

APPLIED PSYCHOLOGY

DISCIPLINE SPECIFIC ELECTIVE

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 | | |
| DSE-9: Psychology of relationships | 4 | 3 | 0 | 1 | Class 12th Pass | Nil |

Learning Objectives

- To provide an insight into basic facts and key concepts of relationship science.
- To understand the dynamics of establishing and maintaining close relationships.
- To explore the nature of close relationships in contemporary time.

Learning Outcomes

- Establish effective relationships with family, friends, and significant others.
- Learn strategies to effectively deal with distress in relationships and establish positive relationships.
- Appreciate the complex nature of relationships in modern times.

Syllabus

Unit -1 Understanding relationships: Relationship science: Concepts, development, and types (an overview); *Relationship process*: cognitive and affective; Significance of relationships. (15 Hours)

Unit -II Psychological insights into Close relationships: Family, Friendship and Romantic relationships: Concepts, nature and challenges. Creating harmony in relationships. (15 Hours)

Unit -III Relationships in contemporary time: Virtual relationships in social media: Nature, risks and benefits; Parasocial relationships: Main features, levels and effect; Live -in relationships; Queer relationships; Human -pet relationships. (15 Hours)

Practicals: (30 Hours)

Two practicums to be done, one each from the following two areas:

1. Participatory exercises/activities for relationship building
2. Focus group discussion or any other qualitative technique to explore the relationship issues and their management or using scale on relationships mentioned in above units.

Essential/Recommended readings

Berscheid, E., & Regan P. (2016). *The psychology of interpersonal relationships*. New York, USA: Routledge.

Elsayed, W. (2020). Students and the risk of virtual relationships in social media: Improving learning environments. *International Journal of Emerging Technologies in Learning (iJET)* 15(21), 118.

Giles, D. (2010). *Parasocial relationships*. DOI:10.1515/9783110232424.4.442. <http://www.researchgate.net/publications/263088893>.

Hojjat, M. & Moyer, A. (2017). *The Psychology of friendship*. New York, USA: Oxford university press.

Regan, P. (2011). *Close relationships*. New York, USA: Routledge.

Suggested Readings

Arditti, J. C. (2015). *Family problems: Stress, Risks and Resilience*. Willey Blackwell: UK.

Compton, W. C. & Hoffman, E. (2020). Chapter 5. Romantic love and positive families. In *Positive Psychology: The science of happiness and flourishing*, 3rd Ed. New Delhi: Sage.

Wilerton, J. (2010). *The Psychology of Relationships*. New York: Red Globe Press.

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