

Department of Liberal Education
Era University, Lucknow
Course Outline
Effective From: 2023-24

Name of the Program	B.A. / B.Sc. (LIBERAL EDUCATION)			Year/ Semester:	3rd / 6th
Course Name	Community and Health Psychology	Course Code:	PSY310	Type:	Theory
Credits	04			Total Sessions Hours:	60 Hours
Evaluation Spread	Internal Continuous Assessment:	50 Marks		End Term Exam:	50 Marks
Type of Course	<input type="radio"/> Compulsory	<input checked="" type="radio"/> Core	<input type="radio"/> Creative	<input type="radio"/> Life Skill	
Course Objectives	Students will learn to recognize that individuals relate to their communities and the reciprocal effect of communities on individuals and will be able to understand and resolve community issues, analyze the data, and recommend interventions that promote community wellness. Moreover, they will be able to use the psychological theories on health-related practices and will be able to examine persons' health history and describe and enact a positive, proactive attitude toward healthy living for oneself and others.				
Course Outcomes (CO): <i>After the successful course completion, learners will develop following attributes:</i>					
Course Outcome (CO)	Attributes				
CO1	Understand how psychology can be applied to common problems in our lives, appreciate the relationship between human beings and the environment, and analyze how pro-environmental behavior helps to deal with environmental stressors.				
CO2	Students will learn about Health psychology and how one's mental state might affect their physical well-being.				
CO3	Learners will have an understanding of various health-related models and theories.				
CO4	Students will learn the importance of Community and Community Mental Health.				
Pedagogy					
Internal Evaluation Mode	Mid-term Examination: 20 Marks Activity: 10 Marks Class test: 05 Marks Online Test/Objective Test: 05 Marks Assignments/Presentation: 05 Marks Attendance: 05 Marks				
Session Details	Topic			Hours	Mapped CO
Unit 1	Community Psychology: Nature of Community Psychology; Historical Development of Community Psychology; Fields of Community Psychology; Approaches of Community Psychology: Mental Health approach; Social Problems approach. Activities 1. Community Needs Assessment 2. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)			15	CO1, CO2, CO3, CO4

Unit 2	Some Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Migration & Immigration issues; Population and Disadvantaged Children & Family; Superstitions in Indian society; Community Mental Health; Gender, Discrimination and Power Issues related interventions; School and Rural development Intervention. Activities 1. Critically analyze and discuss the superstitions, considering factors such as cultural beliefs, historical contexts, psychological aspects, and sociocultural influences. 2. Community Engagement Project 3. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)	15	CO1, CO2, CO3, CO4
Unit 3	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial Model of Health; Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Protection Motivation Theory, Planned Behavior and Reasoned Action Theory and Modeling. Activities 1. Applying the Health Belief Model to Real-Life Scenarios 2. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)	15	CO1, CO2, CO3, CO4
Unit 4	Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress; Psychological Moderators of Stress. Chronic Illnesses: Coronary Heart Disease, Diabetes and Cancer: Nature, Etiology and Psychological correlate. Activities 1. Stress and Health Case Studies 2. Conduct a survey on any Health Related issues and submit the report(10-12 students group can be formed) (<i>Student can use Physical Health Awareness Questionnaire</i>) 3. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)	15	CO1, CO2, CO3, CO4

CO-PO and PSO Mapping

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1	1	1	1	2	3	2	2	2	1	3	3	1	3
CO2	2	3	1	2	1	1	3	2	3	1	2	3	2	3
CO3	2	2	2	2	2	1	2	2	3	3	3	3	3	3
CO4	2	2	2	3	3	3	2	2	3	2	3	3	3	3

Strong contribution-3, Average contribution-2, Low contribution-1,

Suggested Readings:

Text- Books	<ul style="list-style-type: none"> Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). Health Psychology: Theoretical, Research and Application. New Delhi: Concept. Misra, G. (1999). Psychological perspectives on stress and health, New Delhi: Concept Publishing Company.
Reference Books	<ul style="list-style-type: none"> Dalal, A.K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care. New Delhi: Sage Publications India Pvt. Ltd. Dalal, A.K. (2015). Health Beliefs and Coping with Chronic Diseases. New Delhi: Sage Publications India Pvt. Ltd. Ghosh, Manika (2015). <i>Health Psychology: Concepts in Health and Well-being</i>. New Delhi: Pearson.

Para Text	Suggested Articles/ Movies/Short Film/ Videos
Unit 1	<ul style="list-style-type: none"> • https://www.youtube.com/watch?v=D0KY4JdsAbE (Health Psychology) • https://www.youtube.com/watch?v=Vq8fKWDcSaE (Community Psychology) • https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5113944/ (Approaches to Community Psychology)
Unit 2	<ul style="list-style-type: none"> • https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3168672/ (Migration issues) • https://www.youtube.com/watch?v=emru9GcNuGI (Superstitions in Indian society) • https://unesdoc.unesco.org/ark:/48223/pf0000132994 (School and Rural development Intervention.)
Unit 3	<ul style="list-style-type: none"> • https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6069638/ (Biopsychosocial Model of Health; Health Behavior) • https://www.youtube.com/watch?v=Knedre8UI60 (Health belief Model) • https://www.ruralhealthinfo.org/toolkits/health-promotion/2/theories-and-models/reasoned-action (Planned Behavior and Reasoned Action Theory and Modeling)
Unit 4	<ul style="list-style-type: none"> • https://pubmed.ncbi.nlm.nih.gov/11501717/ (Psychological Moderators of Stress.) • https://www.who.int/india/health-topics/depression (WHO report on depression)

Recapitulation & Examination Pattern

Internal Continuous Assessment:

Component	Marks	Pattern
Mid Semester	20	Section A: Contains 10 MCQs/Fill in the blanks/One Word Answer/ True-False type of questions. Each question carries 0.5 mark. Section B: Contains 07 descriptive questions out of which 05 questions are to be attempted. Each question carries 03 marks.
Activity	10	Will be decided by subject teacher
Class Test	05	Contains 05 descriptive questions. Each question carries 01 mark.
Online Test/ Objective Test	05	Contains 10 multiple choice questions. Each question carries 0.5 mark.
Assignment/ Presentation	05	Assignment to be made on topics and instruction given by subject teacher
Attendance	05	As per policy
Total Marks	50	

Course created by: Dr. Madhu Pandey

Signature:

Approved by: Prof. Meenakshi Gupta

Signature:

