

DEPARTMENT OF PSYCHOLOGY

M.A. Psychology

Structure-I (2- Year PG Program)

DISCIPLINE SPECIFIC ELECTIVE COURSE

SEMESTER I

DSE 103: UNDERSTANDING HEALTH BEHAVIOUR

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite
		Lecture	Tutorial	Practical	
DSE 103 Understanding Health Behaviour	4	3	0	1	Graduation in any stream

Marks:100

Hours: 60

Credit: 4 (Lectures + Internal Assessment + Practical)

Learning Objective:

1. Develop an understanding and appreciation of the complex interplay between physical well-being and various biological, psychological, and social factors.
2. Develop skills for designing intervention programmes to improve one's own and others' health habits and lifestyles
3. Discover how psychological methods and principles can be applied to help patients manage and cope with chronic illness
4. Build the capacity to think analytically about the future and challenges of health psychology in the context

Learning Outcomes:

On completion of this programme the successful student will have knowledge and understanding of:

1. Biological and Psychosocial foundations of health, illness and disease
2. Psychological processes of acute and long-term conditions
3. Applications of health psychology across various medical conditions
4. Understand health behaviour in the psycho-social and socio-cultural context;

Course Contents:

Unit 1: Health, Wellbeing and Associated Factors: Evolution of Health Psychology: Western and Indian Origins; Concept of Holistic Health and Wellbeing: Body-Mind coordination; Health Promotion and Health Risk Behaviour: Health Promotion behaviour, Health Risk Behaviour; Factors influencing health: Biological, Psychological, Social (Health Promoting Behaviours- exercise, Diet, nutrition and weight, sleep, accident prevention, Vaccination and Screening, Rest, renewal and savouring, Family Systems and Health, Social Relations and Health.); Need for Health Psychology. **(10 Hours)**

Unit 2: Health Behaviour Theories, Models, and Interventions: Concept; Assumptions; Models (Health Belief model, Trans – theoretical model of behaviour change, Self-regulatory model); Theories (Social Cognitive Theory, Theory of Planned Behaviour, Protection – motivation theory); Application and Evaluation of models and theories; Health and Behavior;

Changing health habits and Beliefs; Behaviour Change Communication and other health psychological interventions. (10 Hours)

Unit 3: Biological Basis of Health and Life-style Related disorders: Nervous system; Cardiovascular system; Respiratory System; Endocrinal System; Digestive System; Renal System; Excretory System; Reproductive System; Immune System; Role of behavioural factors in disease and disorder; Obesity; Eating Disorders; Alcoholism; Smoking and Different types of Addiction (internet/SocialMedia/Relationship). (10 Hours)

Unit 4: Issues and Trends in Health Psychology: Concept of disease and illness; Illness perception and impact on health; Approaches to assess Holistic Health and Wellbeing; Quality of life and assessment tools; Application of psychological tools in assessing chronic illness; Psychosocial impact of Pandemic, Immigration and Health, Digital Health care; Application of Health Psychology- The Changing Patterns of Illness and Modern Needs of Health Psychology; Emerging Trends in Health Psychology. (10 Hours)

Practicum: At least 2 (Two) practicals based on the above units (20 Hours)

Essential Readings:

1. Ayers, S., Baum, A., McManus, C., Newman, S., Wallston, K., Weinman, J., & West, R. (2007). *Cambridge Handbook of Psychology, Health and Medicine* (2nd Ed). Cambridge University Press
2. Brannon, L., McNeese, J. F., & Updegraff, J. A. (2014). *Health Psychology: An introduction to behavior and health* (8th Ed). Delhi: Cengage Learning
3. Hariharan, M. (2024). *The Textbook of Health Psychology*. Taylor & Francis.
4. Hariharan, M., Padhy, M., & Chivukula, U. (Eds.). (2022). *Health Psychology: Contributions to the Indian Health System*. Taylor & Francis.
5. Hariharan, M. (2024). *The Text Book of Health Psychology*. Routledge
6. Hariharan, M. (2020). *Health Psychology* (1st Ed.). Sage: New Delhi.
7. Marks, D.F., Murray, M., Evans, B. & Estacio, V. (2011). *Health Psychology* (7th Ed.). Sage: New Delhi.
8. Ogden, J. (2012). *Health Psychology*. McGraw-Hill Foundation
9. Schneiderman, N. (2024). *APA Handbook of Health Psychology: Volume 1: Foundations and Context of Health Psychology; and Volume 3: Health Psychology and Public Health*. American Psychological Association.
10. Taylor, S.E. (2018). *Health Psychology* (10th Ed.). Tata McGraw Hill Education, New York: USA.

Recommended Readings:

1. Dimatteo M. R., & Martin L. R. (2011). *Health psychology*. India: Dorling Kindersley.
2. Gary, P., Deborah, H.M., & David N.C. (2016). *The Psychology of Health and Health Care* (5th Ed.)
3. Lyons, A.C. & Chamberlain, K. (2006). *Health Psychology: A Critical Introduction*. Cambridge University Press
4. Misra, G. (1999). *Stress and Health*. New Delhi: Concept.
5. Morrison, V., & Bennett, P. (2009). *Introduction to Health Psychology* (2nd Ed.). Pearson Education Limited, New York

6. Straub, R.O. (2014). *Health Psychology a Biopsychosocial Approach* (4th Ed.). Worth Publishers A Macmillan Higher Education Company