

DEPARTMENT OF PSYCHOLOGY

M.A. Psychology

Structure-I (2- Year PG Program)

DISCIPLINE SPECIFIC ELECTIVE COURSE

SEMESTER II

DSE 203: PSYCHOSOCIAL AND CULTURAL CORRELATES OF HEALTH

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 203 Psychosocial and Cultural Correlates of Health	4	3	0	1	Graduation in any stream

Marks:100

Hours: 60

Credit: 4 (Lectures + Internal Assessment + Practical)

Learning Objectives:

1. Learn the nature of the stress response and its impact on the etiology and course of many health problems
2. Learn to use appropriate research methods to critically understand health problems and design research in the domain of Health Psychological Interventions
3. To learn, use and advise about complementary and alternative medicines in a socio-culturally diverse context
4. Discover how psychological methods and principles can be applied to help patients manage and cope with chronic illness
5. Build the capacity to think analytically about the future and challenges of health psychology in context

Learning Outcomes:

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

1. The body-mind connection and the role of culture in the illness and disease processes;
2. The impacts of macro environment, socio-demographic diversity, ethnocultural and indigenous practices on health and disease processes.
3. Design health-related interventions and make decisions about implementing research and interventions in complex and uncertain environments
4. Develop analytical and critical thinking to address future challenges in health psychology in diverse socio-cultural context

Course Content:

Unit 1: Health Psychology in Context of Biology, Society and Methodology: Genetics; Epigenetics and Early Life Development; Indigenous approaches to understanding body-mind connection; Basic lifestyle as prescribed by Indian Knowledge System (Diet, Sleep, Disease

prevention; Illness care/cure; Spirituality and health maintenance; Macro-social Influences and Micro-social influences; An A to Z of Research Methods and Issues Relevant to Health Psychology
(10 Hours)

Unit 2: Chronic Illnesses and Interventions: Communicable and Non-Communicable Diseases; Chronic Illnesses related to various physiological systems Gerontology & Cognitive degeneration; Psychosocial Interventions related to chronic illnesses; Terminal Illnesses and Psychosocial care
(10 Hours)

Unit 3: The health-Care System & Psychosocial needs: The macro social environment of health; The Social Psychology of Health; Information communication and Health Literacy; Indian Health care system; designing health care work environment; psychology of the health care givers and health care providers: care-giver burden; burn-out among the health care providers; Interventions to care-givers and care-providers; Health tourism: History of Health and Healing Systems in India; Community Approaches to Health Psychology; Complementary and Alternative Treatments
(10 Hours)

Unit 4: Social and Cultural Bases of Health Psychology: Value of Social support in sustaining health and wellbeing- Social support in Indian tradition; Social support & healing; Social support and its significance in acute and chronic illness; Social support in terminal illness; Work Stress and Health; Built Environments and Neighbourhoods; Social Stratification and Health; Cross-Cultural Health Psychology: Balancing Fidelity and the Cultural Applicability of Behaviour Change Science.
(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. (2020). *Health Psychology* (1st Ed.). Sage: New Delhi.
6. Marks, D.F., Murray, M., Evans, B. and Estacio, V. (2011), *Health Psychology* (7th Ed.). Sage: New Delhi.
7. Ogden, J. (2012). *Health Psychology*. McGraw-Hill Foundation
8. 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.
9. Taylor, S.E. (2018). *Health Psychology* (10th Ed.). Tata McGraw Hill Education, New York: USA.

Recommended Readings

1. Biswas, U.N. (2014). *Social Psychology of Health: Issues and Concerns in India*. Concept Publication: New Delhi.
2. Dalal, A.K. and Mishra, G. (2012). *New Directions in Health Psychology*. Sage Publications: New Delhi