



St. Xavier's College – Autonomous Mumbai

Syllabus For IV Semester

Applied Component in Psychology (November 2018 onwards)

Contents:

Theory Syllabus for Courses:

AAC401 APPLIED COMPONENT

AAC401.8 PSYCHOLOGY OF ADJUSTMENT II (revised in 2018)

AAC401.9 PSYCHOLOGY OF GENDER II (revised in 2017)

SYBA

Course: AAC401.8

Title: Psychology of Adjustment II

PSYCHOLOGY OF ADJUSTMENT II

Learning Objectives:

1. To develop understanding of important concepts regarding the challenges of adjustment in everyday life.
2. To expose students to a blend of theory and research and applications in the field of adjustment.
3. To increase self awareness and to thus facilitate life decisions and constructive coping with life's challenges.
4. To sensitize students to the importance of self-awareness, self-regulation, effective interpersonal communication and meaningful personal relationships.
5. To develop critical thinking and application skills with respect to the subject matter of psychology of adjustment.
6. To introduce students to the link between psychology of adjustment and personality.

Number of lectures: 60

UNIT 1 Work and Careers (15 lectures)

- The changing world of work
- Choosing a career
- Person-environment fit
- Coping with occupational hazards
- Balancing work and others spheres of life
- Preparing for a job selection interview

UNIT 2 Love and Commitment (15 lectures)

- Meeting people and making friends
- Romantic love
- The internet and relationships
- Marital adjustment
- Interpersonal communication & conflict

UNIT 3 Sexuality (15 lectures)

- Key aspects of sexual identity
- The human sexual response
- Sexual expressions and patterns
- Practical issues in sexual activity (e.g. Contraception, STDs, intimate violence etc.)

UNIT 4 Mental Well being and Positive Psychology (15 lectures)

- Promoting wellness and holistic health
- Anxiety related disorders
- Depression and suicide
- Positive Psychology

List of Recommended Reference Books

1. Ellis, Albert; Abrams, Mike & Abrams, Lidia D.: Personality theories : Critical perspectives. Los Angeles. Sage Publications, 2009. 1-4129-7062-4--(155.2Ell)
2. Greenberg, Jerrold S.: Comprehensive stress management. (8th Ed.) Boston. McGraw-Hill Higher Education, 2004. 0-07-255707-9--(155.9042GRE)
3. Kirsch, S. J.; Duffy, K. G.; Atwater, E.: Psychology for Living: Adjustment, Growth, and Behavior Today ,11th Edition, Pearson, 2013.
4. Moritsugu, J., Vera, E. M.: Psychology of Adjustment: The Search for Meaningful Balance. Sage Publications. 2016.
5. Nevid, J. S., Rathus, S. A. : [Psychology and the Challenges of Life: Adjustment and Growth, 13](#) ed. Wiley, 2016.
6. Schafer, Walt: Stress management for wellness. (4th Ed.) Belmont. Thomson Learning Inc., 2000. 0-15-507943-3--(155.9042SCH)
7. Snyder, C.R. & Lopez, Shane J.: Positive psychology : The scientific and practical explorations of human strengths. New Delhi. Sage Publications India Pvt. Ltd., 2008. 81-7829-924-2--(150.19Sny/Lop)
8. Taylor, Shelley E.: Health psychology. (6th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061569-1--(616.89TAY)
9. Weiten, Wayne; Dunn, Dana S. & Hammer, Elizabeth Yost: Psychology applied to modern life : adjustment in the 21st century. (11th ed.) Stanford. Cengage Learning, 2015. 978-1-285-45995-0--(155.24Wei)

References can be updated by the concerned teacher as and when required

SYBA

Course: AAC401.9

Title: Psychology of Gender II

Learning Objectives:

1. To ensure understanding of important concepts.
2. To inculcate knowledge of gender based theories and research methodology.
3. To create self awareness with respect to gender identity and gender roles.
4. To develop critical thinking and application skills with respect to the subject matter of psychology of gender.
5. To introduce students to the link between psychology of gender and personality.

Number of lectures: 60

UNIT 1 PHYSICAL AND MENTAL HEALTH (15 lectures)

- Gender differences in fitness & strength, diet, exercise
- Physical illness (heart disease, osteoporosis, cancer, reproductive)
- Mental illness gender differences (agoraphobia, alcoholism, depression)
- The Politics of Diagnosis & issues related to seeking help
- Treatment (drug therapy, psychotherapy)

UNIT 2 VIOLENCE (15 lectures)

- Battering in close relationships (dating abuse, domestic violence)
- Sex selective abortion, infanticide, genital mutilation
- Rape (attitudes towards it and rape victims)
- Terrorism male v/s female terrorist
- Prostitution, sex slavery
- Violence in same sex relationships
- Online violence-stalking cyber bullying

UNIT 3 WORK AND GENDER (15 lectures)

- Paid v/s unpaid work
- Discrimination in hiring pay, evaluation
- Gender equity
- Sexual harassment
- Reviewing the Vishaka guidelines 1997
- Affirmative action
- Career and family balance (women and men as parents)

UNIT 4 GENDER AND JUSTICE (15 lectures)

- Achievement and power
- Access to resources
- Women & men as criminals
- Women and men as victims

- Laws that protect (POCSO 2012 the Indian context)

UNIT 4 GENDER AND JUSTICE

(15 lectures)

- Achievement and power
- Access to resources
- Women & men as criminals
- Women and men as victims
- Laws that protect (emphasis on the Indian context)

List of Recommended Reference Books

1. Crawford, Mary & Unger, Rhoda: Women and gender : a feminist psychology. (4th ed.) Boston. Mcgraw-Hill Higher Education, 2004. 0-07-282107-8--(155.633CRA/UNG)
2. Davar, Bhargavi V.: Mental health from a gender perspective. [ed. by] New Delhi. Sage Publications, 2001. 81-7036-955-X--(155.633DAV)
3. Ellis, Albert; Abrams, Mike & Abrams, Lidia D.: Personality theories : Critical perspectives. Los Angeles. Sage Publications, 2009. 1-4129-7062-4--(155.2Ell)
4. Gauntlett, David: Media, gender and identity : An introduction. Abingdon. Routledge, 2002. 0-415-18960-8--(302.23Gau)
5. Giles, David: Media psychology. New Jersey. Lawrence Erlbaum Associates, Publishers, 2003. 0-8058-4048-6--(302.2Gil)
6. Helgeson : Psychology of Gender. Pearson Education, 2009.
7. Helgeson, V.: Psychology of Gender. (5th ed.). Routledge, 2016.
8. Kosut, Mary: Encyclopedia of Gender in media. [ed. by] Thousand Oaks, California. Sage Publications, Inc., 2012. 978-1-4129-9079-0--(302.23081Kos)
9. Letherby: Feminist Research in Theory and Practice. Tata McGraw Hill, 2009.
10. Lips, Hilary M.: A new psychology of women : gender, culture, and ethnicity. (3rd ed.) Boston. The McGraw-Hill Companies, Inc., 2006. 0-07-299785-0--(155.333Lip)
11. Lips, Hilary M.: Gender : the basics. Oxon. Routledge, 2015. 978-0-415-68954-0--(305.3Lip)
12. Merry, Sally Engle: Human rights and gender violence : Translating international law into local justice. (Indian reprint) New Delhi. Oxford University Press, 2009. 0-19-569920-3--(364.1555Mer)
13. Magnusson, E., Marecek, J.: Gender and Culture in Psychology: Theories and Practices. Cambridge University Press, 2012.
14. Mukhopadhyay, Maitrayee & Meer, Shamim: Creating voice and carving space : redefining governance from a gender perspective. Amsterdam. Royal Tropical Institute, 2004. 90-6832-725-9--(305.420954Muk/Mee)

15. Paludi, Michele A.: Preager guide to the psychology of gender. [Ed. by] (Indian ed.) Westport. Greenwood Publishing Group, Inc, 2004(2005). 0-275-98244-0--(155.33Pal)
16. Siann, G.: Gender, Sex and Sexuality: Contemporary Psychological Perspectives. Taylor and Francis, 2013.