Objective:

- 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.

UNIT-I Introduction

1.1. Subject matter of Psychological Inquiry, Scientific roots of Psychology.
1.2. Fields of Psychology: Basic and Applied.
1.3. Approaches in Psychology: Behaviouristic, Cognitive, Humanistic.
1.4. Methods of Psychology: Experimental and Observation.

UNIT-II Biological basis of Behaviour

2.1. Receptors and Effectors.
2.2. Neurons: Structure and neural conduction mechanism.
2.3. Structure and function of Autonomic Nervous System.
2.4. Structure and function of Central Nervous System.

UNIT-III Psychological Processes

3.1. Definition, Nature of Attention and types of attention, Factors influencing attention.
3.2. Concept of Perception. Principles of perceptual organization.

BOOKS RECOMMENDED:


******************
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.
- Understand the contribution of Freud & Jung in the field of abnormal psychology.

UNIT-I Introduction
1.2. Research Methods for understanding Abnormal Behaviour.
1.3. Causes of Abnormal behaviour: Biological, Psychological.
1.4. Socio-cultural causes.

UNIT-II Anxiety Disorder
2.1. Phobias: Symptoms & Etiology.
2.2. Generalized Anxiety Disorder: Symptoms & Etiology.
2.3. Obsessive – Compulsive Disorder: Symptoms & Etiology.
2.4. Panic Disorder: Symptoms & Etiology.

UNIT-III Affective and Psychotic Disorder
3.2. Schizophrenia: Types.
3.3. Symptoms of schizophrenia: Positive, Negative & others.
3.4. Genetic & Biochemical factors of Schizophrenia.

BOOKS RECOMMENDED:

**********
**Objective:** The basic aim of this paper is to acquaint students the basic concepts of guidance and counselling and its related terms. The paper has been primarily designed to make aware the students about 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.

**UNIT – I Introduction:**

1.1. Counselling: Meaning, Definition and misconceptions.
1.2. Historical development of counseling.
1.3. Goals of Counselling.

**UNIT-II Approaches of Counselling**

2.1. Distinction between Counselling Psychotherapy.
2.2. Behaviouristic approach.
2.3. Humanistic Approach.
2.4. Characteristics of Effective Counsellor.

**Unit III Basic Counselling Skills.**

3.1. Initial Counselling Skills: Active Listening, Asking Questions, Communication, Empathy.
3.2. Career counselling: Holland’s Theory.
3.3. Addiction Counselling.
3.4. Ethical Issues of Counselling.

**BOOKS RECOMMENDED**


**********
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.

UNIT-I Introduction
1.1. The scientific method, meaning. Assumption of science: determinism and skepticism.
1.2. Salient features of experimental method. Variables: concept, types of variables –
    Independent and dependent variables. Confounding variables.
1.3. Techniques to control confounding variables: Randomizations, Elimination and double blind technique.
1.4. Internal validity and external validity: Meaning of; importance in experimental design.

UNIT-II Psychophysics/Reasoning
2.1. Basic concepts of psychophysics: stimulus and differential thresholds.
    Psychophysical Methods. - Method of limits, constant stimuli and average error.
2.2. Signal detection theory: Sensitivity vs. response criterion.
2.3. Types of Reasoning: Inductive and deductive.
2.4. Approaches to Reasoning- Componential, Rules / heuristic & Mental models.

UNIT-III Learning
3.1. Nature of learning, Types of learning, measurement of learning.
3.2. Classical Conditioning: Extinction, spontaneous recovery, Generalization.
3.3. Application of classical conditioning: Phobias, drug dependence, taste aversions.
3.4. Instrumental conditioning: Avoidance conditioning and escape conditioning.

BOOKS RECOMMENDED:

*******
DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY, ALIGARH
B.A. (Hons.) V-SEMESTER
Course No. PSB – 553 (CBCS)
Course Title: HUMAN DEVELOPMENT

Credit Marks : 04 
Maximum Marks : 100 
Sessional : 30 M.M. 
End term Examinations : 70 Marks

Objectives
- To introduce the nature, methods, and theories of human development.
- To understand the role of environmental, physical and adjustment-related factors in human development.
- To understand developmental concerns in the domains of babyhood and childhood.

UNIT-I Introduction
1.1. Nature of development and Growth, Factors in development: Biogenic, Psychogenic and Sociogenic.
1.3. Aspects of development: Sensory-motor, cognitive, language, emotional, social and moral.
1.4. Theories of human development: Psychoanalytic theory, cognitive theory, behavioural & social cognitive theory, ethological and ecological theory.

UNIT-II Foundation of human development
2.1. Environmental factors influencing prenatal development: age of mother, nutrition, Drugs, smoking, x-ray treatment, infection and chronic diseases of mother, Rh-incompatibility, maternal emotional states, birth hazards, prematurity.
2.2. Adjustment of infancy: types of adjustment, difficulties in making adjustment.
2.3. Factors influencing adjustment: prenatal environment, type of birth, parental attitude.
2.4. Vocalization of the new born crying and explosive sound.

UNIT-III Development Concerns during Babyhood and Childhood
3.1 Characteristics of babyhood: Critical age, dangerous age and appealing age.
3.2. Socialization during childhood: Essentials of socialization, importance of early Childhood, children’s gangs, social acceptability.
3.3. Development of understanding during babyhood and early childhood.
3.4. Developmental issues in children and adolescents.

BOOKS RECOMMENDED:

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

Course Title: INTRODUCTION TO PERSONALITY

Credit Marks: 04
Maximum Marks: 100
Sessional: 30 M.M.
End term Examinations: 70 Marks

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.

UNIT-I Introduction
1.1. Concept and definition of personality.
1.2. Personality as a set of traits: Cattell & Allport’s trait approach.
1.3. Personality as types: Sheldon, Jung & Eastern typology.

UNIT-II Approaches to Personality
2.1. Psychoanalytic approach: Freud’s views.
2.2. Neo-Freudian approach: Horney / Fromm
2.3. Social learning theory of Albert Bandura.
2.4. Humanistic approach of Abraham H. Maslow.

UNIT-III Determinant of Personality
3.2. Biological determinants.
3.3. Role of family / parenting styles.
3.4. Role of social experience.

BOOKS RECOMMENDED:

***********
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.

UNIT-I Introduction
1.2. Professional Activities of Clinical Psychologists.
1.3. Employment settings for Clinical Psychologists.
1.4. Ethical Issues in Clinical Psychology.

UNIT-II Diagnostic Techniques
2.2. Behavioural Assessment
2.3. Clinical Interview - Stage of interview, Types of Interview
2.4. Case history and observation method.

UNIT-III Approaches to Therapy
3.1. Psychodynamic Psychotherapy: Definition and Goals
3.2. Behavioural Psychotherapy: Origin and Goals
3.3. Cognitive Psychotherapy: Goals and Approaches
3.4. Humanistic Psychotherapy: Concept and Goals

BOOKS AND MANUALS RECOMMENDED

************
Objectives:
The objective of this course is to promote mental well-being among students by developing abilities and competencies so that they could deal with various situation in life. This course will help in inculcating various life skills and enhance their acceptability and growth in a highly competitive world.

UNIT – I Life Skills

1.1 Life skills: Concept & significance. Self awareness, Coping with stress, Anger management.
1.2 Social skill: Effective communication, Interpersonal relationships, Assertiveness.
1.3 Prosocial Behaviour.
1.4 Hope and Wisdom: Meaning and significance.

UNIT – II Well-being & Happiness

2.1 Concept of well-being: Subjective well-being, life satisfaction.
2.2 Positive Emotion & well-being.
2.3 Positive Traits: Self Esteem, Self-Efficacy, Optimism and their link with well-being.
2.4 Happiness, Positive Relationship and their link with Well-being.

Suggested Reading:


********