**PSY-503 Contemporary Perspectives in Psychology** **Cr. Hrs. 3**

**Learning Objectives**

The present course focuses on explaining the current perspectives in psychology, giving modern conceptual and research directions. Also an attempt is made to highlight the possible future directions that a particular perspective is likely to undertake. This course will enrich the student with recent knowledge in diverse perspectives and enable them to draw useful comparisons. The course brings together historical strands, current formulations and future outlook into well-integrated study units.

1. To understand the origin and development of different viewpoints concerning human behavior/personality.
2. To critically evaluate these approaches with reference to their strengths and limitations and their interaction and contradiction with each other.
3. To study their application in everyday life, assessment, therapeutic interventions and in different areas of research concern human behavior.
4. To enable the student to comprehend recent research in these perspectives and to critically evaluate

**Learning Methodology**

1. A common introduction with lectures and discussion
2. In-class activities include readings on a given topic, (ensuring student participation)

**Text Book**

Kenneth D. K. (2014). Handbook of Psychology: History, Perspectives and Applications. New Delhi: Viva Books

**Reference Articles/Books (Readings)**

Boniwell, I. (2006). Positive psychology in a nutshell. London: PWBC

Buss, D. M. (2009). Foundations of Evolutionary Psychology. In: *Evolutionary Psychology – The New Science of Mind*. India: Dorling Kinderley. p. 1-70

Confer, J. C. & Fleischman, D. S. (2010). Evolutionary Psychology: Controversies, questions, and prospects and limitations. *American Psychologist, 65*, 110-126

Haque, A. (2004). Psychology from Islamic perspective: Contributions of Early Muslim Scholars and Challenges to Contemporary Muslim psychologists. *Journal of Religion and Health*, *43,* 357-364.

Hussain, A. (2006). *Islamic Psychology*. New Delhi: Global Vision Publishing

Kimble, G.A and Schlesinger, K. (1985). A Brief Introduction to a History of Psychology. In: *Topics in the history of psychology*. New Jersey: Lawrence Erlbum Associates. p. 1-20

Kosslyn, S. M. (2006). Psychology – Then and Now. In: *Psychology in Context.* Pearson Education Inc. p. 4-21

Lawson, R. B., Graham, J.E. and Baker, K. M. (2009). Contemporary Psychology – Global Forces. In: *A history of psychology: Globalization, ideas and applications*. India: Dorling Kinderley. p. 1-26.

Lawson, R. B., Graham, J.E. and Baker, K. M. (2009). Psychology – American Approach. In: *A history of psychology: Globalization, ideas and applications*. India: Dorling Kinderley. p. 27-37.

Liddle, J. R., & Shackelford, T. K. (2011). Teaching the evolution of the Mind: Current findings, trends, and controversies in Evolutionary Psychology

Moghaddam, F. M. (2007). Feminist Psychology. In: *Great Ideas in Psychology. A cultural and historical introduction*. Oxford: Oneworld Publication. p. 261-279

Moghaddam, F. M. (2007). Multicultural Psychology. In: *Great Ideas in Psychology. A cultural and historical introduction*. Oxford: Oneworld Publication. p. 280-294

Moghaddam, F. M. (2007). Evolutionary Psychology. In: *Great Ideas in Psychology. A cultural and historical introduction*. Oxford: Oneworld Publication. p. 295-312

Moghaddam, F. M. (2007). Social Constructionism. In: *Great Ideas in Psychology. A cultural and historical introduction*. Oxford: Oneworld Publication. p. 313-333

Paloutzian, R. F. and Park, C. L. (2013). Recent Progress and Core Issues in the Science of the Psychology of Religion and Spirituality. In: *Handbook of Psychology of Religion and Spirituality*. p. 3-22

Seligman, M.E.P and Csikszentmihalyi, M. (2000). Positive Psychology: An Introduction. In: *American Psychologist*, 55(1), p. 5-14

Steinfeld, W.A. (2013). Psychology and its Frontiers. In: *Cultural Psychology*. New Delhi: Random Exports. Chapter 1

Stephen, S & Linda, A. (2012). Expanding Subjectivities: Introduction to the Special Issue on 'New Directions in Psychodynamic Research'. Journal of Research Practice, 8, (Editorial Article)

Valentine, P. E. (1992). Psychology as a Science. In: *Conceptual Issues in Psychology*. London: Routledge. p. 1-7

Valentine, P. E. (1992). Theories and Explanation. In: *Conceptual Issues in Psychology*. London: Routledge. p. 100-116

Valentine, P. E. (1992). Alternative Perspectives. In: *Conceptual Issues in Psychology*. London: Routledge. p. 177-186

Winn, W., & Snyder, D. (1996). Cognitive perspectives in psychology. *Handbook of research for educational communications and technology: A project of the Association for Educational Communications and Technology*, p. 79-112.

**Calendar of Course contents to be covered during semester**

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| **Week** | **Activity** | **Reference** |
| **1** | **Introduction** **Psychology: Long Past and a Short History**Moving forward: backdrop to a scienceFoundations of a new science**Assignment 1:** Participants will draw a timeline of history of psychology. They will explore internet resources and encyclopaedia for the said assignment.  | Text Book – 1-24Reading # 4Reading # 13 |
| **2** | **Psychology: Then and Now**Psychology – Then and NowContemporary Psychology – Global ForcesPsychology – American ApproachPsychology and its Frontiers**Quiz 1** (based on the readings in week 1 and 2) | Reading # 5Reading # 6Reading # 7Reading # 14 |
| **3** | **Behaviorism / Social Learning**From classic experimentation to later developmentsSocial learning: Bandura, Mischel, RotterBehaviorism turns 100 in 2013: current status and future directions**Class Activity 1**: Group discussion on classic experiments and learning process. Groups will write and submit the concluded discussion. | Text Book – 25-36 |
| **4** | **Humanistic Perspective**Humanistic PsychologySelf-concept and Self-actualizationHumanistic perspectives and criticism | Text Book – 63-72 |
| **5** | **Psychodynamic Perspective**The roots of personality theoryUnderstanding theoretical and therapeutic developmentsLegacy of Freud and modern Psychodynamic theory Possible future directions**Class Activity 2**: Evaluating Freud’s theory and reviewing current psychodynamic psychology | Text Book – 37-52Reading # 15 |
| **6-7** | **Evolutionary perspective and Biological Perspective** Major assumptions and brief historical overviewTheories of evolutionNew developments: psychology of mating behavior, behavior genetics, cultural differencesCurrent issues and controversies **Assignment # 2**: Student will answer short questions pointing towards contemporary evolutionary and biological perspectives. | Textbook – 87-100Reading # 1Reading # 7Reading # 2Reading # 11 |
| **8** | **Cognitive Psychology**Origin of cognitive psychologyStages of cognitive development Cognitive psychology today Social and socio-cognitive learningCognitive dissonance**Class activity:** group discussion on the legacy of cognitive psychology | Text Book –73-86Reading # 19 |
| **9** |  **Measuring the mind: the beginning of psychological testing**Testing individual differencesThe first IQ testFrom individual to groups**Quiz # 2** (based on the readings in week 4 and 7) | Text Book – 53-62 |
| **10-11** | **Religion and Psychology**Psychology of religion and spiritualityThe role of spirituality and religiosity in mental health Islamic psychology and Muslims’ contributions**MID TERM EXAM** | Reading # 3Reading # 13Reading # 20and Selected text from *Muqaddma Ibn-e-Khaldoon* |
| **12** |  **Socio-cultural Perspective**Culture – a debateCulture and psychology – past and presentCulture a psychological constructCulture –a socio-psychological constructPsychology of all people - the universalsSocio cultural influences**Quiz # 3** (based on the readings in week 10, 11 and 12)**Assignment # 3**: Students, with their socio-psychological lens, will write up cultural background of different cultural or sub cultural groups, emphasizing on the guidelines provided in the readings.**Final Project**: Essay writing - student will choose a topic and will write an essay of 1000 words | Text Book –101-114Reading # 10Reading # 12 |
| **13** | **Positive Psychology** The new dimensionsScope of positive psychologyHappiness: concept, measurement, applicationsEmotional and social intelligence, forgiveness and gratitudeApplying positive psychology: workplace setting | Web source: www.positivepsychology.orgReading # 21Reading # 22 |
| **14-15** | **Psychology at work:** Application and careers**Summing up Psychology in perspective****FINAL TERM** | Text Book –115-130 |