

**PSYCHOLOGY FROM AN ISLAMIC
PERSPECTIVE:
A GUIDE TO TEACHING
AND LEARNING**

Editor

Noraini M. Noor



IIUM Press

Published by:
IIUM Press
International Islamic University Malaysia

First Edition, 2009
Second Printing, 2010
©IIUM Press, IIUM

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without any prior written permission of the publisher.

Perpustakaan Negara Malaysia

Cataloguing-in-Publication Data

Psychology from an Islamic Perspective: a guide to teaching and learning / edited by Noraini M. Noor
ISBN 978-983-3855-85-8

1. Psychology--Religious aspects--Islam. 2. Psychology--Study and teaching. I. Noraini M. Noor
297.261

ISBN: 978-983-3855-85-8

Member of Majlis Penerbitan Ilmiah Malaysia – MAPIM
(Malaysian Scholarly Publishing Council)

COGNITIVE PSYCHOLOGY

Mariam Adawiah Dzulkifli

INTRODUCTION

An important component in understanding psychology is the scientific study of cognition or mental processes. Cognitive psychology is one of the basic psychology disciplines that examines internal mental processes that underlie behaviour. This includes processes such as attention, perception, thinking, reasoning, problem solving, memory, and language. In this course students are exposed to theoretical and empirical work in the study of the human mind. It discusses major cognitive processes such as perception, memory and thinking. The course also exposes students to some of the sub-disciplines of cognitive psychology such as cognitive neuroscience and cognitive neuropsychology.

OBJECTIVES AND LEARNING OUTCOMES

The study of cognitive psychology is to be carried out with the main aim of knowing the creator of all beings (Allah). This can be achieved by studying and understanding the nature of human beings and appreciating their beauty. In other words, cognitive psychology should be studied in a way that enables us to receive *hidāyah* (divine guidance). The knowledge of cognitive psychology can be applied not only to improve a Muslim's life, but also the life of other beings (humans and animals) and the environment.