

BA APPLIED PSYCHOLOGY

Elective course Title : PSYCHOLOGY FOR HEALTH AND WELL-BEING

Course category : PS301

Schedule of Offering : 4th Semester

Course Credit Structure : 3 Credits

- **Lecture : 3 Hours per week**

Contact Hours per week : 3 Hours per week

Course Instructor : Mr. Sarin Dominic

Introduction

To introduce the basic concepts in health and illness. This elective course will provide an overview of recent approaches to health and well-being. The aim of the course is to help students to learn applications of psychology in for health and well-being.

Course objectives

- To understand the spectrum of health and illness for better health
- To study the applications of psychology for health and well-being

Pre-requisites

Registration as a student in BA Applied Psychology program

Readings and Reference

Carr, A. (2004). *Positive psychology: The Science of Happiness and Human Strength*. London: Brunner-Routledge.

Dimatteo, M. R., & Martin, L. R. (2002). *Health psychology*. Delhi: Pearson Education.

Forshaw, M. (2003). *Advanced psychology: health psychology*. London: Hodder & Stoughton.

Hicks, J. W. (2005). *50 Signs of mental illness: a guide to understanding mental health*. New Haven, CT: Yale University Press.

Taylor, S. E. (2006). *Health psychology, 6th Edition*. New Delhi : Tata McGraw-Hill.

Module 1: Introduction: Illness, Health and Well being (6 sessions)

Topics :

- Models of health and illness
- Medical
- Biopsychosocial
- Holistic health
- Health and well being

Readings

Taylor, S. E. (2006). *Health psychology, 6th Edition*. New Delhi : Tata McGraw-Hill

Module 2: Stress and Coping (11 sessions)

Topics :

- Nature and sources of stress
- Effects of stress on physical and mental health
- Coping and stress management

Readings

Taylor, S. E. (2006). *Health psychology, 6th Edition*. New Delhi : Tata McGraw-Hill.

Module 3: Health Management

Topics :

- Health-enhancing behaviors: Exercise, Nutrition
- Health compromising behaviours
- Health Protective behaviours

Readings

Taylor, S. E. (2006). *Health psychology, 6th Edition*. New Delhi : Tata McGraw-Hill.

Module 4: Health and wellness from Indian Perspective

Topics :

- Illness Management
- Mindfulness Meditation

Readings

Taylor, S. E. (2006). *Health psychology, 6th Edition*. New Delhi : Tata McGraw-Hill.

Module 5: Human strengths

Topics:

- Classification of human strengths and virtues;
- Cultivating inner strengths: Hope and optimism;
- Wisdom and Transcendence

Readings

Carr, A. (2004). *Positive psychology: The Science of Happiness and Human Strength*. London: Brunner-Routledge.

Module 6: Life Enhancement

Topics:

- Gainful Employment and
- Me/We Balance
- Work Life Balance

Readings

Carr, A. (2004). *Positive psychology: The Science of Happiness and Human Strength*. London: Brunner-Routledge.

Pedagogy

The teaching learning of the course will be organized through lectures, experiential exercises and presentations. Students will be encouraged to develop an understanding of real life issues and participate in the course and practices in the social context. ICT and mass media and web based resources (like documentaries, videos, films etc.) will be used to make teaching learning process, interactive, interesting and fruitful.

Evaluation Pattern

The mode of evaluation would be through a combination of examination (Mid and End semester Exam) 70 marks and internal assessment in 30 marks. The internal assessment will be based on the performance in class/activity based assignments and group presentations.

- End Semester Examination: 40%
- Mid Semester Examination: 30%
- Continuous Internal Assessments based on Assignments and Group Presentations: 30%