

PSYCHOLOGY OF HEALTH AND WELL-BEING

Semester	Subject Code	Category	Lecture		Theory		Practical	Credits
			Hrs/Week	Hrs/Sem	Hrs/Week	Hrs/Sem		
IV	21NPS4A	NME-II	02	30	01	15	15	02

COURSE OBJECTIVE

To develop an understanding about maintaining health and well-being.

COURSE OUTCOMES

On successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Define health and list the important characteristics and barriers to health.	K1
CO2	Discuss the essential components of living well in every stage of life	K2
CO3	Discover the promoting and compromising behaviours for a healthy living	K3
CO4	Illustrate the causes and effects of stress and demonstrate few coping techniques	K3
CO5	Explore and analyze the human strength that guides health and wellbeing	K4

MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	S	M	M	M	M
CO2	S	S	S	S	M	M
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S
CO5	S	S	S	S	S	S

S- Strong M-Medium L-Low

UNIT I

6 Hours

INTRODUCTION

Health Definition- Relationship between Health and Psychology - Characteristics of healthy behaviour- Barriers to healthy behaviour - Components of health- Bio-psychosocial model of health.

UNIT II

6 Hours

LIVING WELL AT EVERY STAGES OF LIFE

Resilience in childhood – Positive youth development – The life task of adulthood – Successful aging

UNIT III

6 Hours

COMPROMISING BEHAVIOURS AND WAYS TO PROMOTE HEALTH

Compromising Behaviour: Alcoholism – Smoking – Substance abuse – social media- Tips for quitting and focus on health care.

Health Promotion: Exercise – Nutrition – Sleep – Safety - Social Support

UNIT IV

6 Hours

COPING WITH STRESS AND ILLNESS

Stress: Meaning and definition – Nature - Types of stress and stressors - Fight or flight response - Effects of stress (Physical and Psychological) – Coping with stress - Coping with illness (effective coping)

UNIT V

6 Hours

ENHANCEMENT OF HUMAN STRENGTHS

Seeing life through Self-efficacy – Optimism – Hope – Wisdom and Courage – Mindfulness – Flow and Spirituality – Positive Emotions – Happiness - Holistic Health (Principles and importance)

Practicum:

(Note: Minimum of any two practicum should be carried out)

- Self - Assessment of wellness using: General health questionnaire, Quality of life, life styles, Perceived Psychological well-being)
- Health seeking behaviour
- Coping techniques for stress

- Health Check list
- Health promoting strategies
- Life style modification techniques

Distribution of Marks: Theory 100% and Problems 0%

TEXT BOOKS:

S.No	Authors	Title	Publishers	Year of Publication
01	C.R Synder, Shanej, Lopez	Positive Psychology – scientific and practical Exploration of Human strength	Sage publication	2007
02	Shelley E.Taylor	Health Psychology (7 th Edition)	Tata Mcgraw Hill Edition.	1995

REFERENCE BOOKS:

S.No	Authors	Title	Publishers	Year of Publication
01	Manika Ghosh	Health Psychology: Concepts in Health and wellbeing	Pearson India Education Services Pvt Ltd	2015
02	Steven J. Kirsh, Karen Grover Duffy, Eastwood Atwater	Psychology for Living: Adjustment, Growth, and Behavior Today (11 th Edition)	Pearson India Education Services Pvt Ltd	2013

WEB SOURCES:

- ❖ https://books.google.co.in/books?id=fAXLCgAAQBAJ&printsec=frontcover&source=gb_s_ge_summary_r&cad=0#v=onepage&q&f=false
- ❖ https://books.google.co.in/books?id=CgTLCgAAQBAJ&printsec=frontcover&dq=Psychology+for+living&hl=en&sa=X&ved=2ahUKEwiN8rP_q8DqAhUzmuYKHbMgDrEQ6AEwAHoECAEQAg#v=onepage&q=Psychology%20for%20living&f=false

TEACHING METHODOLOGIES:

- Discussion
- Games and activities
- Visual aids
- Assignment and Seminar
- Peer teaching.

SYLLABUS DESIGNER:

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