



PSYCHOLOGY

COURSES OFFERED BY DEPARTMENT OF PSYCHOLOGY

Psychology Courses for Undergraduate Programme of study with
Psychology as one of the Core Disciplines

DISCIPLINE SPECIFIC CORE COURSE – 14: COMMUNITY PSYCHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
DSC-14 Community Psychology	4	3	0	1	Passed Class 12 th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- To learn the nature and types of communities in India.
- To comprehend the scope, relevance and applications of Community Psychology as a field.
- To critically examine concepts, paradigms and research methods relevant to community psychology.
- To understand the links between community based work and mental health concerns.

Learning Outcomes

After completing this course, the student will be able to:

- Gain greater grounding in community based processes and functioning.
- Analyze phenomena through an Ecological Lens.
- Acquire the readiness to work with varied communities.
- Design and conduct research pertaining to the field of community Psychology.

SYLLABUS OF DSC-14

UNIT 1

(10 Hours)

Introduction to Community Psychology

Definition and types of communities; Working with communities in India; Nature and core values of community psychology; The Ecological Systems Perspective in Community Psychology

UNIT 2

(10 Hours)

Research Paradigms and Methods in Community Psychology

Goals of Community Research; Assumptions and Values underlying Research; Processes in Community Psychology Research; Research paradigms and associated methods (post-positivist and social constructionist, trans-formative); Transformative research with Indian communities

UNIT 3

(10 Hours)

Working with Vulnerable Communities

Empowerment as a goal for community psychologists; Community Mental Health ; Changing Public Perception in India; Prevention and Treatment of Mental Health Problems at the Community Level; Community-based Rehabilitation

UNIT 4

(15 Hours)

Empowerment: Indian Communities and Mental Health

Community based work on maternal and child health; Community based work with communities facing natural disasters; Community based work with indigenous communities

Tutorial component – NIL

Practical component

(30 Hours)

Suggested practical activities:

Practical should be based on one of the above research paradigms of community psychology.

- Analysis of a Film/Documentary that depicts community life and interaction in India
- Research on communities in India using methods such as observation and interviews
- Needs assessment and designing awareness programs on health in communities
- Evaluating Policies using frameworks such as the Ecological Systems Perspective
- Understanding the awareness of government policies/legal frameworks and their impact on target communities.
- Case studies on community-based initiatives

Essential/recommended readings

Deb, S., Sunny, A. M., & Sanyal, N. (2020). *Community Psychology: Theories and Applications*. SAGE Publications India Pvt Limited.

Gram, L., Paradkar, S., Osrin, D., Daruwalla, N., & Cislighi, B. (2023). ‘Our courage has grown’: a grounded theory study of enablers and barriers to community action to address violence against women in urban India. *BMJ global health*, 8(1), e011304.

Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). *Community Psychology: Linking Individuals and Communities*. Singapore: Wadsworth Cengage Learning.

Menon, S. V., & Allen, N. E. (2020). Community organizing and transformative change in the response to domestic violence in India. *American journal of community psychology*, 66(1-2), 106-118.

Nelson, G., & Prilleltensky, I. (2005). *Community psychology: In pursuit of liberation and well-being*. Palgrave Macmillan.

Opačić, A. (2021). *Practicing Social Work in Deprived Communities*. Springer International Publishing.

Suggestive readings

Duffy, K. G., & Wong, F. Y. (2000). *Community psychology*. Allyn & Bacon.

Rudkin, J. K. (2003). *Community psychology: Guiding principles and orienting concepts*. Pearson College Division.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.