

DISCIPLINE SPECIFIC ELECTIVE COURSE: 16

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 16 Relationship Science	4	3	1	0	Class XII Passed	Nil

Learning Objectives

- To develop an understanding of the science of close relationships.
- To foster an understanding of families, with special regard to the Indian family.
- Exploring how to nurture and foster healthy relationships.

Learning Outcomes

By studying this course students will be able to:

- Understand the most influential theoretical perspectives guiding relationships research today
- Form effective relationships with friends and other close relationships, like parents, siblings and grandparents
- Develop strategies to form healthy relationships.

Syllabus DSE 16

UNIT I Introduction to the field of relationship science (10 Hours)

Developments in the field of relationship science; Theoretical perspectives: Interdependence theory, attachment theory, evolutionary theories; Methods to study relationships.

UNIT II Close Relationships (14 Hours)

Family: Father, Mother and Siblings; Grandparents; Indian Joint Family System

Friendships: Factors affecting friendships; impact of friendships; Indian perspective on friendship.

Marriage: evolution, outcomes and factors affecting marital satisfaction.

UNIT III Psychology of love (11 Hours)

Factors affecting attraction; Love as a prototype (types of love); Theories of love (love as an ego-strength, the evolutionary perspective, the triangular theory of love); Indian perspective- Divine (Bhakti) love.

UNIT IV Healing in relationships (10 Hours)

Healthy relationships: Minding; Flourishing relationships; Relationship Maintenance; Practicing positive relational attitudes like gratitude and forgiveness.

Practical Component (if any)- NIL

Tutorial Component:

(15 Hours)

Suggested activities for tutorials:

- Class debates and discussions to develop critical thinking, e.g. is the Indian perspective of love different from the Global North?
- Experiential exercises to reflect on one's relationship with one's friends/parents/siblings etc.
- Review of movies and OTT series.
- Review of Contemporary Art: Music, Painting etc.
- Review of literature or papers in journals or books.
- Class Presentations on contemporary topics.
- Practicing gratitude through exercises such as gratitude journal, and REACH interventions for inculcating forgiveness.
- Assessing how resilient Indian families are.

This is a suggestive and not an exhaustive list of tutorial activities.

Essential/Recommended Readings

- Ahuja, K.K. (2025). *Navigating intimate relationships: Locate your north star*. Routledge.
- Balgopal, P. R., Vassil, T. V., & Verma, R. (2024). Group formation and development. In *Social group work: Historical and contemporary perspectives and practice* (pp. 75–98). Routledge India.
- Compton, W.C. & Hoffman, E. (2020). Chapter 5. Romantic love and positive families. In *Positive Psychology: The science of happiness and flourishing*, 3rd Ed. Sage.
- Chakravorty, S., Desai, S., & Vanneman, R. (2021). *Family demography in India: Emerging patterns and its challenges*. National Council of Applied Economic Research (NCAER). Retrieved from https://www.ncaer.org/news_details.php?nID=499
- Erber, R. & Erber, M. W. (2024). *Intimate relationships: Issues, theories and research*, 4th Edition. Routledge.
- Fehr, B., & Russell, J. A. (1991). The concept of love viewed from a prototype perspective. *Journal of Personality and Social Psychology*, 60(3), 425-438. <https://doi.org/10.1037/0022-3514.60.3.425>
- Finkel, E. J., & Simpson, J. A. (2015). Editorial overview: Relationship science. *Current Opinion in Psychology*, 1, 5-9.
- Regan, P. (2011). *Close relationships*. Routledge.
- Sternberg, R.J. & Weis, K. (2008)(Eds.). *The New Psychology of Love*. Yale University Press.

Suggestive readings

- Ahuja, K.K. & Khurana, D. (2021). Locked-Down love: A study of intimate relationships before and after the COVID lockdown. *Family Relations*, 70(5), 1343-1357. doi.org/ 10.1111/fare.12582.

- Berscheid, E. (1999). The greening of relationship science. *American Psychologist*, 54(4), 260–266. <https://doi.org/10.1037/0003-066X.54.4.260>
- Diener, E., & Oishi, S. (2005). The nonobvious social psychology of happiness. *Psychological Inquiry*, 16, 162-167.
- Dhar, P.L. (2019). Chapter 18. Love and Kindness. In *The Budha for inquisitive minds*. Embassy Books.
- Franzoi, S.L. (2016). *Social Psychology*, 7th Ed. BVT Publishing
- Gordon, A. M., Impett, E. A., Kogan, A., Oveis, C., & Keltner, D. (2012). To have and to hold: Gratitude promotes relationship maintenance in intimate bonds. *Journal of Personality and Social Psychology*, 103, 257-274.
- Hojjat, M. & Moyer, A. (2016)(Eds.). *The Psychology of Friendships*. Oxford University Press.
- Paranjape, A.C. (2009). In defence of an Indian approach to the psychology of emotion. *Psychological Studies*, 54, 3–22.
- Rye, M. S. & Kenneth I.P. (2002). Forgiveness and romantic relationships in college: Can it heal the wounded heart? *Journal of Clinical Psychology*, 58(4), 419–441.
- Varma S. (2024). True love: The penultimate emotion. In G. Misra & I. Misra (Eds.), *Emotions in cultural context* (pp. 453-462).Springer.
- <https://www.youtube.com/watch?v=LLXX8wzvT7c>. Gottman, J. *Making relationships work* (part 1).

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