Objectives: The aim of this course is to provide theoretical as well as applied knowledge of cognitive aspect of Psychology and Behaviour. It is for students to understand in depth the concepts which are basic is human psychology.

2. Domains of Cognitive Psychology.
5. Areas that Contribute to Cognitive Psychology.
6. General Phenomenon of learning: Learning vs. maturation, native response Tendencies & Temporary states of the organism (e.g. Fatigue, adaptation and drugs).
8. Verbal learning: Stimulus material (nonsense syllables, meaningful words and trigrams) and serial learning (Bowed serial position curve).
10. Neurophysiology of learning
11. Visual perception: Gestalt approaches to Perception
14. Time perception, Nature; factors: Filled and unfilled time interval, short and long Time interval, monotony of the task.
15. Speech Perception: characteristics and theories.

Books Recommended:

1. Edward E. Smith, Stephen M. Kosslya: Cognitive Psychology, Printice Hall of India, New Delhi
Objectives: The aim of this course is to provide theoretical as well applicational knowledge of Parametric Statistical Methods to students for in-depth quantitative understanding of the variables/phenomena and make them capable to apply statistics for measurement and analysis of data.

4. Hypothesis: Concept, Type I and Type II errors, Level of significance.
5. One-tailed and Two-tailed Hypothesis tests. Decision errors.
6. Effect size and Statistical power.
7. Criteria for the selection of suitable statistical test for the analysis of data.
8. Significance of difference between sample means: Single sample and dependent samples—t test: assumptions, calculation, and uses.
10. Analysis of variance: concept, assumptions, calculation and uses of one-way ANOVA.
11. Analysis of variance with Multiple Comparison Tests: Bonferroni and Tukey.

BOOKS RECOMMENDED:

Upgraded 2019

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH
M.A. I SEMESTER
COURSE NO: PSM - 1003 (CBCS)
COURSE TITLE: ADVANCED SOCIAL PSYCHOLOGY (Compulsory)

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

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, interpersonal attraction, and intergroup relations.

1. Social psychology: meaning and nature.
2. Brief history of Social Psychology: The field in its infancy, the field in its adolescence, the field enters adulthood, period of crisis, current development.
7. Attitude – Behaviour link; Influence of attitude on behaviour; factors responsible for such influence.
8. Attitude change: Approach to attitude change. Persuasion approach – cognitive approach to persuasion, systematic processing, heuristic processing and elaboration likelihood model.
9. Attitude change overtime; Spontaneous attitude change, Persistence of attitude change.
10. Attitude Resistance to change: reactance, forewarning, selective avoidance, active defence, biased assimilations and attitude polarization.
11. Concept of Pro-social behaviour, Latency Darley’s five steps model; situational factors: Attraction, Attributions and Prosocial models.
12. Theories of pro-social behaviour: Empathy - Altruism theory; egoistic theory; genetic selfishness.
13. Concept and meaning of interpersonal attraction: Factors affecting interpersonal attraction: Proximity, familiarity and similarity.
14. Theories of interpersonal attraction: Reinforcement theory, complementary theory and exchange theory.
15. Theories of inter group relations: Social identity theory, Realistic conflict theory, Equity theory.

BOOKS RECOMMENDED:


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DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY ALIGARH
M.A. I SEMESTER
COURSE NO: PSM – 1004 (CBCS)
COURSE TITLE: THEORETICAL FOUNDATIONS OF PSYCHOPATHOLOGY (Compulsory)

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

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.

1. Psychopathology and Systems of classification: Criteria and brief history.
2. Basic features of DSM 5 and ICD-10: Similarities, differences and critical evaluation.
3. Models for the description of abnormal behaviour - Biological model
4. Psychodynamic model (Freud)
5. Learning model (Skinner).
7. Major Anxiety disorders: Brief Clinical pictures of Panic Disorder, GAD, & Phobia.
8. Psychoanalytic, Behavioural & Cognitive Approaches to Anxiety Disorders.
9. Clinical Pictures of OCD & PTSD.
10. Psychoanalytic, Behavioural & Cognitive Approaches to OCD & PTSD.
12. Dissociative Disorders: types (Dissociative Identity, Dissociative Amnesia & Derealisation Disorder & Learning theories.
13. Psycho- physiological Disorder – CHD.
15. Theoretical Explanations of Psycho Physiological disorders – Biological & Psychological

BOOKS RECOMMENDED:

American Psychiatric Pub.

New York: John Wilay & Sons, Inc.

New Delhi: Pearson


Maccary, J.L : Six Approaches to Psychology


Kaplan, B.J. & Sadock, B.J. (Eds) : Synopsis of psychiatry, 7th edition. USA : Williams & Wilkins


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Objective: The aim of this course is to develop Computer Competency in students with MS-Office and standardization of Psychometric tests. Further, to train students to organize and analyze dummy data using IBM SPSS. The students will also learn how to choose appropriate statistical techniques for carrying out research.

1. MSOffice (MS Word, Power Point, MS Excel).
2. Overview of IBM Statistical Package for Social Science (SPSS).
5. Chi Square; Compare Means: t-test (Independent and Correlated).
6. One way Analysis of Variance (ANOVA) with Multiple Comparison Test.
7. Correlational techniques (Pearson r and Spearman rho).
9. Simple and Multiple regression analysis: Concept, Uses and Computation.
10. Item analysis: Meaning and purpose, difficulty and discrimination indices.
11. Reliability types, computation and factors affecting the reliability.
12. Validity types, computation and factors affecting validity.
15. Test Manual: Preparation and publication

BOOKS RECOMMENDED:

3. IBM SPSS brief guide (online)

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Objective: The aim of this course is to provide theoretical as well as applied knowledge of cognitive psychology. It is for students to understand concepts in depth and to apply in their learning.

1. Memory: Concept, Process and types of memory.
2. Information processing Model of Memory: Sensory memory, Short-term memory and Long-term memory. Association Models of Memory.
6. Thinking: Definition and Mental Image; Types of thinking: Convergent and Divergent thinking.
9. Acquisition of Language: Stages of Language Acquisition.
10. Theories of Language Acquisition; The relationship between Language and Thinking: The Linguistic Relativity Hypothesis.
13. Impediments and barriers to problem solving.
15. Decision Making Strategies: The Signal Feature, The Additive Model & The Elimination by Aspects Model

BOOKS RECOMMENDED:

<table>
<thead>
<tr>
<th>No.</th>
<th>Author</th>
<th>Title</th>
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<tbody>
<tr>
<td>01</td>
<td>Wickelgren</td>
<td>Learning and memory</td>
</tr>
<tr>
<td>02</td>
<td>Haberlandt, K.</td>
<td>Cognitive Psychology Allyn and Bacon, Boston</td>
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<tr>
<td>03</td>
<td>Robert S. Feldman</td>
<td>Understanding Psychology</td>
</tr>
<tr>
<td>04</td>
<td>M.W. Matlin</td>
<td>Cognitive Psychology 8th Edition</td>
</tr>
<tr>
<td>05</td>
<td>Sdorow</td>
<td>“Psychology” Mc Graw Hill Book</td>
</tr>
<tr>
<td>06</td>
<td>Levinthal, C.F.</td>
<td>Introduction to Physiological Psychology. 3rd Edition. Prentice Hall of India, New Delhi 1999</td>
</tr>
</tbody>
</table>
Objective: The aim of this course is to provide theoretical as well applicational knowledge of statistics to students for in-depth understanding of non-parametric methods and make them capable to apply methods for data analysis. The students will learn how and where to use non-parametric statistical methods.

1. Distinctive features of Parametric and Non-parametric statistical tests.
2. Choosing an appropriate Statistical Test: Model, efficiency and measurement.
3. Chi square as a test of independence and goodness of fit, uses and computation.
9. Comparison of methods of ANOVA and Analysis of Variance by Ranks.
12. Tetrachoric correlation: Uses and computation.
14. Comparison of Phi-coefficient and Tetrachoric correlations.
15. Relationship of Phi-coefficient and coefficient of Contingency to Chi square.

Books Recommended:

08. Gupta S.P.: Statistical Methods, Sultan Chand and Sons, New Delhi.
Objective: This course serves as an introduction to the field of applied social psychology which focuses on understanding social and practical problems and on developing intervention strategies directed at the amelioration of such problems. Although the field is particularly concerned with addressing social and practical problems on general level (e.g. education, environment, poverty, health, organizations, criminal justice, population, management of science and technology), individuals also can use social psychology to improve their own lives in the following areas: personal relationship, class room interaction and positive well-being.

1. Nature and history of applied social psychology.
2. Applied social psychology in India: Challenges and possibilities: Need for indigenization,
4. Methods of Applied Social Psychology: Laboratory experiment, field experiment and field studies.
5. Environmental psychology: Basic concept; the physical environment, human behaviour, relationship between behaviour and environment.
7. Aggression –its meaning and causes - social causes and personal causes.
9. Prejudice: Meaning; the origin of prejudice: Contrasting perspectives – threat to self esteem, competition for resources as a source of prejudice, role of social categorization.
10. Techniques for countering prejudice; social learning view, intergroup contact, recategorization, social influence.
13. Coping with stress: increasing physical fitness, positive emotions and regulatory control, social support.
15. Social Psychology and the Legal System – Interrogation and suggestibility; Pretrial publicity; the testimony of eyewitness; effect on verdict.

BOOKS RECOMMENDED:


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Objectives:
- Understand substances related disorders, anti social personality disorder and mental retardation, its types and etiologies.
- To know about Schizophrenia its symptoms and etiologies.
- Understand Mood disorders, its general characteristics, its types, different theories related with this and also understand delirium and dementia.

1. Substance related disorder: Types of substances, Substance abuse & Substance dependence.
2. Etiology of Substance related disorders: Psychological and Socio-cultural factors.
4. Intellectual disability: DSM criteria & levels of Intellectual disability.
5. Etiology of Intellectual disability.
7. Etiology of Schizophrenia: Genetic factors.
9. Other psychotic Disorders: Schizoaffective and Delusional disorder.
10. General characteristics of Depression & Mania: Unipolar and Bipolar disorders.
11. Depressive Disorders: Major Depressive Disorder & Dysthymia.
12. Bipolar Disorders: Bipolar I, II & Cyclothymia
15. Dementia of the Alzheimer types – Clinical picture and causes.

BOOKS RECOMMENDED:


Objective: The course on the Research Methodology is the basis of conducting scientific research in psychology. 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.

1. Importance of experimental design, meaning and characteristics of scientific research.
3. Steps in research: research ideas and importance of literature review, formulation of problem, hypothesis and research questions, types of hypothesis.
5. Types of Educational Research: Descriptive, Associational and Intervention.
6. Ethics and norms of scientific research. Writing a research report.
7. Between-group designs: Single factor designing- Randomized group design, Two Matched group Design.
8. Within-Group Design: Single factor, Repeated measures design, Two factors repeated measures design.
10. Threats to internal and external validity in between-group and within-group designs.
11. Advantage and Disadvantage of between group and within group Designs.
12. Factorial Design: Randomized Block Design.
13. Factorial Design: Main Effect and Interaction Effect.
14. Meaning and differences between Quasi Experiment and True Experiment.
15. Types of Quasi-experimental Designs: Non-equivalent control group design. Interrupted time series design and Multiple time series design.

BOOKS RECOMMENDED:


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Objectives:

- To get acquainted with definition and characteristics of clinical psychology, evolving professional identity of clinical psychology, models of training, subspecialties and contemporary issues and future direction of clinical psychology.
- To get acquainted with concept of psychotherapy and stages of psychotherapy.
- To orient students to major theoretical approaches and psychotherapies based on behavioral, cognitive, humanistic, existential, mindfulness, family system and group therapy approaches.

01. Clinical Psychology: Definitions; Characteristics of Clinical Psychology: Emphasis on science, Emphasis on maladjustment, Emphasis on the individual, Emphasis on helping.
03. Subspecialties of Clinical Psychology: Clinical Health Psychology, Forensic Psychology, Geropsychology, Clinical Neuropsychology, and Child Clinical Psychology.
04. Contemporary Issues and Future directions in Clinical Psychology.
05. Psychotherapy: Concept & Definitions; Brief History of Psychotherapy.
06. Classificatory Approaches: Supportive and Reconstructive; Efficacy v/s effectiveness of psychotherapy
08. Therapy based on Operant Conditioning: Token Economy.
09. Therapy based on Classical Conditioning: Systematic Desensitization
10. Ellis’ Rational Emotive Behaviour Therapy (REBT), Beck’s Cognitive Therapy.
11. Client – Centred Therapy
12. Logotherapy
13. Third wave Approach: Mindfulness Therapy
15. Group Therapy

BOOKS RECOMMENDED:


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Objective: The aim is to introduce the basic areas of organizational behaviour to students. This course carry various approaches and theories which help students to understand the human behaviour in organizational settings. It helps to work efficiently and manage work efficaciously.

1. Meaning and History of Organizational Behaviour.
2. Concept of Organization and Organizational Behaviour; Challenges and Opportunities of OB.
3. Approaches to Organization Behaviour: Classical and Neo-classical Approaches.
4. Role and Limitations of Organization Behaviour.
5. Ethical issues in Organization Behaviour.
7. Aspects of emerging organizations and their impact on organization development.
8. The role of information Technology: The flattening and downsizing of organizations, Paperless revolution, Mimicking brains.
10. Learning organizations: meaning, types of learning organizations, Organisational behaviour in learning organizations.
14. Motivation application through job design: Job rotation, Job enlargement and Job enrichment
15. Job characteristics approach to task design: Hackman-Oldham Job characteristics model of work motivation.

BOOKS RECOMMENDED :

2. L.M. Prasad : Organisational Behaviour
3. 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, spiritual exercises, and the use of religious and spiritual techniques in therapy.

1. Spirituality: Origin, Concept and Definitions
2. Spiritual Psychology: Definitions and Applications
3. Domains of Spirituality
4. Spirituality and Religion
5. Spiritual Health: Definitions and Maintenance
6. Spiritual Well-being: Existential and Religious
7. Spiritual Discipline: Discipline of Body, Mind and Heart, Paths of Sufism to maintain discipline.
8. Spirituality Assessment Measures: Spiritual Beliefs and Motivations, Spiritual Behaviour, and Spiritual Experiences
9. Forms of Healing: Self, Contact and Distant healing
10. Meditation: Definition and Types
11. Yoga: Types and Elements
12. Religious and Spiritual Techniques in Therapy: Prayer, Forgiveness, Confession, Islamic Contemplation, Reading Scriptures
13. Gratitude and Devotion to God
14. Spiritual Resources for Healthy Living

BOOKS RECOMMENDED:

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**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.

1. Historical and Philosophical Foundation of Positive Psychology.
2. Eastern and Western perspective on Positive Psychology.
3. Fostering Healthy Self regulation from within and without: A Self Determination Theory Perspective.
5. Positive Emotional States: Well-Being and Positive Emotions
8. Hope and Optimism.
14. Well-Being and Quality of Life Therapy
15. Strength-based Therapies: Voyages to Well-being. The strengths model, good lifes model

**Books Recommended:**


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**Credit Marks:** 04
**Maximum Marks:** 100
**Sessional Marks:** 30
**Examination Marks:** 70
Objective: This course aims to target human resource development and various ways of management and training. It provides basic structure to students and develop deeper understanding for developing human resources.

1. Evolution of HRD.
2. Function and Framework for the HRD process.
3. Role and Competencies of HRD Professionals.
4. HRD Challenges to organization.
5. Challenges to HRD Professionals.
15. Management by Objectives (MBO) as technique of performance appraisal, Self-appraisal and open appraisal system.

BOOKS RECOMMENDED:

5. Gary Dessler: Human Resource Development

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Course Title: SELF & SPIRITUAL GROWTH (Open Elective)

Credit Marks : 04
Maximum Marks : 100
Sessional Marks : 30
Examinations : 70

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

1. Yoga and its types.
2. Elements of Yoga and its benefits.
7. Forms of Meditation: Concentrative, Mindfulness and Transcendental.
9. Clinical Standardized Meditation, Walking Meditation
10. Vipasana Meditation.
11. Stages of Sufi practice
13. Prayer and Well-being
15. Psychological and Physiological effects of Reading Scriptures.

Recommended Books:

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Objective: The course on Non-Experimental Research Methods is the basis of conducting research in psychology. The aim of this paper is to prepare students to use Non-Experimental Research Methods to conduct study with objectivity using appropriate research designs. The students will learn when and how to use Non-Experimental Research Methods in conducting research study.

1. Application and relevance of Non-experimental /Qualitative research designs. Merits and demerits.
2. Meaning and characteristics of Mixed Methods Design.
3. Need and importance of Mixed-Designs in Education & Psychological Research.
4. Type of Mixed Methods Designs: Parallel and Sequential.
5. Survey Research: Purpose, designing the survey instrument, steps in conducting the survey.
7. Merits and DeMerits of Survey Research.
9. Issues related to correlational designs.
10. Concept and uses of Hierarchical Regression,
11. Moderation and Mediation analysis.
12. Rationale for Qualitative research techniques.
14. Distinctive features of Qualitative Data Analysis and documentation of qualitative research.
15. Issues related to interpretation of qualitative data in writing research report. Software in data analysis.

BOOKS RECOMMENDED:

Objectives:

- To acquaint students with the purpose and historical development of personality assessment.
- To familiarize students with various objective and projective personality assessment techniques.
- To acquaint students about the administration, scoring and interpretation of psychological tests and their potential use in various applied settings.

2. History and development of Personality Assessment.
7. Minnesota Multiphasic Personality Inventory-2: Scales – Clinical and Validity, Psychometric characteristics, Current status.
8. Millon-Clinical Multiaxial Personality Inventory
9. NEO – Five Factor Inventory: Domains, Applications.
10. HEXACO-60: Domains
13. Thematic Apperception Test: Administration, Scoring & Interpretation.
15. Rorschach Inkblot Test: Interpretation and Diagnostic Indicators.

BOOKS AND MANUAL RECOMMENDED:


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Objective: This course aims to develop better understanding of historical as well as present scenario of HRM it also helps the students to understand management processes and make them competent for effective management of human resources.

7. Factors affecting recruitment,
8. Selection: its meaning and Processes involved in selection.
11. Testing in industry.
13. Multiple goals of training.
15. Impact of training methods in organizational effectiveness.

BOOKS RECOMMENDED:
7. T.N. Chhabra: Human Recourse Management, concepts and issues
DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH  
M.A. IV SEMESTER  
COURSE NO: PSM – 4007 (CBCS)  
COURSE TITLE: HEALTH PSYCHOLOGY (Optional)

Objectives:

- To provide information on historical background, aims and objective and future challenges of health psychology.
- To acquaint students with theories of health behaviour and factors predicting health behaviour.
- To familiarize them with various chronic diseases, their causes, management and coping.
- To understand the concept of stress, its sources, its model and how to cope with stress.
- To explain health maintenance behaviour and relaxation techniques.

16. Historical Background: Aims & objective of Health Psychology.
17. Challenges for the future.
20. Obesity, HIV, Cancer: Causes, management and coping.
22. Pain and its management.
23. Aging and health.
24. Stress: Concept, Definition and sources of Stress.
25. Stress Model: General adaption Syndrome; Life events theory, Transactional model.
27. Exercise: Types, Effects of Exercise: Physiological and Psychological.
30. Biofeedback Relaxation Techniques, Effectiveness of Biofeedback.

BOOKS RECOMMENDED:


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Upgraded 2019

DEPARTMENT OF PSYCHOLOGY
ALIGARH MUSLIM UNIVERSITY
ALIGARH

M.A. IV SEMESTER

COURSE NO: – 4008 (CBCS)

COURSE TITLE: ORGANIZATIONAL DEVELOPMENT AND CHANGE (Optional)

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

Objectives:

- The aim of this course is to develop an understanding of Organizational Development and Change. After going through the syllabus, the student would be competent and could effectively contribute to Organizational Development.

1. Meaning and Definitions of Organizational Development.
4. Values, Assumptions and Belief in Organizational Development.
5. Models of planned change: Kurt Lewin model, and Burke - Litwin model of organizational change.
7. Managing the OD Process: Diagnosis and Intervention.
9. OD Interventions: Team Intervention, Intergroup and Third Party Peacemaking Intervention, comprehensive Intervention and Structural Intervention.
10. Concept and meaning of organizational change (O.C); Targets of change.
11. Forces for Organizational Change.
12. Resistance to Organizational Change.
13. Development in evolutionary change - Socio-technical systems, total quality management, flexible workers and flexible work teams.
15. OD Techniques to deal with resistance to change and to promote change.

BOOKS RECOMMENDED:


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