

DEPARTMENT OF PSYCHOLOGY

M.A. Psychology

Structure-I (2- Year PG Program)

GENERIC ELECTIVE COURSE

SEMESTER I

GE 101: MENTAL HEALTH IN EVERYDAY LIFE

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	
GE 101 Mental Health in Everyday Life	4	3	1	0	Graduation in any stream

Marks:100

Hours: 60

Credit: 4 (Lectures + Internal Assessment + Practical)

Course Objectives:

1. To introduce students to Concept of mental health and illness including Societal and familial influences
2. To understand psychological disorders such as substance use, sleep disorders and Eating and Somatoform disorders
3. To familiarize students with various brief psychological interventions, including Social Skills Training, Coping skills, Relaxation techniques and indigenous approaches.
4. To provide knowledge about Human rights of the mentally ill and Acts related to mental health and disability in India.

Course Learning Outcomes:

By the end of this course, students will be able to:

1. Understand the of mental health and illness and able to identify the person with mental health issues
2. Understand the influences of family and society on mental health
3. Apply Psychological Interventions Techniques to deal with the daily life issues of stress, anxiety and substance use such as relaxation techniques, and indigenous methods.
4. Interpret key mental health laws such as the Mental Health Care Act (2017), Rights of Persons with Disabilities Act (2016), and their implications for rights of mentally ill.

Course Content

Unit 1: Introduction: Concept of mental health and illness; Stigma and attitude towards mental illness; Family Influences – Early deprivation and trauma Neglect and abuse; Parenting and mental health; Societal influence -Poverty and unemployment, Prejudice, Crime and delinquency, Migration, Disasters. **(10 Hours)**

Unit 2: Common mental health problems: Culture bound syndrome; substance use disorders; sleep disorders; somatoform disorders; eating disorders and issues related to body image; Social anxiety and suicidal ideation. **(10 Hours)**

Unit 3: Overview of Psychological interventions- Social skills training; coping skills training; Supportive therapy; Motivation Enhancement Therapy; Suicide prevention;

Psychological First aid; Relaxation techniques: Autogenic training, yoga, meditation;
Managing stigma. (10 Hours)

Unit-4: Rights of Mentally ill and Policy - Mental Health Care Act-2017; Rights of Persons with Disability Act 2016; National Mental Health Program. (10 Hours)

Essential Readings:

1. Brislin, R. W. (1990). *Applied cross cultural psychology*. New Delhi: Sage Publications.
2. Duffy, R. M., & Kelly, B. D. (2019). India's Mental Healthcare Act, 2017: content, context, controversy. *International Journal of Law and Psychiatry*, 62, 169-178.
3. Narayan, C. L., & John, T. (2017). The Rights of Persons with Disabilities Act, 2016: Does it address the needs of the persons with mental illness and their families. *Indian journal of psychiatry*, 59(1), 17-20.
4. Norcross, J. C. Freedheim, D. K. and Vanden Bos, G. R.: (2016). *APA Handbook of Clinical Psychology-Volume 1 and Volume 3: Roots and Branches*. American Psychological Association
5. Prabhu, G. G., & Shankar, R. (2004). Clinical psychology: Coming of age. In, Agarwal, S. P. (Ed.), *Mental health: An Indian perspective, 1946-2003* (pp. 123-131). Directorate General of Health Services, Ministry of Health and Family Welfare.
6. Rehabilitation Council of India. (2016). *M.Phil. Clinical psychology: Guidelines & syllabus*. RCI. Retrieved from <http://rehabcouncil.nic.in/writereaddata/M%20Phil%20Clinical%20Psychology.Pdf>.

Additional References:

1. Bajaj, M. K. (2021). Prevention and Promotion of Mental health of Children and Adoloscents In India: Current Status. *Revista Neurology* (1),01-08.
2. Bajaj, M.K. & Malhotra, S. (2009) Micro and macro level intervention in promotion of mental health: some evidences. *Indian Journal of Community Psychology*, 5:2,235-246.
3. Gordon, T. (1970). *P. E.T. Parent effectiveness training*. Wyden: New York
4. Gupta, J., Bajaj, M. K., & Arun, P. (2023). Parenting style of mothers with generalized anxiety disorder and behavioral problems in their children. *International Journal of Science and Research Archive*, 8(1): 754-60.
5. Lauber C, Rossler W. (2007). Stigma towards people with mental illness in developing countries in Asia. *International Review of Psychiatry*; 19(2): 157–78.
6. Mangal, S. K. and Mangal, S. (2023). *Essentials of Clinical Psychology: An Indian Perspective*. Routledge, Taylor & Francis
7. Radley, A. (1994). *Making sense of illness: The social psychology of health and disease*. New Delhi: Sage Publications.
8. Rao, H. S. R & Sinha, D. (1997). *Asian perspectives in psychology (Vol. 19)*. New Delhi: Sage Publications.
9. Saraswathi, T. S. (1999). *Culture, Socialization and human development*. New Delhi: Sage publications.
10. World Health Organization (2004). *Prevention of mental disorders: Effective interventions and policy options*, Geneva
11. World Health Organization (2010) *Community-based rehabilitation: CBR guidelines*, (Eds.) Khasnabis, C. et al.: Geneva.