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.  
5. Fields of Psychology: Basic and Applied.  
6. Receptors and Effectors  
7. Structure and Functions of Nervous System.  
8. Sensation: Concept, definition and characteristics.  
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  

BOOKS RECOMMENDED:

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)
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
10. Social Cognition; Guiding Schemas and Association; Stages in information processing and Components of Impression Formation.
12. Impact of group on performance: Social facilitation, Social loafing, Conformity and Compliance
14. Leadership: Qualities and functions of leaders.
15. Types of Leadership: Democratic, Autocratic, Laissey-Faire, Nurturant Task leader.

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.

3. Biological cause: Genetic endowment and chromosomal abnormalities.
4. Psychological: early deprivation, Inadequate parenting styles,
5. Inadequate family structures.
7. Defense Mechanism
8. Neuroses and Psychoses: Concept and difference.
13. Multiple Personality Disorder: Symptoms & Etiology.
15. Types of schizophrenia.

BOOKS RECOMMENDED:


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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 in 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.
10. Normal probability curve: Nature, properties and uses
11. Deviation from Normal Probability Curve: Skewness and Kurtosis
13. Calculation of Spearman rank difference correlation.
14. Phi-coefficient calculation and uses
15. Calculation of chi-square and contingency coefficient.

BOOKS RECOMMENDED:


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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 ad challenges in maintenance of mental health.

2. Role of Motivation, Frustration, and conflict in adjustment process.
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
10. Concept of mental hygiene and its role in mental health.
11. Psychoanalytical approach to mental health.
13. Humanistic approach to mental health.

BOOKS RECOMMENDED:


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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.
5. Types of Counselling: Directive, Non-directive and Eclectic.
6. Distinction between Counselling and Psychotherapy.
7. Major elements of Counselling.
13. Need and Importance of Career Planning
15. Ethical Issues of Counselling.

BOOKS RECOMMENDED


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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.

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 Eqality.
6. Psychophysical Methods – Method of limits, Constant stimuli and Average error.
8. Types of Reasoning: Inductive and deductive.

BOOKS RECOMMENDED:


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Objective:

1. To develop an understanding of the concept of individual differences with the goal to promote understanding self and others.
2. To develop an understanding of the role of biological, physical, and socio-cultural determinants of personality.
3. 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.
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
13. Gender and personality: Sex-Gender distinction.
15. Gender differences in personality attributes.

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.

Introduction
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.
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
15. Humanistic Psychotherapy: Concept and Goals

BOOKS AND MANUALS RECOMMENDED

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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.
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.
15. Technology and communication.

BOOKS RECOMMENDED:

### 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.
3. Type of Stress
5. Coping: Concept and definition.
6. Types of coping strategies.
7. Stress Management Model.
8. Behavioral Approach to Stress Management: Broota’s relaxation technique, breathing technique.

### Books Recommended:

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.
6. Definition and levels of Measurement.
9. Testing the item: Item Difficulty Index, Item-Reliability Index, Item Validity Index, and item Discrimination Index.
11. Methods for determining reliability-Test-Retest, Parallel forms; Split-half.
15. Norms : Developmental & Within group

BOOKS RECOMMENDED:
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.
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.
10. Personality as related with subjective and psychological well being.
13. Borden-and-built theory of positive emotions

Readings:
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.
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.
10. Enhancing Mental Health of Learners.
11. Understanding educational stress and its remedies.
13. Developing emotional intelligence.
15. Problems and remedies of education in India.

BOOKS RECOMMENDED:


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2. Contribution of Taylor: Time Studies
3. Contribution of Gilbreth: Motion Studies.
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.
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.

BOOKS RECOMMENDED:


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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.
11. Early Childhood - Characteristics, Developmental tasks and Behaviour problems
12. Middle Childhood - Characteristics, Developmental tasks and Behaviour problems
15. Old Age – Physical changes, Developmental tasks and Emotional Problems.

BOOKS RECOMMENDED:

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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
3. Method of research in biopsychology: Lesion Studies, Stimulation Methods, Recording Methods, Imaging Methods and Genetic Studies.
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.
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.
13. New techniques to investigate Brain: Angiography, EEG, PET, MRI, TMS.

Readings:

5. Psychology Class XI –NCERT

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