

Program: Skill Enhancement Course

Course Name: Psychology Applied to Modern Life

Class FYBA

Semester: 1

Marks 60

Code: **WAPSYSE111** No. of Lectures: 2/week, Total: 30

No of Credits: 2

Programme Objectives

1. To equip students from different disciplines with knowledge of basic concepts in Psychology.
2. To develop students interest in Psychology.
3. To motivate students to understand Psychology in relation to their own discipline.
4. To enable students to apply their understanding of Psychology in personal and professional life.
5. To enable students to develop relationship-related skills.

Programme Specific Outcomes

At the end of the programme the learner will be able to:

PSO 1 Demonstrate understanding of specific theoretical concepts of Psychology.

PSO 2. Apply their understanding of Psychology in personal and professional life.

PSO 3. Elaborate on specific theories of Psychology.

PSO 4. Identify skills for stress management and mental health.

Course Objectives:

1. To impart knowledge of the basic concepts and modern trends in Psychology.
2. To foster interest in Psychology as a field of study.
3. To make the students aware of the practical applications of the various concepts in Psychology.

SYLLABUS

Unit 1. Seeking selfhood (Number of lectures = 10)

- 1.1 What is self-concept;
- 1.2 The components of self-concept,
- 1.3 Core characteristics of self- concept,
- 1.4 The Self-concept and personal growth
- 1.5 Research orientation- Unstandardized Questionnaire from text -Are you becoming more self-actualized ?
- 1.6 Becoming breath aware-exercise

Course Learning Outcomes:

The learners will be able to:

CO1: Describe the self-concept and its components

CO 2: Elaborate on the core components of the self-concept.

CO 3: Explain the process of administering a questionnaire during research

Unit 2. Towards better health (Number of lectures =10)

- 2.1 Body image
- 2.2 Health and the mind-body relationship
- 2.3 Coping with illness;
- 2.4 Promoting wellness

2.5 Research orientation- Unstandardized Questionnaire from text -How do your health habits rate?

2.6 My wellness box- exercise

Course Learning Outcomes:

The learners will be able to:

CO1: Explain the concept of body image. Elaborate on media, body image and effects of media on body image.

CO2: Elaborate on the major health hazards of obesity, smoking, drinking and substance abuse

CO3: Explain the process of administering a questionnaire during research.

Unit 3 Managing Motives and Emotions (Number of Lectures = 10)

3.1 Understanding motivation

3.2 Psychosocial Motives

3.3 Understanding Emotions

3.4 Expressing, Recognizing and managing emotions

3.5 Research orientation- Reading research on happiness.

3.6 Journalling of happiness

Course Learning Outcomes:

The learners will be able to:

CO 1. Elaborate on the anger and anger management

CO 2. Elaborate on aspects of recognizing emotions.

CO 3. Elaborate on factors contributing to happy people.

Examination

Will be based on single Semester end exam of 60 marks

Objectives, theory, answer in brief

Twenty Objectives from all units. 20 marks

2 Theory questions of 10 marks each, with internal choice, from two different units. 20marks

4 Answer in brief (of 5 marks each) 20marks

Marks will be converted into grades.

Please Note

NO ATKT UNDER NEP

Book for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E.(2017). Psychology for Living- Adjustment, Growth, and Behaviour Today. Digitally Printed in India.

Books for reference

Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd

Barn, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd

Baumgardner, S. & Crothers, M. (2009). *Positive Psychology*. Pearson Education

Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadworth. New Delhi: Indian edition

Duffy, K.G., & Atwater, E. (2005). Psychology for Living-Adjustment Growth, and Behaviour Today. (8th ed.). New Delhi: Pearson, Indian reprint 2008

Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). McGraw Hill publications

Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd

Myers, D.G., & Diener, E. (1995). Who is happy? *Psychological Science*, 6, 10-19.

Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008

Program: Skill enhancement Course

Course Name: Psychology for Living

Semester: 2

Marks 60

Class FYBA

Code: **WAPSYSE121** No. of Lectures: 2/week, Total: 30

No of Credits: 2

Programme Objectives

1. To equip students from different disciplines with knowledge of basic concepts in Psychology.
2. To develop students interest in Psychology.
3. To motivate students to read Psychology in relation to their own discipline.
4. To enable students to apply their understanding of Psychology to personal and professional lives.
5. To enable students to develop relationship-related skills.

Programme Specific Outcomes

At the end of the programme the learner will be able to:

- PSO 1 Demonstrate understanding of specific theoretical concepts of Psychology.
- PSO 2. Apply their understanding of Psychology in personal and professional life.
- PSO 3. Elaborate on specific theories of Psychology.
- PSO 4. Identify skills for stress management and mental health.

Course Objectives:

1. To impart knowledge of the basic concepts and modern trends in Psychology.
2. To foster interest in Psychology as a field of study.
3. To make the students aware of the practical applications of the various concepts in Psychology.

Unit 1 Stress

(Number of Lectures =10)

1.1 Conceptualizing Stress

1.2 Major causes of stress

1.3 Reactions to stress

1.4 Managing stress

1.5 Developing research orientation : Unstandardized Questionnaire: What's Your Stress Style ?

Reading research on hardiness.

1. 6 My worries box-exercise

The learners will be able to:

CO1: Conceptualize stress and identify Selye's variations of stress

CO2: Discuss and use strategies for altering lifestyle to reduce stress

CO3: List three factors on how hardiness contributes to resilience

Unit 2: Interpersonal Attraction (Number of Lectures =10)

2.1 First impressions; Factors influencing first impressions

2.2 Self-disclosure

2.3 Shyness

2.4 Loneliness

2.5 Reading an abstract/journal article on Effects of writing on health

2.6 My interpersonal skills box-exercise

The learners will be able to:

CO1: Elaborate on factors that influence first impressions.

CO2 Elaborate on the concept of self-disclosure. Elaborate on gender and cultural differences in self-disclosure.

CO3: Elaborate on effects of writing on health.

Unit 3. Love and commitment (Number of Lectures = 10)

3.1 Love and Attachment

3.2 Marriage and other committed relationships

3.3 Adjusting to intimate relationships

3.4 Divorce and its consequences

3.5 Reading research on attachment

3.6 My balance in relationships box-exercise

The learners will be able to:

CO1: Outline Sternberg's triangular theory of love.

CO2: Elaborate on factors that lead to successful marriages and make relationships better.

CO 3: List 3 factors which contribute to attachment process.

Examination

Will be based on single Semester end exam of 60 marks.

Objectives, theory, answer in brief

Twenty Objectives from all units.

20 marks

Theory questions of 10 marks each, with internal choice, from two different units.

20 marks

4 Answer in brief (of 5 marks each).

20 marks

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Baumgardner, S. & Crothers, M. (2009). *Positive Psychology*. Pearson Education

Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadworth. New Delhi: Indian edition

Burton, C. M., & King, L.A. (2008). Effects of very brief writing on health: The two minute miracle. *British Journal of Health Psychology*, 13, 9-14.

Duffy, K.G., & Atwater, E. (2005). Psychology for Living-Adjustment Growth, and Behaviour Today. (8th ed.). New Delhi: Pearson, Indian reprint 2008

Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). McGraw Hill publications

Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd

Maddi, S.R. (2005). On hardiness and other pathways to resilience. *American Psychologist*, 60, 261-262

Murray, S.L. , Holmes, J.G., Griffin, D.w. (2000). Self esteem and the quest for felt security . How perceived regard regulates attachment processes. *Journal of Personality and Social Psychology*, 78, 478-498.

Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008

