

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH

M. A. I SEMESTER

Course No: PSM- 1001 (CBCS)

Course Title: Applied Cognitive Psychology – I (Compulsory)

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

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.

1. Concept of cognitive psychology; History of Cognitive Psychology: Origin, Emergence of Modern Cognitive Psychology and Current Status.
2. Domains of Cognitive Psychology.
3. Conceptual Sciences and Cognitive Psychology.
4. Cognitive Neuroscience Techniques: Brain Lesions, Position Emission Tomography (PET Scan), Functional Magnetic Resonance Learning and Event-Related Potential Techniques.
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).
7. Theories of learning: Pavlov & Skinner.
8. Verbal learning: Stimulus material (nonsense syllables, meaningful words and trigrams) and serial learning (Bowed serial position curve).
9. Discrimination learning: Algebraic summation theory, Relational theory.
10. Neurophysiology of learning
11. Visual perception: Gestalt approaches to Perception
12. Pattern recognition in perception.
13. Auditory Perception: Pitch, Loudness, Timber and Sound Localization.
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, : Cognitive Psychology, Printice Hall of India, New Delhi
Stephen M. Kosslya
2. Robert L. Solso : Cognitive Psychology, 6th edition, Person Education, Low price edition
3. Houston, J.P. : Fundamentals of learning and Memory (3rd Editions). Harcourt Brace
Jovanovich, Inc, New York
4. Schiffman, H.R. : Sensation and perception: An integrate Approach, John Willey Sons,
New York.
5. Sodorow. : Psychology. Mc Graw Hill Book Company, New York.
6. Saundra K. Ciccarelli, : Psychology
Glenn E. Meyer
7. Levin Thal, C.F. : Introduction to Physiological Psychology, Prentice Hall of India New
Delhi 1999.
8. Ronald T. Kellogg : Fundamentals of Cognitive Psychology.
9. Margaret W. Matlin, : Cognitive Psychology, 8th edition, International Student Version, Wiley.
Sunny Geneseo

DEPARTMENT OF PSYCHOLOGY, ALIGARH MUSLIM UNIVERSITY ALIGARH
M.A. I SEMESTER
COURSE NO: PSM - 1002 (CBCS)
COURSE TITLE: PARAMETRIC STATISTICAL METHODS (Compulsory)

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

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.

1. Parametric Statistics: Nature and Assumptions. Concept of population and sample.
2. Probability theory in Statistical inference.
3. Sampling distributions and Estimation of parameters.
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.
9. Significance of difference between sample means: Independent 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.
12. Correlational analysis in psychological research. Concept, calculation and uses of Pearson Product Moment Correlation (PPMC). Correlation and Causality.
13. Biserial and Point-Biserial correlation coefficients: concept, calculation and uses.
14. Partial correlation: concept, calculation and uses.
15. Multiple regression: assumptions, methods of selecting variables and interpretation of regression model. Issues and limitations in prediction.

BOOKS RECOMMENDED :

- 1 N. M. Dowine: Basic Statistical methods, Harper and Publishes New York.
- 2 Seigal, S.: Non-Parametric Statistics for Behavioural Science. New York: McGraw Hill. 1956.
- 3 Garrett, H.E.: Statistics in Psychology and Education. New York Longman, 1950.
- 4 Edward, A.E.: Experimental Design in Psychological Research (3rd ed.) New Delhi: American Publishing Co. 1971.
- 5 Broota, K.D.: Experimental Design in Correlational Research. New Delhi: Wiley Eastern 1989.
- 6 Walker, H.M.: Statistical Inference. New York: Hdt. Rinehart and Winstone, 1953.
- 7 Thorndike, M.: Correlational Procedures for Research. New York : Gardner Press. 1978.
- 8 Gupta, S.P.: Statistical Methods, Sultan Chand & Sons, New Delhi.
- 9 Arthur, A.: Statistics for Psychology, Pearson Education

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.
 3. Social Psychology in the New Millennium: Influence of a cognitive perspective, exporting social psychology, and adaptation of a multicultural perspective.
 4. Research methods in social psychology: Naturalistic observation – Non participant and participant observation, Archival research, Experimental method, Correlational method.
 5. Social Cognition: Meaning and Approaches – attribution approach, schema approach.
 6. Attitude: Meaning and Formation of attitude: Social learning – classical conditioning, instrumental conditioning, observational learning, genetic factors
 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 :

1. Baron, R.A. & Byrne, Donn : Social Psychology – Understanding Human Interaction. Fifth Edition Prentice Hall of India, Private Ltd. New Delhi. 1988.
2. Baron, R.A. & Byrne, Donn : Social Psychology – Tenth Edition, Prentice Hall of India, Private Ltd. New Delhi. 2003.
3. Berkowitz, Leonard : A survey of Social Psychology. Third Edition. CBS, Publishing Japan Ltd. 1986.
4. Jones, E.E. & Gerard, H.B. : Social Psychology: John Wiley Sons. 1967.
5. Feldman, R.S. : Social Psychology. Second Edition. Prentice Hall, Upper Saddle River, New Delhi. 1988.

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).
 6. Cognitive Model.
 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.
 11. Somatoform disorder: types, Psychoanalytic & Socio-cultural theories.
 12. Dissociative Disorders: types (Dissociative Identity, Dissociative Amnesia & Derealisation Disorder & Learning theories.
 13. Psycho- physiological Disorder – CHD.
 14. Hypertension.
 15. Theoretical Explanations of Psycho Physiological disorders – Biological & Psychological

BOOKS RECOMMENDED:

- | | | |
|---|---|---|
| American Psychiatric Association (2013) | : | <i>Diagnostic and statistical manual of mental disorder: DSM-5.</i>
American Psychiatric Pub. |
| King, A.M., Jhonson, S.L., Davison, G.C. & Neale J.M (2014) | : | Abnormal Psychology: An Experimental Clinical Approach.
New York: John Wilay & Sons, Inc. |
| Butcher, J.N., Mineka, S., & Hooley, J.M. (2015) | : | Abnormal Psychology & Modern Life (15 th Ed.)
New Delhi: Pearson |
| Carson, R.C. & Butcher, J.N. (1992) | : | Abnormal Psychology & Modern Life New York: (9 th Edition) Haper & Collins New York. |
| Sarason, I.G. & Sarason, B.R. (2014): | : | Abnormal Psychology: The problem of Maladaptive Behaviour (10 th Ed.) New Delhi: Pearson Education |
| Barlow, D.H. & Durand, V.M. (2004) | : | <i>Abnormal psychology: An integrative approach</i> (4 th Ed.) Pacific Grove: Brooks/Cole. |
| Butcher, J.N. (2014) | : | Abnormal Psychology. New Delhi: Pearson Education |
| Davison, G.C. & Neale, J.M. | : | Abnormal Psychology New York: John Wilay & Sons, 1990. |
| Rosen, J.F.Gregory | : | Rosen, J.F.Gregory |
| Maccary, J.L | : | Six Approaches to Psychology |
| Eysenek, H.J. | : | Handbook of abnormal psychology. |
| Kaplan, B.J. & Sadock, B.J. (Eds) | : | Synopsis of psychiatry, 7 th edition. USA : Williams & Wilkins |
| Adams, H.E. & Sutker, P.B. (2000) | : | Comprehensive Handbook of Psychopathology (III rd Ed.) : New York: Plenum press. |

DEPARTMENT OF PSYCHOLOGY, ALIGARH MUSLIM UNIVERSITY ALIGARH

M.A. I SEMESTER

COURSE NO.: PSM – 1005 (CBCS)

Course Title: Computer Application in Psychology (Compulsory)

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

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).
3. Data entry, screening, transformation and computation of new variable. Output management.
4. Estimation of Frequency and Descriptive Statistics. Preparation of Charts/Graphs.
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).
8. Exploratory Factor Analysis: Concept, Uses and Computation.
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.
13. Reliability and validity: Errors and factors affecting reliability and validity.
14. Norms: Definition and nature, percentile ranks, Z, T, Stanine scores.
15. Test Manual: Preparation and publication

BOOKS RECOMMENDED :

1. Bayard, P. & Grayson, A. (1976). *Introducing psychological research*. London: MacMillan.
2. Singh, A.K. (2002). *Tests, Measurements and Research Methods in Behavioural Sciences*. Patna: Bharti Bhawan
3. IBM SPSS brief guide (online)
4. Sabine, L. & Brian S. E. (2004). *A Hand Book of Statistical Analyses using SPSS*. Chapman & Hall/CRC Press LLC
5. Arthur Griffith (2010). *SPSS for Dummies*. Wiley Publishing, Inc.

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH
M.A. II SEMESTER
COURSE NO: PSM-2001 (CBCS)
COURSE TITLE: APPLIED COGNITIVE PSYCHOLOGY – II (Compulsory)

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

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.
3. Forgetting in long term memory: Concept, Theories: Decay, Interference Motivation and Cue Dependence.
4. Memory Improving Techniques: Study Habits and Mnemonic Devices.
5. Bio-psychological Aspects of Memory: The Anatomy of Memory; The Chemistry of Memory.
6. Thinking: Definition and Mental Image; Types of thinking: Convergent and Divergent thinking.
7. Concepts Formation: Logical Concepts, Natural Concepts and Prototype. Role of concepts in thinking.
8. Language: Nature: Communicative, Arbitrary, Structured and Generative; Dynamics of Language: Phonemes, Morphemes, Syntax, Semantics and Pragmatics.
9. Acquisition of Language: Stages of Language Acquisition.
10. Theories of Language Acquisition; The relationship between Language and Thinking: The Linguistic Relativity Hypothesis.
11. Problem solving: Concept, Stages in problem solving: Preparation, production, Judgement & incubation.
12. Problem solving Strategies: Trail & Error, Algorithm, Heuristic, Insight & Intuition; Factors influencing problem solving.
13. Impediments and barriers to problem solving.
14. Decision Making: Concept; Heuristics in Decision Making & Cognitive Control in Decision Making
15. Decision Making Strategies: The Signal Feature, The Additive Model & The Elimination by Aspects Model

BOOKS RECOMMENDED :

- | | | | |
|-----|---|---|---|
| 01 | Wickelgren | : | Learning and memory |
| 02 | Haberlandt, K. | : | Cognitive Psychology Allyn and Bacon, Boston |
| 03. | Robert S. Feldman | : | Understanding Psychology |
| 04 | M.W. Matlin | : | Cognitive Psychology 8 th Edition |
| 05 | Sdorow | : | “Psychology” Mc Graw Hill Book |
| 06 | Levinthal, C.F. | : | Introduction to Physiological Psychology. 3 rd Edition. Prentice Hall of India, New Delhi 1999 |
| 07 | Anderson, J.R. | : | Cognitive Psychology and its implications 5 th Edition: Worth Publishers |
| 08 | Lyle, E. Bource, Jr. Brue R.
Ekstrand & Foger
L.Dominoski | : | Cognitive Process. Prentice Hall Inc. Englewood Cliffs, New Jersey 1971. |
| 09 | Lutz, John | : | An Introduction to learning and Memory Brooks/ Cole Publishing Company Pacific Grove, California. |

DEPARTMENT OF PSYCHOLOGY, ALIGARH MUSLIM UNIVERSITY ALIGARH

M.A. II SEMESTER

COURSE NO.: PSM – 2002 (CBCS)

Course Title: NON-PARAMETRIC STATISTICAL METHODS (Compulsory)

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

Objectives: 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.
4. Mann-Whitney U test: Uses and computation.
5. Median test: Uses and computation.
6. Kolmogorov-Smirnov Two samples test: Uses and computation.
7. Kruskal-Wallis one way analysis of variance: Significance, uses and computation.
8. Friedman Two-way analysis of variance by ranks: Uses and computation.
9. Comparison of methods of ANOVA and Analysis of Variance by Ranks.
10. Spearman Rank Order correlation: Uses and computation.
11. Phi-coefficient: Uses and computation.
12. Tetrachoric correlation: Uses and computation.
13. Contingency coefficient: 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:

- 01 N. M. Dowine : Basic Statistical methods, Harper and Publishes New York.
- 02 Mc Nemar Q. : Psychological Statistics, 3rd Ed. New York, John Wiley 1962.
03. Seigel, S. Non-Parametric Statistics for Behavioural Science. New York: McGraw Hill. 1956.
04. Garrett, H.E. : Statistics in Psychology and Education. New York:Longman, 1950.
05. Edward, A.E. : Experimental Design in Psychological Research (3rd ed.) New Delhi: American Publishing Co. 1971.
06. Broota, K.D. : Experimental Design in Correlational Research. New Delhi: Wiley Eastern 1989.
07. Thorndike, M. : Correlational Procedures for Research. New York : Gardner Press. 1978.
08. Gupta S.P. : Statistical Methods, Sultan Chand and Sons, New Delhi

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH

M.A. II SEMESTER

COURSE NO PSM - 2003 (CBCS)

Course Title: APPLIED SOCIAL PSYCHOLOGY (Compulsory)

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

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,
3. Multidisciplinary approach to the study of social change, policy oriented research, need for reorienting social psychology. Current trends in social psychology.
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.
6. Environmental factors influencing behaviour, and human behaviour influencing environment, - greenhouse effect. Pro-environmental behaviour.
7. Aggression –its meaning and causes - social causes and personal causes.
8. Measures for controlling aggression.
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.
11. Behaviour and health. Applying Social Psychology to health related behaviour: Responding to Health-related information; Comprehending and evaluating health information, rejecting health information Vs accepting it.
12. Stress : Meaning; stress and health. Individual differences in the effect of stress.
13. Coping with stress: increasing physical fitness, positive emotions and regulatory control, social support.
14. Applying Social Psychology to the world of work: Job satisfaction: Attitudes towards work; factors affecting job satisfaction – organizational factors and personal factors.
15. Social Psychology and the Legal System – Interrogation and suggestibility; Pretrial publicity; the testimony of eyewitness; effect on verdict.

BOOKS RECOMMENDED :

1. Baron, R.A. & Byrne, Donn : Social Psychology – Understanding Human Interaction. Seventh Edition. Prentice Hall of India of India, Private Ltd. New Delhi. 1988.
2. Baron, R.A. & Byrne, Donn : Social Psychology – Understanding Human Interaction. Tenth Edition, 2003. Prentice Hall of India of India, Private Ltd. New Delhi. 1988.
3. Berkowitz, Leonard : A survey of Social Psychology. Third Edition. CBS Publishing Japan Ltd.1986.
4. Jones, E.E. & Gerard, H.B. : Social Psychology: John Wiley Sons. 1967.
5. Misra, Grishwar : Applied Social Psychology In India.
7. Heimstra, N.W. & Mc Farling, L.H. : Environmental Psychology. Brooks Cole publishing Company Monterey, California 1974.

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH
M.A. II SEMESTER
COURSE NO PSM – 2004 (CBCS)
COURSE TITLE: MAJOR PSYCHOPATHOLOGIES (Compulsory)

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

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.
 3. Anti Social Personality Disorder. Clinical Characteristics & Etiology.
 4. Intellectual disability: DSM criteria & levels of Intellectual disability.
 5. Etiology of Intellectual disability.
 6. Schizophrenia: Diagnostic Criteria and Positive, Negative & other symptoms.
 7. Etiology of Schizophrenia: Genetic factors.
 8. Role of Biochemical factors & Psychological Stress in the Etiology of Schizophrenia.
 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
 13. Theories of Mood Disorder: Beck's theory of Depression, Interpersonal theory of Depression.
 14. Neuro-cognitive Disorders: Distinction between Delirium & Dementia.
 15. Dementia of the Alzheimer types – Clinical picture and causes.

BOOKS RECOMMENDED:

- | | | | |
|----|---|---|---|
| 01 | King, A.M., Jhonson, S.L., Davison, G.C. & Neale J.M (2014) | : | Abnormal Psychology: An Experimental Clinical Approach. New York: John Wilay & Sons, Inc. |
| 02 | Butcher, J.N., Mineka, S., & Hooley, J.M. (2015) | : | Abnormal Psychology & Modern Life (15 th Ed.) New Delhi: Pearson |
| 03 | Carson, R.C. & Butcher, J.N. (1992) | : | Abnormal Psychology & Modern Life New York: (9 th Edition) Haper & Collins New York. |
| 04 | Sarason, I.G. & Sarason, B.R. (2014): | : | Abnormal Psychology: The problem of Maladaptive Behaviour (10 th Ed.) New Delhi: Pearson Education |
| 05 | Barlow, D.H. & Durand, V.M. (2004) | : | <i>Abnormal psychology: An integrative approach</i> (4 th Ed.) Pacific Grove: Brooks/Cole. |
| 06 | Butcher, J.N. (2014) | : | Abnormal Psychology. New Delhi: Pearson Education |
| 07 | Kaplan, H.J., & Sadock, B.J. (2004) | : | <i>Synopsis of comprehensive textbook of psychiatry</i> (10 th Ed.). Baltimore: Williams & Wkins. |
| 08 | Sarason. I.G. & Sarason, B.R. (2006) | : | <i>Abnormal psychology.</i> (11 th Ed.). Delhi: Prentice |

DEPARTMENT OF PSYCHOLOGY, ALIGARH MUSLIM UNIVERSITY ALIGARH
M.A. III SEMESTER
COURSE NO.: PSM – 3001 (CBCS)
COURSE TITLE: RESEARCH METHODS: EXPERIMENTAL DESIGN (Compulsory)

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

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.
2. Methods of inquiry: Authority, Intuition, Tenacity, Rational, Empiricism.
3. Steps in research: research ideas and importance of literature review, formulation of problem, hypothesis and research questions, types of hypothesis.
4. Sampling techniques: Probability and Non-Probability.
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.
9. Significance of control in experimental designs.
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 :

1. Broota, K.D. : Experimental Design in Behavioural research. New Delhi, Wiley Eastern, 1984.
2. Chadwick, B.A Bahr, H.M. & Albrecht, S.I. : Social science Research Methods.
3. Mohsin, S.M : Research methods in Behavioural Sciences. Hyderabad: Orient Longman, 1984.
4. Kerlinger, F.N. : Foundation of behavioural research New York. Holt. Rineheart and Winston 1974.
5. Gravetter F.J. & Forzano L.B. : Research Methods for the Behavioural Sciences.

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH

M.A. III SEMESTER

Course No: PSM – 3002 (CBCS)

COURSE TITLE: CLINICAL PSYCHOLOGY (Compulsory)

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

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.
02. Developing a professional Identity: Education & training. Models of Training: The scientist-practitioner, Clinical scientist.
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
07. Stages of Psychotherapy: Initial consultation, Assessment, Development of Treatment goals, Implementation of treatment, Evaluation of Treatment, Termination, Follow-up.
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
14. Family System Approach: Family therapy
15. Group Therapy

BOOKS RECOMMENDED :

1. Pomerantz, A.M. : Clinical Psychology-Science, Practice and Culture.DSM-5 Update SAGE Publication, 2014
2. Plante. T.G. : Contemporary Clinical Psychology. New York: John Wiley & Sons, Inc.2011
3. Hecker J.E, Thorpe G.L : Introduction to clinical psychology, Pearson Publication, 2005
4. Korchin, S.J. : Modern Clinical Psychology: Principles of Intervention in the clinic and community. New York: Basic Books.
5. Ghorhade, M.B. & Kumar, V.B. : Introduction to Modern Psychotherapy. Kumar, V.B. Bombay: Himalaya Publishing House.
6. Feltham, C. & Horton, I : Handbook of Counselling and Psychotherapy. London: Sage Publishing Ltd, 2000
7. Corey, G : Theory & Practice of Counseling and Psychotherapy, VI Edition, Brook/Cole
8. E. Jones Smith : Theories of Counselling and Psychotherapies: An Integrative approach. Los Angles: Sage, 2012
9. Hersen, M., & Sledge, W. : Encyclopedia of psychotherapy. San Diego, CA: Academic Press (2002)

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

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.
6. Organizational Behavioural Models: Autocracy, Custodial, Supportive, Collegial & Systems.
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.
9. Total Quality Management: Meaning of TQM; Approaches-Reengineering, Benchmarking, Empowerment.
10. Learning organizations: meaning, types of learning organizations, Organisational behaviour in learning organizations.
11. Motivation: Meaning, process & characteristic.
12. Theories of Motivation: Content theories Maslow's Hierarchy of Needs, Herzberg's Motivation-Hygiene theories of motivation, Alderfer's ERG mode.
13. Process Theories: Vroom's Expectancy model, Adam's Equity theory of work motivation.
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 :

1. R. M Bass, J. D. : Organization Behaviour, Sage Pub, New York, 1987
Drearth
2. L.M. Prasad : Organisational Behaviour
3. Schien, Adger : Organisational Behaviour
4. Paul Hersey : Management of Organisational Behaviour (Sixth Edition)
Prentice Hall of India Pvt. New Delhi.
5. Robbins, S.P. : Organizational Behaviour Concepts, Controversies, and
Applications, Prentice Hall of India Pvt. Ltd.
6. Luthans, F. : Organizational Behaviour, Seventh Edition, McGraw- Hill.
International Edition.

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH

M.A. III SEMESTER

COURSE No: PSM – 3006 (CBCS)

COURSE TITLE: SPIRITUAL PSYCHOLOGY (Optional)

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

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,
13. Islamic Contemplation, Reading Scriptures
14. Gratitude and Devotion to God
15. Spiritual Resources for Healthy Living

BOOKS RECOMMENDED:

1. Husain, A. (2011). : *Spirituality and Holistic Health – A psychological perspective.* New Delhi: Prasad Psycho Corporation.
2. Rao, K.R., & Marwah S.B. (Eds.) (2005). : *Towards a Spiritual Psychology.* Delhi: Samvad India Foundation.
3. Husain, A., & Singh, R. (2019) : *Spirituality in Practice.* New Delhi: The Readers Paradise.
4. Husain, A. & Khatoun N. (Eds.) (2012) : *Understanding Spirituality.* New Delhi: Research India Press.
5. Husain, A. Nazam, F. & Khatoun Z.(2018) : *Manual Islamic Counselling.* New Delhi: Global Vision Publication House.

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

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.
 4. Happiness: Essential Elements, Causes and Effects.
 5. Positive Emotional States: Well-Being and Positive Emotions
 6. Emotion-Focused Coping and Emotional Intelligence.
 7. Positive Self: Self-Efficacy and Self Esteem.
 8. Hope and Optimism.
 9. Flow: Self Determination Theory and Intrinsic Motivation, Meta-Motivational States and Reversal Theory
 10. Prosocial Behaviour: Altruism and Gratitude.
 11. Positive Schooling.
 12. Positive Psychology at Workplace.
 13. Positive Development and Successful Aging.
 14. Well-Being and Quality of Life Therapy
 15. Strength-based Therapies: Voyages to Well-being, The strengths model, good lifes model

BOOKS RECOMMENDED:

1. C.R. Snyder and Shane J. Lopez (2011) : Positive Psychology: The Scientific and Practical Explorations of Human Strengths (Eleventh Edition) Los Angeles: Sage
2. P. Alex Linley and Stephen Joseph (2004) : Positive Psychology in Practice. New Jersey: John Willy & Sons, Inc.
3. Akbar Husain & Fauzia Nazam (2018). : Applied Positive Psychology. New Delhi: Research India Press.
4. Alan Carr (2011). Positive Psychology: The Science of Happiness and Human Strengths. New York: Routledge

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY ALIGARH
M.A. III SEMESTER
COURSE NO: PSM 3008 (CBCS)
Course Title: HUMAN RESOURCE DEVELOPMENT (Optional)

Credit Marks	: 04
Maximum Marks	: 100
Sessional Marks	: 30
End Term Exam 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.
6. Nature and Meaning of Human Resource Planning.
7. Objectives of Human Resource planning.
8. Elements of Human Resource planning.
9. Problems involved in the process of Human Resource Planning.
10. Benefit of Human Resource planning.
11. Performance Appraisal Process: Its basic issues and steps.
12. Objectives of Performance Appraisal System in Indian Context.
13. Performance Appraisal System: Role of Performance Appraisal System in Individual and Organizational effectiveness.
14. Methods of Performance Appraisal: Confidential Report, Ranking method, Rating method.
15. Management by Objectives (MBO) as technique of performance appraisal, Self -appraisal and open appraisal system.

BOOKS RECOMMENDED :

1. Jon M. Werner, Randy L : Human Resource Development (4th Edition), Thomson, DeSimone South Western
2. B.L. Mathur : Human Resource Development, Advance in Arihaut Pub. Jaipur.
3. R.M. Bass, J.D. Drenth : Organisational Behaviour, Sage Pub. New York (1987).
4. B.D. Kolekar : Human Resource Development.
5. Gary Dessler : Human Resource Development
6. Stephen Gibb : Human Resource Development
7. P.C. Tripathi : Human Resource Development
8. Gomez Mejia, Luis R. : Meaning Human Resources, Printice Hall
D.B. Balkin and R. L. Condy

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.
3. Major Concepts: Principles of creation, consciousness, Karma, Subconscious tendencies.
4. Techniques of Yoga: Padmasana, Yoga Nidra.
5. Psychological Growth: Four Stages of life, Self-realization; Obstacles to Growth: Ignorance, Egoism, Desire and Aversion, fear.
6. What is Meditation? Process of Meditation.
7. Forms of Meditation: Concentrative, Mindfulness and Transcendental.
8. Meditative Techniques: Gibberish Meditation, Tasbih and Mantra Meditation.
9. Clinical Standardized Meditation, Walking Meditation
10. Vipasana Meditation.
11. Stages of Sufi practice
12. Paths of Sufism.
13. Prayer and Well-being
14. Reading Scripture, Significance of Religious-Spiritual Readings.
15. Psychological and Physiological effects of Reading Scriptures.

Recommended Books:

Husain, A., & Khan, S. (2014). **Applied Spirituality: Theory, Research and Practice**. New Delhi: Global Vision publishing House, ISBN: 978-81-8220-632-8.

Husain, A., Beg, M.A., & Dwivedi, C.B. (2013). **Psychology of Humanity and Spirituality**. New Delhi: Research India Press, ISBN: 978-81-89131-79-1.

Husain, A., Masood, A., Parveen, S., Ikram, S., Rahman, S., & Ahmad, W.A. (2014). Identifying Positive Behaviour among Tasbih Meditators. In S. Saini (Eds.) **Positive Psychology in the Light of Indian traditions** (pp.656-672). Haryana: Indian Association of health, research and welfare. ISBN: 13: 978-81-920053-9-3.

Fragar, R., & Fadiman, J. (2007). **Personality and Personal Growth**. Dorling Kindersley (India) Pvt. Ltd. ISBN: 81-317-1532-9.

Husain, A. (2015). **YOGA: A Path for Attaining Spiritual Energy and Power**. *International Journal of Yoga and Allied Sciences*, 5(1), 30-37.

Husain, A., & Hasan, A. (2019) **Psychology of Meditation. A Practical Guide to Self-Discovery**. New Delhi: The Readers Paradise.

DEPARTMENT OF PSYCHOLOGY, ALIGARH MUSLIM UNIVERSITY, ALIGARH
M.A. IV SEMESTER
COURSE No.: PSM – 4001 (CBCS)
Course Title: NON-EXPERIMENTAL RESEARCH METHODS (Compulsory)

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

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.
6. Methods of Survey Research: Interview and Questionnaire Method.
7. Merits and DeMerits of Survey Research.
8. Correlational Research Designs: Cross-sectional and Longitudinal.
9. Issues related to correlational designs.
10. Concept and uses of Hierarchical Regression,
11. Moderation and Mediation analysis.
12. Rationale for Qualitative research techniques.
13. Qualitative research characteristics and methods:- Ethnographic method, Case study, Phenomenological, and Narrative Approach. Grounded theory concept and issue.
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 :

1. Kerlinger F.N. (1983). : Foundations of Behavioral research. Surjeet Publications: Delhi.
2. Mertens, D.M. (1998) : Research Methods in Education and Psychology.
Sage: thousand oaks.
3. David Dooley (1995). : Social Research methods. Prentice-Hall: New Delhi.
4. Mertens, D.M. (2005) : Research and evaluation in education and Psychology. Integration diversity with quantitative, qualitative and mixed methods, New Delhi; Sage.
5. Breakwell,G.M. : Research Methods in Psychology, New Delhi: Sage
Hammond, S. & Fife-
Schaw C. (1995) (Eds.)

**DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH
M.A. IV SEMESTER**

COURSE No: PSM – 4002 (CBCS)

Course Title: PERSONALITY ASSESSMENT (Compulsory)

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

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.
1. Assessment and Measurement: Distinction & relation. Purpose of assessment: Research & applied.
 2. History and development of Personality Assessment.
 3. Approaches to Personality Assessment: Rational-theoretical, Empirical & Factor analytic.
 4. Problem of Response Distortion: Response Style: Acquiescence; deviation.
 5. Response sets: Social Desirability & Faking.
 6. Ethical issues in personality assessment: Personal, Legal and Social concerns.
 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
 11. Behavioural Assessment Techniques: Naturalistic observation, Self – monitoring.
 12. Nature, Type and Evaluation of Projective Techniques.
 13. Thematic Apperception Test: Administration, Scoring & Interpretation.
 14. Rorschach Inkblot Test: Administration and Scoring.
 15. Rorschach Inkblot Test: Interpretation and Diagnostic Indicators.

BOOKS AND MANUAL RECOMMENDED:

1. Kelly E.Y. (1967) : *Assessment of Human Characteristics*. California: Books / Cole Publishing Co.
2. Layon, R.T. & Goldstein, L.D. (1970) : *Personality Assessment*. London: Wiley.
3. Hasan, Q. (1997) : *Personality, Assessment- A Fresh Psychological look*. New Delhi: Gyan Publishing House, 1997.
4. Wiggins, J.S. (1973) : *Personality and Prediction, Principles of Personality Assessment*. Reading Massachusetts.
6. Costa, P.T. & McCrae, R.R. (1992) : *Revised NEO Personality Inventory and NEO Five Factor Inventory*. (Professional Manual). N. Florida: Psychological Assessment Resources, Inc.
7. Ashton, M.C. & Lee, K. (2009) : *The HEXACO-60: a Short Measure of the Major Dimensions of Personality*. *Journal of Personality Assessment*, 91(4), 340-345
8. Kumar, R. (2010) : *Rorschach Inkblot Test: A Guide to Modified Scoring System*. New Delhi: Prasad Psycho Corporation.
9. Bernardo J. Carducci (2009) : *The psychology of personality: Viewpoints, Research, and Application*. United Kingdom: Willey-Blackwell.

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY ALIGARH

M.A. IV SEMESTER

COURSE NO: PSM – 4003 (CBCS)

COURSE TITLE: HUMAN RESOURCE MANAGEMENT (Compulsory)

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

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.

1. Human Resource Management: its meaning, importance and scope.
2. Human Resource Management: Its important Principles.
3. Policies in Human Resource Management.
4. Functions and Quality of Human Resource Management.
5. Models of HRM : Fomburn, Tichy and Devana Model, Harvard Model, Guest Model, and Warwick Model.
6. Recruitment: Meaning and methods of recruitment.
7. Factors affecting recruitment,
8. Selection: its meaning and Processes involved in selection.
9. Barriers in effective selection.
10. Evaluation of selection process and selection effectiveness.
11. Testing in industry.
12. Meaning of training and its importance.
13. Multiple goals of training.
14. Evaluation of training programme.
15. Impact of training methods in organizational effectiveness.

BOOKS RECOMMENDED :

1. R.M. Bass, J.D. Drenth : Organisational Behaviour, Sage Pub. New York (1987).
2. Saiyadain, M.S. : Human Recourse Management.
3. N.K. Chadda : Human Recourse Management issues, case studies and experimental exercises.
4. Biswajeet- Patnayak. : Human Recourse Management.
5. Kaswathappa : Human Resources and Personnel Management
6. C.B. Gupta : Human Recourse Management. Sultan Chand & Sons Publishers.
7. T.N. Chhabra : Human Recourse Management, concepts and issues
8. Business essentials viva : Human Recourse Management

DEPARTMENT OF PSYCHOLOGY ALIGARH MUSLIM UNIVERSITY, ALIGARH

M.A. IV SEMESTER

COURSE NO: PSM – 4007 (CBCS)

COURSE TITLE: HEALTH PSYCHOLOGY (Optional)

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

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.
18. Meaning of Health behaviour, Factors predicting Health Behaviours.
19. Theories of Health Behaviour: Attributive theory, Health Locus of Control, Health Belief Model.
20. Obesity, HIV, Cancer: Causes, management and coping.
21. Diabetes, stroke, CHD and hypertension: 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.
26. Coping with stress.
27. Exercise: Types, Effects of Exercise: Physiological and Psychological.
28. Maintenance of Health: Yoga, Meditation, Diet, Nutrients and Food.
29. Relaxation Techniques: Jacobson Progressive Relaxation, Brota's Relaxation Response.
30. Biofeedback Relaxation Techniques, Effectiveness of Biofeedback.

BOOKS RECOMMENDED:

1. Ogden, Jane : Health Psychology A text book Open University Press Buckingham. (1996)
2. Shelly E. Taylor : Health Psychology. TATA McGraw–Hill Sixth Edition 2006.
3. Pitts, M & Phillips, K. : Psychology of health: An Introduction. London: Routledge, press 1991.
4. Virginia Hill Rice : Hand Book of Stress, Coping and Health. New Delhi Sage Publications, 2000.
5. Husain, A. & Gulrez, Naima Khatoon : Managing Stress : A Practical Guide. New Delhi. Friends Publications (India), 2003
6. Korchin, S.J. : Modern Clinical Psychology. CBS Publishers, New Delhi (1986)
7. Khatoon, N. : Ed. Health Psychology. Pearson Education Inc. India (2012)
8. Sarafino, E.P. : Health Psychology: Bio Psychosocial Interactions. Delhi. Friends Publications (1997)

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.
 2. History of Organizational Development: The Laboratory Training Stem, The Survey Research and Feedback Stem, The Action Research, and The Socio-technical and Socio-clinical Stem.
 3. Second Generation OD: Organizational Transformation, Organizational Culture, Learning Organization, Intensified Teams, TQM, and Visioning and Future Search
 4. Values, Assumptions and Belief in Organizational Development.
 5. Models of planned change: Kurt Lewin model, and Burke - Litwin model of organizational change.
 6. System theory: Nature of systems, Input factors and congruence among system elements, Socio technical systems.
 7. Managing the OD Process: Diagnosis and Intervention.
 8. Action Research: History, Process and Approaches.
 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.
 14. Development in revolutionary change- Re-engineering, Restructuring and Innovation.
 15. OD Techniques to deal with resistance to change and to promote change.

BOOKS RECOMMENDED :

1. French, W.L. & Jr. Bell, C.H. (1995) : Organizational Development: Behavioural Science Interventions for Organization Improvement. 6th Edition. Pearson Education. Ins.
2. Jones, G.R. : Organizational Theory, Design and Change. Pearson Education. Inc.
3. Thomas, G. Cummings/ Christopher, G. Worley : Theory of Organization Development & Change
4. Reidar Dale : Organisations and Development.
5. Donald R. Brown/ Don Harvey : An Experiential Approach to Organization Development.
