

**Course Name: Recent Trends in Psychology****Course Code:**

L	T	P	Cr
3	1	0	4

**COURSE OBJECTIVES**

The course is designed to give an overview of recent trends in Psychology. The students will:  
 Evaluate biological, cognitive, and cultural factors in personality and behavior on the basis of research studies.  
 Analyse and evaluate empirical research in positive psychology  
 Assess and understand the role of IT and its impact on individuals and society

UNITS	CONTENTS	Contact Hrs.
I	1. Emphasis on biological bases of behavior <ul style="list-style-type: none"> <li>• Methods of assessing brain functioning</li> <li>• The role of neurotransmitters in health</li> <li>• Genetic factors in personality and behavior</li> </ul>	12 hours
II	2. Importance of cognition in behavior <ul style="list-style-type: none"> <li>• Cognitive factors in emotions and motivation</li> <li>• Cognitive factors in personality and psychopathology</li> <li>• Theory of mind and social behavior</li> </ul>	12 hours
III	. Globalization of behavior <ul style="list-style-type: none"> <li>• Cultural universals</li> <li>• Cultural relativism</li> <li>• Multiculturalism</li> </ul>	12 hours
IV	. Positive Psychology <ul style="list-style-type: none"> <li>• Lifestyle choices and health</li> <li>• Happiness and well-being</li> <li>• Spirituality and religion</li> </ul>	12 hours
V	Psychology and Information Technology <ul style="list-style-type: none"> <li>• Using computers in assessment and testing</li> <li>• Use of media – advantages and disadvantages to individuals</li> <li>• Social change and media</li> </ul>	12 hours

**REFERENCE BOOKS:**

1.	Gazzaniga, M.S., Ivry, R.B., & Mangun, G.R. (2018). Cognitive Neuroscience: The biology of the mind. (5th Edition). New York: W.W. Norton.
2.	Groome, D. & Eysenck, M. (2016): An Introduction to Applied Cognitive Psychology (2nd Edition). UK: Psychology Press.
3.	Mayer, R.E, (2019). Computer Games in Education, Annual Review of Psychology, 70(1), 531-549.

4.	Pandey, J., Sinha, D., & Bhawal, D. P. S. (1996). Asian contributions to cross-cultural psychology. London, UK: Sage.
5.	Pressman, S.D., Jenkins, B.N. & Moskowitz, J.T. (2019). Positive Affect and Health: What Do We Know and Where Next Should We Go? <i>Annual Review of Psychology</i> , 70(1), 627–50.
6.	Shiraev, E., & Levy, D. (2013). <i>Cross-cultural psychology: Critical thinking and contemporary applications (5th ed.)</i> . Boston: Allyn & Bacon
7.	Smith, P. K., Fischer, R., Vignoles, V. L., & Bond, M. H. (2013). <i>Understanding social psychology across cultures: Engaging with others in a changing world (2nd ed.)</i> . Thousand Oaks, CA: Sage.
8	Webb, L.M. & Wright, K.B. (2010). <i>Computer-Mediated Communication in Personal Relationships</i> . New York: PeterLang Publishing.