

## Department of Psychology

Course Type (Please tick appropriate box):

Major	<input type="checkbox"/>	Discipline Specific Core	<input type="checkbox"/>	Ability Enhancement	<input type="checkbox"/>
Minor	<input type="checkbox"/>	<b>Multidisciplinary</b>	<input checked="" type="checkbox"/>	Skill Enhancement	<input type="checkbox"/>
Value Added	<input type="checkbox"/>	Any other	<input type="checkbox"/>		<input type="checkbox"/>

Course Title: Environment and Behavior

Semester: 1

Total Credits: 3                      Lecture–Tutorial–Practical (LTP) breakup: .....

Maximum Marks: 75                      No of seats: 50

Course Advisor Name: Professor Sushma Suri

Course Advisor's Email: [ssuri@jmi.ac.in](mailto:ssuri@jmi.ac.in)

Prerequisites:

Special Requirements (if any):

Expected Learning Outcomes:

The course will give an understanding of the bi-directional relationship between environment and behavior. It will also create awareness about the role of the built environment on behavior, and suggest ways of promoting pro-environmental behavior and sustainability.

## Course Syllabus (Unit wise):

### **Unit 1: Natural and Social Environment**

1. Introduction to the relationship between Environment and Behavior
2. The influence of environment on behavior (air pollution, noise, crowding)
3. The influence of behavior on the environment (global warming, greenhouse effect)

### **Unit 2: Built Environment**

1. The Built Environment, Social Design
2. The Role of Built Environment on Health and Mental Health
3. Defensible Space: Defensible Space Theory and Human Behavior

### **Unit 3: Pro-environmental Behavior and Sustainable Development**

1. Understanding Resource Dilemmas
2. Promoting Pro-environmental Behavior
3. Developing a Sustainable Future

### **References Books:**

1. Oliver, K. (2002). *Psychology in Practice: Environment*. Oxon: Hodder Education
2. Gifford R. (2012). Applying Social Psychology to the Environment, In Schneider, F. W., Gruman J. A., & Coutts, L. M. (Eds.), *Applied Social Psychology: Understanding and Addressing Social and Practical Problems*. New Delhi: SAGE Publications
3. Steg, L. & Gifford, R. (2008). Social Psychology and Environmental Problems, In Steg, L., Buunk, A. P., & Rothengatter T. (Eds.), *Applied Social Psychology: Understanding and Managing Social Problems*. Cambridge: Cambridge University Press
4. Myers, D. G. (2010). *Social Psychology*. New York: McGraw-Hill Companies
5. Goleman D. (2009). *Ecological Intelligence*. London: Penguin

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Value Added	<input type="checkbox"/>	Any other	<input type="checkbox"/>		<input type="checkbox"/>

Course Title: Stress Management

Semester: 1

Total Credits: 3

Lecture–Tutorial–Practical (LTP) breakup: .....

Maximum Marks: 75

No of seats: 50

Course Advisor Name: Professor Sushma Suri

Course Advisor's Email: ssuri@jmi.ac.in

Prerequisites:

Special Requirements (if any):

Expected Learning Outcomes:

The course aims to teach learners the idea of Stress, its sources, and how stress impacts our health. Moreover, the relationship between stress with some personality factors will also be explained to the learners. How to manage stress is another important aspect students will learn. The course will include exercises and activities for students.

Course Syllabus (Unit wise):

## **Unit 1: Stress and Stressors**

1. Core concepts: Stress, Stressors
2. Environmental Stressors: Catastrophes, Major life changes, and Daily hassles
3. Psychological stressors: Cognitive appraisal, Uncertainty, and Conflict

## **Unit 2: Stress and Health**

1. The General Adaptation Syndrome
2. Stress and the Immune System
3. Stress, Coronary heart disease, and Diabetes

## **Unit 3: Stress, Personality, and Managing Stress**

1. Distress prone and Distress resistant personality patterns: Type A, Type B, Type C, Optimism, and Hardiness
2. Managing Stress: Coping (Adaptive-Maladaptive), Physical exercise, Relaxation, Meditation, and Spirituality
3. Know your stress level and manage it: Assessment and Experiential training

## **References Books:**

1. Schafer, W. (2000). *Stress Management*. New Delhi: Cengage Learning
2. Ciccarelli, S. K., White, J. N. & Misra, G. (2023) *Psychology*. New Delhi: Pearson Publications
3. Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strength*. London, UK: Routledge

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Value Added	<input checked="" type="checkbox"/>	Any other	<input type="checkbox"/>		<input type="checkbox"/>

Course Title: **Mental Health Care**

Semester: 1

Total Credits: 2                      Lecture–Tutorial–Practical (LTP) breakup: .....

Maximum Marks: 50                      No of seats: 50

Course Advisor Name: Professor Sushma Suri

Course Advisor's Email: ssuri@jmi.ac.in

Prerequisites:

Preferably for students of Social Sciences

Special Requirements (if any):

Expected Learning Outcomes:

The course will help students to understand the intricacies of mental health and mental illness. It will also develop an awareness of the different ways of mental health care (including self-care), allowing individuals to take appropriate measures to deal with mental health related difficulties.

Course Syllabus (Unit wise):

**Unit I: Understanding Mental Health and Mental Illness**

1. Basic Concepts: Mental Health and Illness, Mental Health Continuum
2. Perspectives on Mental Health (Psychoanalytic, Behavioral, Cognitive, Interpersonal, Humanistic)
3. Mental Health: Issues and Challenges

## **Unit II: Mental Health Prevention and Care**

1. Healthcare Systems: Primary, Secondary, Tertiary, Quaternary
2. The concept of Counseling and Psychotherapy, Psychological First Aid, Community Mental Health
3. Mental Health Capacity Building, Mental Health Literacy

### **References Books:**

1. Westerhof, G. J. & Keyes, C. L. M. (2010). Mental Illness and Mental Health: The Two Continua Model Across the Lifespan. *Journal of Adult Development, 17*, 110 - 119 DOI 10.1007/s10804-009-9082-y
2. Keyes, C. L. M. (2005). Mental Illness and/or Mental Health? Investigating Axioms of the Complete State Model of Health. *Journal of Consulting and Clinical Psychology, 73* (3), 539 - 548
3. Snyder, C. R. & Lopez, S. J. (Eds.) (2002). *Handbook of Positive Psychology*. Oxford: Oxford University Press
4. Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A Dimensional Approach*. Wadsworth: Cengage Learning
5. Donev, D., Kovacic L., & Laaser, U. (2013). The Role and Organization of Healthcare Systems. In: *Health: Systems - Lifestyle - Policies*
6. Sommers-Flannagan, J. & Sommers-Flannagan, R. (2004). *Counseling and Psychotherapy Theories and Practice: Skills, Strategies, and Techniques*. Hoboken: John Wiley & Sons
7. Gladding, S. T. (2018). *Counseling: A Comprehensive Profession*. New York: Pearson Education
8. Sampaio, F., Gonclaves, P., & Sequeira, C. (2022). Mental Health Literacy: It is now time to put knowledge into practice. *International Journal of Environment Research and Public Health, 19*, 7030 <https://doi.org/10.3390/ijerph19127030>

9. Kutcher, S., Wei, Y., & Coniglio, C. (2016). Mental Health Literacy: Past, Present, and Future. *The Canadian Journal of Psychiatry*, 61 (13), 154 - 158 DOI: 10.1177/0706743715616609
10. Wainberg, M. L., Scorza, P, Schultz, J. M. et al (2017). Challenges and Opportunities in Global Mental Health: A Research-to-Practice Perspective
11. Sultana, S. A. (2021). Building Capacities of Youth Positive Mental Health and Wellbeing. In: Leal Filho, W., Azul, A.M., Brandli, L., Lange Salvia, A., Özuyar, P.G., Wall, T. (eds) *Peace, Justice and Strong Institutions. Encyclopedia of the UN Sustainable Development Goals*. Springer, Cham. [https://doi.org/10.1007/978-3-319-71066-2\\_145-1](https://doi.org/10.1007/978-3-319-71066-2_145-1)