

# UNIVERSITY OF DELHI

## Bachelor of Arts (Hons.) Applied Psychology (SEMESTER-I)

based on

Undergraduate Curriculum Framework 2022 (UGCF)

(Effective from Academic Year 2022-23)



### DSC-1- Basic processes in Psychology

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/Prerequisite
<b>Basic processes in Psychology</b>	DSC-01	4	L	T	P	Class XII Pass
			3	0	1	

Contents of the course and reference is in *Annexure-I*

### DSC-2- Applied Social Psychology

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/Prerequisite
<b>Applied Social Psychology</b>	DSC-02	4	L	T	P	Class XII Pass
			3	0	1	

Contents of the course and reference is in *Annexure-II*

### DSC-3- Psychology of Health and Well-Being

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/Prerequisite
<b>Psychology of Health and Well-Being</b>	DSC-03	4	L	T	P	Class XII Pass
			3	0	1	

Contents of the course and reference is in *Annexure-III*





**PRACTICAL:** Any 2 lab/field practicums based on course DSC02: Applied Social Psychology. Each practical group will consist of 10-12 students.

### References:

- Aronson, E., Wilson, T. D., Alert, R. M., Sommers, S. R., & Tucker, V. (2020). Social Psychology (10th ed.). Pearson India Education Services Pvt. Ltd.
- Baron, R. A., Branscombe, N. R., Byrne, D., & Bhardwaj, G. (2010). Social Psychology (12th ed.). Delhi, Pearson.
- Baumeister, R. F., & Bushman, B. J. (2013). Social Psychology & Human Nature. Wadsworth.
- Hogg, M., & Vaughan, G. M. (2008). Social Psychology. Prentice Hall.
- Myers, D. G. (2005). Social Psychology (8th ed.). New Delhi: Tata McGraw-Hill Pub. Co. Ltd
- Tucker, V. (2020). Research Methods in Social Sciences. Pearson India Education services Pvt. Ltd.

## DSC03: PSYCHOLOGY OF HEALTH AND WELL-BEING

**Credit: 4 (3 Lecture + 1 Practical)**

### Course Learning Outcomes

- To understand the concept of health and well-being from the standpoint of biological, psychological, social and cultural factors in interaction with each other.
- To learn about the role of health beliefs, attitudes and behaviours affecting individuals' decisions relating to health.
- To understand the importance of modifying the problematic health behaviours.

**Unit 1: Introduction:** Definition of health psychology, goals of health psychology, illness-wellness continuum, Mind-body relationship, Bio-psychosocial model of Health; Indian perspective to health (concept of health in Ayurveda and Yoga); Subjective Well-being (Diener); Emotional, Social and Psychological well-being (Ryff).

**Unit 2: Behaviour and Health:** Characteristics of health behaviours (health behaviour, illness behaviour and sick-role behaviour); Barriers to health behaviour (individual, interpersonal and community). Theories of health behaviour (Protective motivation theory, theory of reasoned action, Transtheoretical model).

**Unit 3: Health enhancing behaviors and health compromising behaviours:** Health enhancing behaviours: Exercise, Nutrition; Health compromising behaviours: Alcoholism and Smoking;

**PRACTICAL:** Any two practicums (one in lab and one in field) on any of the two topics from the DSC03: Psychology of Health and Well-Being using scales on general health behaviours, sleep, well-being etc. Each practical group will consist of 10-12 students.

### **References:**

- Allen, F. (2011). Health Psychology and Behaviour. Tata McGraw-Hill Education. (Unit 1: Chapters 6,7,8 and 9; Unit 2: Chapter 4; Unit 3: Chapter -8).
- Dalal, A., & Misra, G. (2006). Psychology of Health and Well-being. Psychological Studies.
- Dalal, A., & Misra, G. (2012). New Directions in Health Psychology. India: Sage Publications.
- Dalal, A. K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and traditional Health Care. India: Sage Publications.
- Dimatteo, M. R., & Martin, L. R. (2011). Health Psychology. Indian adaptation by Tucker, V. & Tucker O. P. (2018). New Delhi: Pearson India Educational Services Pvt. Ltd. (Unit 1: Chapter 1; Unit 2: Chapter 6).
- Hariharan, M. (2020). Health Psychology: Theory, Practice and Research. Sage Publications.
- Ravishankar, B., & Shukla, V. J. (2007). Indian Systems of Medicine: A Brief Profile. African Journal of Traditional, Complementary, and Alternative Medicines: AJTCAM, 4(3), 319–337.
- Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2011). Positive Psychology: The Scientific and Practical Explorations of Human Strengths. New Delhi: Sage. (Unit 4: Chapter 5).
- Taylor, S. E. (2006). Health Psychology (6th ed.). New Delhi: Tata McGraw-Hill. (Unit 2: Chapter 3; Unit 3: Chapters 4 and 10).

## **GENERIC ELECTIVE (GE) COURSES**

### **GE01: UNDERSTANDING PSYCHOLOGY**

**Credit: 4 (3 Lecture + 1 Practical)**

#### Course Learning Outcomes

- To develop an understanding of self and others' by using the knowledge gained through the course about the different approaches in understanding behavior
- Demonstrate comprehension of the theoretical concepts of psychology and the related empirical findings in areas such as perception, memory, motivation, emotions, learning, Intelligence, personality, cognition etc.

**Unit 1: Introduction to Psychology:** Nature and Scope, Historical Development (structuralism, functionalism, psychoanalytic, cognitive, behavioral, humanistic- existential, gestalt), Psychology in India