**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 science  Foundations 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 – 1-24  Reading # 4  Reading # 13 |
| **2** | **Psychology: Then and Now**  Psychology – Then and Now  Contemporary Psychology – Global Forces  Psychology – American Approach  Psychology and its Frontiers  **Quiz 1** (based on the readings in week 1 and 2) | Reading # 5  Reading # 6  Reading # 7  Reading # 14 |
| **3** | **Behaviorism / Social Learning**  From classic experimentation to later developments  Social learning: Bandura, Mischel, Rotter  Behaviorism 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 Psychology  Self-concept and Self-actualization  Humanistic perspectives and criticism | Text Book – 63-72 |
| **5** | **Psychodynamic Perspective**  The roots of personality theory  Understanding theoretical and therapeutic developments  Legacy of Freud and modern Psychodynamic theory  Possible future directions  **Class Activity 2**: Evaluating Freud’s theory and reviewing current psychodynamic psychology | Text Book – 37-52  Reading # 15 |
| **6-7** | **Evolutionary perspective and Biological Perspective**  Major assumptions and brief historical overview  Theories of evolution  New developments: psychology of mating behavior, behavior genetics, cultural differences  Current issues and controversies  **Assignment # 2**: Student will answer short questions pointing towards contemporary evolutionary and biological perspectives. | Textbook – 87-100  Reading # 1  Reading # 7  Reading # 2  Reading # 11 |
| **8** | **Cognitive Psychology**  Origin of cognitive psychology  Stages of cognitive development  Cognitive psychology today  Social and socio-cognitive learning  Cognitive dissonance  **Class activity:** group discussion on the legacy of cognitive psychology | Text Book –73-86  Reading # 19 |
| **9** | **Measuring the mind: the beginning of psychological testing**  Testing individual differences  The first IQ test  From 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 spirituality  The role of spirituality and religiosity in mental health  Islamic psychology and Muslims’ contributions  **MID TERM EXAM** | Reading # 3  Reading # 13  Reading # 20  and Selected text from *Muqaddma Ibn-e-Khaldoon* |
| **12** | **Socio-cultural Perspective**  Culture – a debate  Culture and psychology – past and present  Culture a psychological construct  Culture –a socio-psychological construct  Psychology of all people - the universals  Socio 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 –101-114  Reading # 10  Reading # 12 |
| **13** | **Positive Psychology**  The new dimensions  Scope of positive psychology  Happiness: concept, measurement, applications  Emotional and social intelligence, forgiveness and gratitude  Applying positive psychology: workplace setting | Web source: www.positivepsychology.org  Reading # 21  Reading # 22 |
| **14-15** | **Psychology at work:** Application and careers  **Summing up Psychology in perspective**  **FINAL TERM** | Text Book –115-130 |