



St. Xavier's College – Autonomous Mumbai

Syllabus For III Semester

Applied Components in Psychology (June 2017 onwards)

Contents:

Theory Syllabus for Courses:

AAC301 APPLIED COMPONENTS

AAC301.8 PSYCHOLOGY OF ADJUSTMENT I

AAC301.9 PSYCHOLOGY OF GENDER I

SYBA

Course: AAC301.8

Title: Psychology of Adjustment I (POA)

Learning Objectives:

1. To ensure 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 create improved self awareness and to thus facilitate better 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 ADJUSTING TO MODERN LIFE (15 lectures)

- The psychology of adjustment
- The scientific approach to behavior
- The paradox of progress
- The search for direction (and key concepts of existentialism)
- Personal control and Learned optimism
- Decision making and goal setting

UNIT 2 THE SELF (15 lectures)

- Self-concept
- Self-esteem
- Self-perception
- Self-regulation
- Self-concept and personal growth

UNIT 3 STRESS AND ITS EFFECTS (15 lectures)

- Nature of stress
- Types of stress
- Responding to stress
- Effects of stress
- Stress tolerance

UNIT 4 COPING PROCESSES (15 lectures)

- The concept of coping (defensive and constructive)
- Coping patterns of limited value

- Appraisal focused constructive coping
- Problem focused constructive coping
- Emotion focused constructive coping

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--(155.2EII)
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)

SYBA

Course: AAC301.9

Title: Psychology of Gender I (POG)

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 INTRODUCTION TO FEMINIST PSYCHOLOGY OF WOMEN
(15 lectures)**

- Concepts related to gender and sexuality
- Cultural Differences in the construal of gender
- Myths and Stereotypes related to Gender
- Ethics of Sexual Reassignment (Case Studies)

**UNIT 2 THEORETICAL PERSPECTIVES AND RESEARCH ON SEX AND GENDER
(15 lectures)**

- Psychoanalytic theories and Jung's analytic theory
- Cognitive development theories
- Social learning theories
- Research methodology
- Problems encountered in the study of sex and gender

**UNIT 3 GENDER: IMAGES IN POPULAR CULTURE
(15 lectures)**

- Images in Mass Media
- The Problem of Pornography
- Education and Sensitization

**UNIT 4 COMMUNICATION FRIENDSHIPS AND ROMANTIC RELATIONSHIPS
(15 lectures)**

- Interaction Styles in Childhood and Adulthood
- Verbal and Non-verbal aspects of Communication
- Development of Relationships
- Maintenance of Relationships
- Emerging Trends in Relationships

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.