Objectives:
- To improve the learning process and theories of learning.
- To understand perceptual process and attention.
- To understand nature, theories of emotion and motivation.

UNIT - I: Learning
1.1. General Phenomenon of learning: Learning vs. maturation, native response Tendencies and temporary states of the organism (e.g. Fatigue, adaptation and drugs).
1.2. Theories of learning: Pavlov and Skinner
1.3. Verbal learning: Stimulus material (nonsense syllables, meaningful words and trigrams) and serial learning (Bowed serial position curve); Discrimination learning: Algebraic summation theory, Relational theory.
1.4. Neurophysiology of learning.

UNIT – II: Perceptual Process:
2.1 Visual perception: Gestalt approaches to Perception and Pattern recognition.
2.3. Time perception, Nature; factors: Filled and unfilled time interval, short and long Time interval, monotony of the task.
2.4 Perception of Speech and Face.

UNIT- III: Emotion and Motivation:
3.2. Physiology of emotion: Role of Autonomic Nervous System; Brain and emotion: Role of hypothalamus, Amygdala and limbic system. Chemistry of emotion: Role of Epinephrine, Nor epinephrine, Serotonin, Blood cholesterol, Endorphins
3.4. Basic motives and its measurement.

Contd.....2
COURSE NO PSM - 1001: APPLIED COGNITIVE PSYCHOLOGY – I:

BOOKS RECOMMENDED:

1. Hilgard : Theories of learning
10. Steven. : Handbook of Experimental Psychology.

***************
OBJECTIVES: The aim of this course is to provide theoretical as well applicalional knowledge of Statistics to students for indepth quantitative understanding of the variables/ phenomena and make them capable to apply Statistics for measurement and data analysis.

UNIT-I **Statistical Inference:**


1.2. Sampling distributions and Estimation of parameters.

1.3. Hypothesis Testing – One tailed and Two tailed tests, Type I and Type II errors.

1.4. Criteria for the selection of suitable statistical test for the analysis of data.

UNIT-II **Reliability of Statistics and tests of significance**

2.1. Meaning, concept and significance of determining reliability of statistics in data analysis.

2.2. Computation and uses of standard error of Mean, Standard deviation, Percentages and Correlation coefficient.

2.3. Significance of difference between means-critical ratio and t-test: Calculation, assumptions and uses.

2.4. Analysis of variance- concept, assumptions, uses, and calculation of one-way and two ways ANOVA.

UNIT-III **Measures of Relationship**


3.2. Biserial and Point Biserial correlation coefficients: Calculation and uses.

3.3. Partial correlation its significance, computation and interpretation.

3.4. Multiple regression, methods of selecting variables; assumptions and interpretation of regression model.

Cont….2
COURSE NO PSM - 1002: PARAMETRIC STATISTICAL METHODS

BOOKS RECOMMENDED:


***************
Objectives:

- To understand the nature and research methods used in understanding social behaviour.
- To understand how the attitude can be formed and changed.
- To understand the concept and theories of prosocial behaviour and interpersonal attraction.

UNIT- I Introduction

1.1. Nature of Social psychology; - A brief history of Social Psychology: The field in its infancy, the field in its adolescence, the field enters adulthood, period of crisis, current development.

1.2. Social Psychology in the New Millennium: Influence of a cognitive perspective, expositing social psychology, adaptation of a multicultural perspective.

1.3. Research methods in social psychology: Naturalistic observation – Non participant and participant observation, Archival research, Experimental method, Correlational method.


UNIT – II Attitude & Attitude Change:


2.2. Attitude – Behaviour link; Influence of attitude on behaviour; factors responsible for such influence – aspects of the situations. Aspects of attitude themselves, attitude strength attitude specificity.

2.3. Attitude change: Approach to attitude change. Persuasion approach – cognitive approach to persuasion, systematic processing, heuristic processing and elaboration likelihood model.

2.4. Attitude resist to change: reactance, forewarning, selective avoidance, active defence biased assimilations and attitude polarization.

UNIT – III Prosocial Behaviour and interpersonal relation:

3.1. Concept of Pro-social behaviour, Latency Darley’s five steps model; situational factors: Attraction, Attributions and Prosocial models.

3.2. Theories of pro-social behaviour: Empathy - Altruism theory; egoistic theory; genetic selfishness.

3.3. Concept and meaning of interpersonal attraction: Factors affecting interpersonal attraction: Proximity, familiarity and similarity.

3.4. Theories of interpersonal attraction: reinforcement theory, complementary theory and exchange theory.

Contd…2
BOOKS RECOMMENDED:


****
DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY
ALIGARH
M.A. /MSc.  I  SEMISTER
COURSE NO: PSM – 1004: THEORETICAL FOUNDATIONS OF
PSYCHOPATHOLOGY

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

Objectives:
- To understand classification system and major theoretical approaches.
- To explain psychological disorders and approach to psychopathology.
- To explain causes and types of Somatoform, Dissociative and psycho physiological disorders.

UNIT- I  Classification Systems and Models of Psychopathology

1.1. Psychopathology and systems of classification.
1.2. Basic features of DSM 5 and ICD-10: Similarities, differences and critical evaluation.
1.3. Models for the description of abnormal behaviour - Biological model
1.4. Psychodynamic model (Freud) & Learning model (Skinner).

UNIT – II  Anxiety disorders, OCD, PTSD & Theories

2.1. Major Anxiety disorders: – Brief Clinical pictures of Panic Disorder, GAD,& Phobia.
2.2. Psychoanalytic, Behavioural & Cognitive Approaches to Anxiety Disorders.
2.3. Clinical Pictures of OCD & PTSD.
2.4. Psychoanalytic, Behavioural & Cognitive Approaches to OCD & PTSD.

UNIT – III  Somatoform, Dissociative, Psycho-physiological Disorders & Theories

3.1 Somatoform disorder: types, Psychoanalytic & Socio-cultural theories.
3.2 Dissociative Disorder: types, Learning theories.
3.3 Psycho physiological Disorder – CHD, Hypertension.
3.4 Theoretical Explanations of Psycho Physiological disorders – Biological & Psychological

Contd…2
COURSE NO PSM – 1004: THEORETICAL FOUNDATIONS OF PSYCHOPATHOLOGY

BOOKS RECOMMENDED:

1. Bischof, : Theories of personality.
4. Maccary, J.L. : Six Approaches to Psychology

**************
Objective: The course on the Research Methodology is the basis of conducting scientific research in psychology too so, the aim of this paper is to prepare students in research planning and how to conduct a study with objectivity in a well planned manner using appropriate research designs. The students will learn how to conduct quantitative and qualitative researches scientifically.

UNIT-I
1.2. Steps in research: research ideas and importance of literature review, formulation of problem, hypothesis and research questions, types of hypotheses.
1.4. Ethics and norms of scientific research. Writing a research report.

UNIT-II
2.1. Significance of control in experimental designs.
2.2. Between-group designs – Single factor designing: Randomized group design, Two Matched group Design.
2.3. Within-Group Design--Single factor, repeated measures design; two factors repeated measures design.
2.4. Techniques of control used in- between and within subjects designs. Threats to internal and external validity in between-group and within-group designs.

UNIT- III
3.1. Advantage and Disadvantage of Between Group and Within-Group Designs.
3.2. Factorial Design: Main Effect and Interaction Effect. Type of Factorial Design: Randomized Block Design.
3.3. Quasi-experimental Design: Differences between Quasi Experiment and True Experiment.
3.4. Types of Quasi-experimental Designs: Non-equivalent control group designs. Interrupted time series designs; Multi time series designs.

BOOKS RECOMMENDED :
Objectives:
- To get acquainted with the role of mental health professionals, Evolving professional identity of clinical psychology, models of training and ethical standards.
- To get acquainted with the development of clinical psychology as a profession and to orient about clinical interviewing process.
- To orient students to major theoretical models.

UNIT-I : Introduction
1.4. Ethical Standards: Competence, confidentiality, client-welfare.

UNIT-II Development of Clinical Psychology as a Profession
2.1. Activities of Clinical Psychologists: Psychological Assessment, Psychotherapy, Research, Community mental health programmes, Teaching, Consultation, Administration.
2.3. Contemporary Issues and Future directions in Clinical Psychology.
2.4. Clinical interviewing and its areas of applications.

UNIT-III The Major Theoretical Approaches
3.1. Behavioural and cognitive-behavioural
3.2. Humanistic and Existential
3.3. Family systems
3.4. Biological

BOOKS RECOMMENDED:
Objectives: At the end of the course, the students will be able to understand the concept of organizational behavior and its role in developing and maintaining individual’s productive efficiency as well as organizational effectiveness.

UNIT I Introduction:
1.2. Contribution of Taylor, Weber, Fayoll in the development of Industrial Psychology and O.B.

UNIT II Emerging organisations:
2.1. Aspects of emerging organizations and their impact on organization development.
2.2. The role of information Technology: The flattening and downsizing of organizations, Paperless revolution, Mimicking brains.
2.3. Total Quality Management: Meaning of TQM; Approaches-Reengineering, Benchmarking, Empowerment.
2.4. Learning organizations: meaning, types of learning organizations, Organisational behaviour in learning organizations.

UNIT III Motivating People At Work:
3.2. Theories of Motivation: Content theories (Maslow’s Hierarchy of Needs, Herzberg’s Motivation- Hygiene theories of motivation and Alderfer’s ERG model) and Process Theories (Vroom’s Expectancy model and Adam’s Equity theory of work motivation).
3.3. Motivation application through job design: Job rotation, Job enlargement and Job enrichment
3.4. Job characteristics approach to task design: Hackman-Oldham Job characteristics model of work motivation.

BOOKS RECOMMENDED:
1. Davis, K. : Human Behaviour at work
2. L.M. Prasad : Organisational Behaviour
3. Crutchner : Organisational Psychology
4. Schien,Adger : Organisational Behaviour
OBJECTIVES:

- To introduce the basic and applied perspectives on spirituality.
- To help students understand about spiritual health, spiritual well-being, spiritual discipline, and the ways of spiritual assessment.
- To introduce various forms of healing, psychology of Self, spiritual exercises, and the use of religious and spiritual techniques in therapy.

UNIT I: BASIC AND APPLIED PERSPECTIVES ON SPIRITUALITY

1.1. Spirituality: Origin, Spiritual Psychology: Definitions
1.2. Domains of Spirituality
1.3. Spirituality and Religion, Spirituality and Science
1.4. Applications of Spiritual Psychology

UNIT II: SPIRITUALITY: HEALTH, WELL-BEING, DISCIPLINE AND MEASUREMENT

2.1. Spiritual Health: Definitions and Maintenance
2.2. Spiritual Well-being: Existential and Religious
2.3. Spiritual Discipline: Discipline of Body, Mind and Heart, Paths of Sufism to maintain discipline.
2.4. Spiritual Measures: Spiritual Beliefs and Motivations, Spiritual Behaviour, and Spiritual Experiences

UNIT III: SPIRITUAL HEALING AND PSYCHOTHERAPY

3.1. Forms of Healing: Self, Contact and Distant healing
3.2. Spiritual Exercises: Meditation, Yoga
3.3. Religious and Spiritual Techniques in Therapy: Prayer, Forgiveness, Devotion to God, Islamic Contemplation, Reading Scriptures and Gratitude.

BOOKS RECOMMENDED:

Course Title: POSITIVE PSYCHOLOGY (Optional)

Objectives:
- To develop awareness among students about the benefits of positive living.
- To familiarize students about the positive and cognitive states.
- To get acquainted with the application of positive psychology at workplace, schools and in therapy.

UNIT- I Introduction

1.1. Historical and Philosophical Foundation of Positive Psychology.

1.2. Eastern and Western perspective on Positive Psychology.

1.3. Religion and Spirituality

1.4. Fostering Healthy Self regulation from within and without: A Self Determination Theory perspective.

UNIT – II Positive Emotional and Cognitive States

2.1. Happiness and Well-Being: Broaden and Build theory.

2.2. Emotion-Focused Coping: Discovering the adaptive potential of Emotional approach and Development of Positive Emotions.


2.4. Prosocial Behaviour: Altruism, Forgiveness and Gratitude.

UNIT – III Application of Positive Psychology

3.1. Positive development and successful aging.

3.2. Positive Psychology at works.

3.3. Positive Schooling.

3.4. Positive Psychotherapy, Well-Being therapy, Strength based therapy.

BOOKS RECOMMENDED:


3. E. Jones Smith: Theories of Counselling and Psychotherapy: An
Objectives:
- To discuss conceptual issues in HRD
- To understand meaning, objectives, elements, problems and benefits of Human Resource Planning.
- To train students how to do performance appraisal.

UNIT- I  Conceptual issues in HRD

1.1. Meaning, Characteristics and beliefs of HRD.
1.2. Multiple goals of HRD in Indian context.
1.3. Attributes of HRD Managers.
1.4. Need and benefits of HRD.

UNIT –II  Man Power Planning, Job analysis and Job design

2.2. Human Resource Planning: Merits and demerits.
2.3. Job analysis, Job description and specifications.
2.4. Job design, Job characteristics approach to job design.

UNIT – III  Performance Appraisal System Audit


Credit Marks : 04
Maximum Marks : 100
Sessional : 30 M.M.
End term Examinations : 70 Marks
COURSE NO  PSM - 3008 : HUMAN RESOURCE DEVELOPMENT

BOOKS RECOMMENDED:

9. Dr. P.K. Ghosh : Industrial Psychology

******
DEPARTMENT OF PSYCHOLOGY  
ALIGARH MUSLIM UNIVERSITY, ALIGARH  
M.A. III SEMESTER  
Course No: PSM – 3091 (CBCS)  
Course Title: SELF & SPIRITUAL GROWTH (Open Elective)  

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

Objectives:  
To major concepts and techniques of Yoga which may be more meaningful for the spiritual growth of an individual.  
To discuss and demonstrate forms of meditation techniques and spiritual exercises concerning how to grow up mentally, emotionally, and spiritually.  

UNIT – I: Yoga  
1.1: What is Yoga? Types and Elements of Yoga, Benefits of yoga.  
1.3 Techniques of yoga: Padmasana, Yoga Nidra.  
1.4 Psychological Growth: Four Stages of life, Self-realization; Obstacles to Growth: Ignorance, Egoism, Desire and Aversion, Fear.  

UNIT – II: Meditation  
2.1: Forms of Meditation: Concentrative, Mindfulness and Transcendental.  
2.2: Process of Meditation  
2.3: Meditative Techniques: Gibberish Meditation, Tasbih and Mantra meditation.  
2.4: Clinical Standardized Meditation, Vipasana meditation.  

UNIT – III: Religious Spiritual Exercises  
3.1: What is Prayer? Spiritual Significance of prayer.  
3.2: Prayer and Well-Being.  
3.3: Reading Scripture, Significance of religious-spiritual readings.  
3.4: Psychological and Physiological Effects of Reading Scripture.  

Suggested Readings:  


*****