



BS (4 Years) for Affiliated Colleges

Code	Subject Title	Cr. Hrs	Semester
APSY- 352	Schools and Perspectives in Psychology	2	V
Year	Discipline		
3	Applied Psychology		

Course Objectives

The main objective of this course is to:

- familiarize the students with history and foundations of psychology and also to familiarize them with different perspectives in Psychology.
- provide students a comprehensive understanding of theoretical basis of human behavior i.e. basic concepts and application of major perspectives: Psychodynamic, Behaviouristic, Cognitive, Humanistic, Existential, Gestalt and Islamic.

Course Outcome

At the completion of this course the students will be able to:

- understand the basic concepts and application of different perspectives enabling them better understand explanation of human behavior as proposed by different perspectives.
- apply theoretical knowledge about human behavior in the context of general and in their area of specialization in particular.
- apply theoretical framework in their research projects

Course Contents

Schools of Psychology

Brief history of psychology

Structuralism

Functionalism

Greek contribution

Introduction to Perspectives

Major assumptions, major contributors and basic concepts

Biological Perspective

Heredity

Genes and chromosomes

Endocrine glands

Psychodynamic Perspective

Classical psychoanalysis

Neo-Freudians

Behaviouristic Perspective

Classical conditioning

Operant conditioning

Social learning

Cognitive Perspective

Cognitive perspective by Aron Beck
Cognitive perspective by Albert Ellis
Cognitive perspective of appraisal and coping
Cognitive behavioural model

Humanistic Perspective

Abraham Maslow
Carl Rogers

Existential Perspective

Thomas Szaz
Victor Frankel

Gestalt Perspective

Fritz Perls

Socio-Cultural Perspective

Islamic Perspective in the light of teachings of Quran & Sunnah

IbnSina, Al-Ghazali, Ashraf Ali Thanvi

Current Trends

Recommended Books

- Brennan, F. J. (2003). *History and system of psychology*. USA: Prentice Hall.
- Campo, J. E. (2009). *Encyclopedia of Islam*. USA: Info base Publishing
- Hergenhahn, B. R. (2008). *An Introduction to the history of psychology*. (5th ed.). UK: Cengage Learning
- Leahy, T. A. (1998). *History of modern psychology*. (2nd ed.). New Jersey: Prentice Hall.
- Pervin, L.A. (2003). *The science of personality*. (2nd ed.). UK: Oxford University press.
- Schultz, D.P. & Schultz, S. E. (2007). *A history of modern psychology*. Orlando, USA: Harcourt Brace College press.
- Sharif, M. M. (1983). *A history of Muslim philosophy*. Germany: Alinger Hcmalrerlag, New York: Harcourt Press.
- Tavris, C. & Wade, C. (2001). *Psychology in perspective*. (3rd ed.). USA: Prentice Hall
- Ymey, W. & King, D. B. (2003). *A history of psychology: Ideas and context* (3rd ed.). Boston: Harcourt Press.
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