

**GENERIC ELECTIVE COURSE GE-17 NEGOTIATING INTIMATE
RELATIONSHIPS**

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		
GE-17: NEGOTIATING INTIMATE RELATIONSHIPS	4	3	1	0	Class 12th Pass	Basic knowledge of Introductory psychology

Learning Objectives

- To understand the construct of friendship and intimate relationship
- To develop an understanding of the psychology behind love
- To understand how and when relationships go wrong.
- To establish positive relationships.

Learning Outcomes

After doing this course the student will be able to:

- Recognize the complex nature of romantic love
- Understand the theoretical implication of love
- Identify distress in intimate relationships
- Build and foster a positive relational attitude

SYLLABUS OF GE- 17

UNIT - I

(12 hours)

Psychology of Friendships and Intimate Relationships: Making friends, Effects of friendships, Factors affecting friendships, Dating, Marriage.

UNIT - II **(12 hours)**

Understanding Love: Types of love; Theories of love (two-factor theory of love; Sternberg's triangular theory); Sexuality.

UNIT - III **(12 hours)**

Signs of Relationship Going Sour: Jealousy; Romantic transgressions; Breakup; Intimate Partner Violence.

UNIT - IV **(9 hours)**

Flourishing Relationships: Positive Families; Building Relationship Satisfaction.

Practical Component (if any)- Nil

Tutorial Component: *(This is a suggestive and not an exhaustive list of tutorial activities)*

(15 hours)

- Focus Group Discussion
- Movie Review, e.g. Kabir Singh, Titanic
- Class debates to develop critical thinking, e.g. use of Apps like Tinder
- Analysis of the student's social network of friends and followers on social media
- Self and other awareness exercises that encourage constructive feedback
- Experiential exercises to enhance gratitude, practice forgiveness
- Review of Contemporary Art: Music, Painting etc.
- Review of literature or papers in journals or book, e.g. impact of stressors like natural disasters, pandemic, etc. on love and relationships
- Presentations on contemporary topics
- Use of Sternberg's Triangular Love Scale to assess one's love towards a romantic partner

Essential/Recommended Readings

Branscombe, N.R. & Baron, R.A. (2022). *Social psychology* (15th ed.). Pearson.

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

Hojjat, M. & Moyer, A. (2016) (Eds.). *The Psychology of friendships*. UK: Oxford University Press.

Jewkes, R. (2002). Intimate Partner Violence: Causes and prevention. *The Lancet- Violence against women III*, 359, 1423-1429.

Rudman, L.A., & Glick, P. (2021). Love and Romance (pp. 204-230). In L.A. Rudman & P. Glick (2021). *The Social Psychology of gender: How power and intimacy shape gender relations*. Guilford publications.

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

Belus, J.M., Wanklyn, S., Iverson, K.M., Pukay-Martin, N.D., Langhinrichsen-Rohling, J. & Monson, C.M. (2014). Do Anger and jealousy mediate the relationship between adult attachment styles and intimate violence perpetration? *Partner Abuse*, 5, 388-406.

Field, T., Diego, M., Pelaez, M., Deeds, O., & Delgado, J. (2010). Breakup distress and loss of intimacy in university students. *Psychology*, 1(03), 173-177.

Gala, J., & Kapadia, S. (2013). Romantic relationships in emerging adulthood: A developmental perspective. *Psychological Studies*, 58(4), 406-418.

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.

Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2011). *Positive psychology: The Scientific and practical explorations of human strengths*. New Delhi, India: Sage Publication.

Sternberg, R.J. & Weis, K. (2008)(Eds.). *The new psychology of love*. New Haven, CT, US: Yale University Press.

Varma, S. (2017). Non-violent ways of relating: Love, healing, and beyond. In W. Shukla (Ed.), *Annals of Hindi Studies*. New Delhi: JBS Publications India.

<https://www.youtube.com/watch?v=LLXX8wzvT7c>. John Gottman talk on how to make relationships work (part 1).

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