality: Sex-Gender distinction.
 14. Socio-cultural explanations of gender.
 15. Gender differences in personality attributes.

BOOKS RECOMMENDED:

1. Thorpe, L.P. & Schulmer, A.N. : **Personality: An Inter disciplinary Approach.** New Jersey: D. Van Nostrand Co. (1962).
2. Ryckman, R.M. : Theories of Personality, **Belmont: Thomson Wadsworth. (2008)**
3. Martin, D.G. : **Personality Effective and Ineffective.** California: Brooks Cole Publishing Company (1976).
4. Hurlock, E.B. : **Personality Development.** New Delhi: Tata McGraw Hill Publishing Company Ltd. (1976).
5. Feist, J. & Feist, G.J. : **Theories of Personality.** New York: Tata Mc Graw Hill Publishing Company Ltd. (2006)
6. Larsen, R.J. & Buss, D.M. : **Personality psychology – Domains of Knowledge about Human Nature.** New York: Tata Mc Graw Hill Publishing Company Ltd. (2008)
7. Feshback, S. & Weiner, B. : **Personality.** New York: D.C. Health and Company, (1986).
8. Helgeson, V.S. : **Psychology of gender:** New Jersey: Pearson Education Inc. (2012).
9. Hasan, Q. : **Personality Assessment: A fresh psychological look.** New Delhi: Gyan publishing House (1997).

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (HONS.)V-SEMESTER
Course No: PSB-555 (CBCS)
Course Title: CLINICAL PSYCHOLOGY (Compulsory)

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam Marks	: 70

Objectives:

- To get acquainted with the historical development of clinical psychology, professional activities and employment setting for clinical psychologists.
- To get acquainted with the diagnostic techniques.
- To discuss Western approaches to therapy.

Introduction

1. Definition and early History of Clinical Psychology, early conception of Mental Illness. The Foundation of Clinical Psychology, The influence of Binet's Intelligence Tests, Influence of Mental Health & Child Guidance movement, Influence of Sigmund Freud in America.
2. Professional Activities of Clinical Psychologists.
3. Employment settings for Clinical Psychologists.
4. Clinical Psychology and its differences from other professional fields.
5. Ethical Issues in Clinical Psychology.
6. Nature and purpose of clinical diagnosis and assessment.
7. Behavioural observations: Naturalistic observation, self - monitoring, controlled observation.
8. Checklists and Inventories: Physiological Testing.
9. Types of Clinical Interview: Intake, Diagnostic, Structured VS unstructured, Mental status examination, crisis.
10. Stages of clinical interview.
11. Case history and Case study methods
12. Definitions and Goals of Psychotherapy.
13. Psychodynamic Psychotherapy: Definition, Goals and Techniques.
14. Behavioural Psychotherapy: Origin and Goals.
15. Humanistic Psychotherapy: Concept and Goals

BOOKS AND MANUALS RECOMMENDED

1. Bellack A. S. & Hersen, M : **Introduction to Clinical Psychology**. New York: Oxford University Press (1980).
2. Korchin, S.J. : **Modern Clinical Psychology**. Delhi: CRR Publishers and Distributors (1986).
3. Ray, S.D. : **The Practice of Psychotherapy**. New Delhi: New Age International (1996).
4. Plante, T.G. : **Contemporary Clinical Psychology**. New York : John Willey & Sons; Inc. (1999).
5. Pomerantz, A.M. : **Clinical Psychology- Science, Practice and Culture**. New Delhi : Sage Publications (2008),
6. Hecker, J.E. & Thorpe, G.L. : **Introduction to Clinical Psychology**. Delhi: Pearson Education (2005).
7. Gregory R.J. : **Psychological Testing: History, Principles & applications**.

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (HONS.) V- SEMESTER
Course No. PSB - 556 (CBCS)
Course Title: COMMUNICATION SKILLS (Compulsory)

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End term Exam Marks	: 70

Objective: This course will enable the students to:

- To understand communication process, types & styles and psychological factors influencing the process.
- To learn about the nuances and skills in effective verbal and non- verbal communication in everyday life and for future career pursuits.
- To know the behavioral skills needed for helping build a positive personality needed for excellence in personal and professional relationships.
- To develop skills for public speaking and to be aware of merits and demerits of communication via mass and social media.
- To promote cultural harmony through good & positive communication.

1. Basics and Imperatives of Communication skills.
2. Choosing appropriate channel and Medium of Communication.
3. Role of Verbal Communication style.
4. Importance of Non-Verbal Communication.
5. Communication styles: Aggressive, Submissive, Assertive and Transactional.
6. Psychological barriers in effective communication.
7. General Skills for effective communication: Listening Empathy, Unconditional positive regard, self-disclosure techniques.
8. Conversational skills.
9. Impression management strategies used in communication.
10. Understanding dynamics of interpersonal communication.
11. Managing interpersonal conflict for effective communication.
12. Communication and diversity.
13. Conflict resolution and harmony: Art of Non-violent communication.
14. Cultural differences in International communication.
15. Technology and communication.

BOOKS RECOMMENDED :

1. **Argyle, M.** : *Bodily communication*. Routledge. 2013.
2. **Danziger, K.** *Interpersonal Communication: Pergamon General Psychology Series (Vol. 53)*. Elsevier. 2013.
3. **Gudykunst, W. B.** *Cross-cultural and intercultural communication*. Sage.2003.
4. **Harris, T. A.** : *I'm OK, you're OK*. Random House.2012
5. **Weiten, W., & Lloyd, M.** *Psychology Applied to Modern Life: Adjustment in the 21st Century*. Thomson Wadsworth: Belmont, CA:2006
6. **Rosenberg, M.** : *Nonviolent Communication: A Language of Life: Life-Changing Tools for Healthy Relationships*. Puddle Dancer Press.2015.
7. **Wood, J.T.** : *Communication in our lives*; Wadsworth Cengage Publications.2008.
8. **Barker, A.** : *Improve Your Communication Skills*. Kogan Page Publishers, 2006.
9. **Goleman, D.** : *Emotional Intelligence: Why It Can Matter More Than IQ*. 2005

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (Hons.) V-SEMESTER
Course No. PSB – 592 (CBCS)
Course Title: Stress and its Management (Open Elective)

Credit Marks	: 02
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam Marks	: 70

1. Definition and Concept of Stress.
2. Causes of Stress: Environmental, Social and Personal.
3. Type of Stress
4. Response to Stress: Psychological and Physiological.
5. Coping: Concept and definition.
6. Types of coping strategies.
7. Stress Management Model.
8. Behavioral Approach to Stress Management: Brota's relaxation technique, breathing technique.
9. Social Approach to Stress Management.
10. Cognitive Approach to Stress Management.

Books Recommended:

1. Akbar Husain & Naima K. Gulrez. (2003). Managing Stress – A Practical Guide. New Delhi: Friends Publications (India)
2. Rupashree Khubalkar. Know stress manage your stress. New Delhi: Neelkamal Publication Pvt. Ltd.
3. Akbar Husain & Tabassum, Rashid. (2004). Stress Behaviour – Vol-I (Sources & Effects), New Delhi: Friends Publications (India)
4. Akbar, Husain & Tabassum, Rahid. (2004). Stress Behaviour – Vol-II (Chapter 1 and 2), New Delhi: Friends Publications (India).
5. D.M. Pestonjee. (2006). Stress and Coping: The Indian Experience. Second Edition. New Delhi: Sage Publications.

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (HONS.) VI SEMESTER
Course No.: PSB-651 (CBCS)
Course Title: PSYCHOLOGICAL TESTING (COMPULSORY)

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam Marks	: 70

Objective:

- To provide students with an introduction to the principles of Psychological testing.
- To provide theoretical knowledge of psychometric characteristics (Reliability, validity & Norms) of the test.
- To provide students with the knowledge of what kinds of tests are available (classifications)
- Students will have the theoretical knowledge of concepts of measurement, how measurement is different from assessment and the basic measurement scales.

Introduction:

1. Definition and nature of a psychological test, Brief history of Psychological Testing.
2. Uses of Psychological tests.
3. Difference between testing and assessment.
4. Test Administration: Advance Preparation of Examiners, Testing conditions, Rapport building.
5. Classification of Psychological tests: Group Vs. Individual tests, Typical Vs. Maximum Performance tests, Objective Vs. Projective tests, Speed Vs. Power tests, Limited Response Vs. Free Response tests.
6. Definition and levels of Measurement.
7. Representative scaling methods: Equal Appearing Interval, Method of Absolute Rating, Likert Scales.
8. Constructing the items: Initial Questions in Test Construction, Table for specification, Item Format, Guiding Rules of Item Writing.
9. Testing the item: Item Difficulty Index, Item-Reliability Index, Item Validity Index, and item Discrimination Index.
10. Reliability: Definition and Concept: The sources of measurement errors.
11. Methods for determining reliability-Test-Retest, Parallel forms; Split-half.
12. Factors affecting Reliability.
13. Validity: face validity, content validity, and criterion-related validity.
14. Factors influencing validity.
15. Norms : Developmental & Within group

BOOKS RECOMMENDED:

1. Anastasi, A., & Urbina, S. : **Psychological Testing**. New Delhi: Prentice Hall International Inc. (1997).
2. Hasan, Q. : **Personality Assessment: A fresh Psychological Look**. New Delhi: Gyan Publishing House (1998).
3. Graham, J. R & Lilly, R. S. : **Psychological Testing**. New Jersey: Prentice Hall Inc., (1996).
4. Kaplan, R. K. & Saccuzzo, D. P. : **Psychological Testing– Principles, Applications and Issues**. New Delhi : Cengage Learning India Pvt. Ltd. (2005).
5. Kline, T.J.B. : **Psychological Testing – A Practical Approach to Design and Evaluation**. New Delhi: Vistaar Publications (2005).
6. Husain, A. : **Psychological Testing**. New Delhi: Pearson Education Inc. (2012).

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A.(HONS.) VI SEMESTER
Course No: PSB-652 (CBCS)
Course Title: POSITIVE PSYCHOLOGY (Optional)

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam Marks	: 70

Objectives

1. To introduce the meaning of positive psychology, scope, application and Indian perspective on positive psychology.
2. To recognize what and what does not contribute for happiness.
3. To recognize the role of positive emotions and personality traits in enhancing well-being.

Course contents:

1. Positive psychology: Meaning, Definition and Assumptions.
2. Goals of Positive Psychology, Relation with Health Psychology, Clinical Psychology and Development Psychology.
3. Applications of Positive Psychology: Education, Workplace and Clinical Setting.
4. Eastern perspectives and positive psychology.
5. Positive behaviors: Enlightened Attitude, Creating space in mind and heart, Positive thinking, Positive behaviour, Happiness, Generosity, Gratitude, etc.
6. Happiness: concept and definitions.
7. Correlates of happiness: Health, Attributional Styles, Positive Thinking, Positive Behavior, Interpersonal Relationships, Nature, Extraversion, Social Support and Self Esteem.
8. Happiness and the facts of life: Gender and Marriage.
9. Well-being: Subjective well-being, Psychological well-being and social well being.
10. Personality as related with subjective and psychological well being.
11. Determinants of Well-being: Age, Education, Employment, Social Relationships and Social Roles.
12. Positive emotions: Meaning and Concept.
13. Borden-and-built theory of positive emotions
14. Wisdom: concept and meaning.
15. Balanced theory of wisdom.

Readings:

1. Baumgardner, S.R., Crothers, M.K. (2009). *Positive Psychology*. New Delhi: Pearson Education.
2. Kumar, U., Archana, & rakish, V. (2015). *Positive Psychology- Applications Work, Heath and Well-being*. Delhi & Chennai: Pearson.
3. David, S.A., Boniwell, I., & Conley Ayers, A. (2013). *The Oxford Handbook of Happiness*. Oxford, UK: Oxford University Press.
4. Joseph, S. (Ed.) (2015). *Positive Psychology in Practice. Promoting Human Flourishing In Work, Health, Education, and Everyday Life*. Hoboken, NJ: John Wiley & Sons.
5. Husain, A., & Nazam, F. (2018). *Applied Positive Psychology*. New Delhi: Research India Press.
6. Snyder, C.R. & Lopez, S.J. (2011). *Positive Psychology: The Scientific and practical Explorations of Human Strengths (Second Edition)*, Los Angeles: Sage.
7. Nicolas, J. L. B., Loonas, T., & Eiroa-Orosen, F. J. (2018). *The Routledge International Handbook of Critical Positive Psychology*. Oxon: Routledge.

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH

B.A. (Hons.) VI SEMESTER

Course No: PSB – 653 (CBCS)

Course Title: EDUCATIONAL PSYCHOLOGY (Optional)

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam Marks	: 70

Objectives

To familiarize with the aims of education and their psychological significance. To give an overview of the ways in which children think and learn. To understand the relationship between learning, motivation and creativity.

1. Educational Psychology: Nature and development.
2. Aims of Educational Psychology.
3. Role of school psychology in modern education.
4. Survey and Observation method.
5. Contemporary views on Educational Psychology.
6. Learning- concept, nature and domains.
7. Theories of learning and their application in education: Trial & Error and Insight.
8. Need of Special education with reference to challenged and gifted children.
9. Piaget's theory of cognitive development.
10. Enhancing Mental Health of Learners.
11. Understanding educational stress and its remedies.
12. Concept of Emotional Abuse and its solution.
13. Developing emotional intelligence.
14. Inclusive Education: Concept, development and its importance.
15. Problems and remedies of education in India.

BOOKS RECOMMENDED:

1. Kakkar, S.B. : **Educational Psychology**. New Delhi: Syndicate Binders (2001).
2. Kundu, C.L., & Puton, D.N. : **Educational Psychology**. New Delhi: Sterling Publishers Pvt. Ltd. (1988).
3. Mangal, S.K. : **Essential of Educational Psychology**. New Delhi: Prentice- Hall of India Private Limited (2007).
4. Dosajh, N.L. : **Advanced Educational Psychology**. New Delhi: Allied Publishing House Pvt. Ltd. (1982).
5. Chauhan, S.S. : **Advanced Educational Psychology (7th Ed.)**. New Delhi: Vikas Publishing House Pvt. Ltd. (2007).
6. Mathur, S.S. : **Educational Psychology (20th Ed.)**. Agra: Shri Vinod Pustak Mandir (2014).
7. Woolfolk, A. : **Educational Psychology (9th Ed.)**. New Delhi: Pearson Education (2008).

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A.(HONS.) VI SEMESTER
Course No: PSB – 654 (CBCS)

Course Title: ORGANIZATIONAL PSYCHOLOGY AND BUSINESS STRATEGY (Optional)

Credit Marks	:	04
Maximum Marks	:	100
Sessional Marks	:	30
End Term Exam Marks	:	70

1. Nature and scope of Organizational Psychology.
2. Contribution of Taylor: Time Studies
3. Contribution of Gilbreth: Motion Studies.
4. Work Motivation: Meaning, process and characteristics of motivation.
5. Theories of work motivation- Need Hierarchy and two factor theories.
6. Proper selection - meaning and process.
7. Selection techniques- Application Blank and Weighted Application Blank.
8. Interview & its type: Preliminary, Background, Discussion & Stress.
9. Psychological tests and their implication to proper selection.
10. Leadership Behaviour: Employee-centered and Management-centered approaches.
11. Managerial grid.
12. Employees training methods- on-the-job training methods; Vestibule and outside-the - job- training methods.
13. Executive training methods - Role-Playing, and sensitivity training methods.
14. Advertising: meaning and its components.
15. Methods for measuring effectiveness of advertisements.

BOOKS RECOMMENDED:

1. Anastasi, Anne. : Fields of Applied Psychology. New York: McGraw-Hill Book (1963).
2. Blum, L.M. & Naylor, J.C. : Industrial Psychology, Its theoretical and social foundations. New York: Happer & Brothers: (1956).
3. Mc. Cormick, E.J. & Tiffin, J. : Industrial Psychology. New Delhi: Prentice Hall of India(1984)
4. Siegal, L. & Lane, J.M. : Psychology in Industrial Organizations.
5. Halloran : Psychology Applied to Life and Work.

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (Hons.) VI-SEMESTER
Course No. PSB – 656 (CBCS)
Course Title: HUMAN DEVELOPMENT (Optional)

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End term Exam Marks	: 70

Objectives

- To introduce the nature, methods, and theories of human development.
 - To understand the role of heredity, environmental, physical and adjustment- related factors in human development.
 - To understand developmental concerns in the domains of middle childhood to old age.
1. Nature of development and Growth.
 2. Factors in development: Biological, Psychological and Sociological.
 3. Longitudinal method and its limitation.
 4. Cross – sectional method and its limitation
 5. Sequential method and its limitations.
 6. Aspects of development: Sensory- motor, cognitive, language, emotional, social and moral.
 7. Theories of human development: Psychoanalytic theory, cognitive theory, behavioural & social cognitive theory, ethological and ecological theory.
 8. Principles of development: Role of heredity and Environment in human development.
 9. Prenatal Development – Conception, Course of prenatal development, Conditions affecting prenatal development.
 10. Infancy- Characteristics, Developmental tasks and Problems.
 11. Early Childhood - Characteristics, Developmental tasks and Behaviour problems
 12. Middle Childhood - Characteristics, Developmental tasks and Behaviour problems
 13. Adolescence - Characteristics, Developmental tasks and Socioemotional problems.
 14. Adulthood - Characteristics, Developmental tasks and Problems.
 15. Old Age – Physical changes, Developmental tasks and Emotional Problems.

BOOKS RECOMMENDED:

1. Hurlock, E.B. : **Developmental Psychology: A life- span approach.** New Delhi: Tata McGraw Hill (2007).
2. Hurlock, E.B. : **Child Development (6th Ed.)** McGraw Hill Co. Auckland (1981).
3. Kakar, S. (2012) : **The inner world: a psychoanalytic study of childhood and society in India (4th Ed).** New Delhi, Oxford University Press.
4. Mathur, S.S. : **Clinical Psychology** Agra: Vinod Pustak Mandir (1998).
5. Papalia, D and Olds, S.W. : **Human Development.** Human development.9th Ed. New Delhi: Tata McGraw- Hill (2006)
6. Santrock, J.W. : **Life Span development.** New York: McGraw Hill (1999).
7. Srivastava, A.K. : **Child Development: An Indian perspective.** New Delhi: NCERT (1981).
8. Berk, L.E. : **Child Development.** New Delhi: Prentice Hall (1996).
9. Mussen, B. : **Child development and personality.** New York : Harper and Row (1990)
Conger, J.J.,
Kagan, J. and
Huston, A. C.

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (Hons.) VI-SEMESTER
Course No. PSB – 657 (CBCS)
Course Title: Biopsychology (Compulsory)

Credit Marks	:	04
Maximum Marks	:	100
Sessional Marks	:	30
End Term Exam Marks	:	70

Objectives:

- To introduce the biological bases of psychological processes and behaviour
- To knowledge of basic brain functions and their role in human behaviour with the elaboration on brain dysfunction and its impact on human behaviour

1. Nature and scope of biopsychology
2. Genetics: Cell, DNA, RNA and Chromosomes.
3. Method of research in biopsychology: Lesion Studies, Stimulation Methods, Recording Methods, Imaging Methods and Genetic Studies.
4. Divisions of biopsychology: Physiological Psychology, Psychopharmacology, Neuropsychology, Psychophysiology, Cognitive Neuroscience, Comparative Psychology.
5. Structure of Brain: Hind brain, Mid brain and Forebrain.
6. Functions of Brain: Hind brain, Mid brain and Forebrain.
7. Structure of Nervous System: CNS, PNS and ANS.
8. Functions of Nervous System: CNS, PNS and ANS.
9. Structure and Function of Neuron: Cell body, Nucleus, Dendrites, Axon, Terminal synaptic buttons.
10. Types of Neuron and its conduction mechanism: Polarization (Resting Potential), Depolarization (Action Potential) and Repolarization..
11. Functional abnormalities in neurotransmitters: Dopamine, GABA, Serotonin and Acetylcholine.
12. Methods of investigating the Brain: Golgi Stain, Nissl Stain, Wada Technique, X-Ray, CT scan.
13. New techniques to investigate Brain: Angiography, EEG, PET, MRI, TMS.
14. Endocrine System: Thyroid, Adrenal, Pituitary, Pancreas, thymus and Pineal.
15. Neurocognitive disorders: Alzheimer, Parkinson, Amnesia, and Korsakoff Psychosis.

Readings:

1. Carlson, N.R. (2012). *Foundations of physiological Psychology*. (Sixth Edition). Delhi: Pearson Education.
2. Kalat, J. W. (2015). *Biological psychology*. Nelson Education.
3. Kalpan & Sadock's (2015) *Synopsis of psychiatry: Behavioural Science/Clinical Psychiatry* (Eleventh edition). Philadelphia: Wolters Kluwer.
4. Pinel, J. P. (2009). *Biopsychology*. Pearson Education.
5. Psychology Class XI –NCERT
6. Wagner, H., & Silber, K. (2004). *BIOS Instant Notes in Physiological Psychology*. Taylor & Francis.
7. Zillmer, E., Spiers, M., & Culbertson, W. (2007). *Principles of neuropsychology*. Nelson Education.
