

# UNDERGRADUATE PROGRAMME IN HOME SCIENCE

## Paper No-14: ISSUES AND CONCERNS IN SOCIOLOGY AND PSYCHOLOGY

### SEMESTER V

#### THEORY

Paper No. : 14

Code No. :

Max. Marks : 100 (Part I: Sociology: 50)  
(Part II: Psychology: 50)

Teaching Periods :56+14

#### PART I: SOCIOLOGY

##### Objectives

1. The course will enable the student in the understanding of society and cultural diversity in contemporary life.
2. Understanding the interconnection between the different spheres of social life, empirical problems and frameworks.
3. Each of the above requires knowledge of concepts and orientation.

##### Contents

##### Periods

##### Unit I

1. Various dimensions of family, society and culture, cultural stereotypes, Poverty and deprivation. **9**
2. Customs, belief and folklore in everyday life.
3. Cultural plurality, practices and ethnic identity.
4. Role of media.

##### Unit II

1. Social mobility and social change **9**
2. Forms of stratification and their interrelationships: class, ethnicity, gender, caste, race and occupation.
3. Ethnographic approaches to the study of groups.

##### Unit III

##### Emergence of New Ideological Orientations **10**

- Conflicts and consensus in society.
- Changing gender spaces in family, work and its implication on the individual and society across cultures.

- Experiences of exclusion on the individual: caste, minority, disability, violence, immigration.

### **Recommended Readings**

1. Abraham, M. F. (2006). Contemporary Sociology: An introduction to concepts and theories: New York: Oxford University Press.
2. Beattie, J. (1964). Other cultures. Cohen and West.
3. Das, V. (Ed.) (2003) The Oxford companion to sociology and social anthropology: volume 1 and 2. New Delhi: Oxford University Press.
4. Johnson, M.H. (2001). Sociology: A systematic introduction. New Delhi: Allied Publishers Limited.
5. Rawat, H.K. (2007). Sociology: Basic concepts. New Delhi: Rawat Publications.
6. Srinivas, M.N. (Ed.) (1996). Caste: Its twentieth century avatar. New Delhi: Viking Penguin.

## **PART II: PSYCHOLOGY**

### **Objectives**

- To understand the functioning of human mind and basic foundations of human behavior and emotions.
- To sensitize the students for maintaining a better interpersonal relationship, a healthier psyche and positive life style.

### **Unit I: Understanding of Behavior 9**

- Motivational Processes and Principles of Learning
- Memory & Forgetting
- Sensation & Perception, Consciousness, Sleep, Dreams & Hypnosis
- Theories of Emotions, Stress, Coping & Health.

### **Unit II: Dimensions of Human Personality 9**

- Understanding of Human Personality
- Trait, Psychodynamic and Humanistic aspects of Personality
- Psychodiagnostic Assessment of Personality
- Applications to Personal Health and Behavior in Work Settings

### **Unit III: Psychological Well being 10**

- Mental health and its impact on Behavior
- Psychological Disorders
- Remedial Measures
- Healthy Interpersonal Relationships.

## Recommended Readings:

- Morgan, T. Clifford, King A. Richard, Weisz, R. John, Schopler John. ( ). Brief Introduction to Psychology.
- Robert A. Baron (2007, 5<sup>th</sup> Ed). Psychology. Prentice Hall (Eastern Economy Edition)
- Huffman, Karen, Vernoy, Mark, Vernoy, Judith (2002). Psychology in Action. John Wiley & Sons.
- Hilgard, R. Ernest, Atkinson, C. Richard, Atkinson, L. Rita. Introduction to Psychology. 6<sup>th</sup> ed., Oxford & IBH Publishing House.
- Sandra K. Ciccarelli & Glenn, E. Meyer. ( ). Psychology: South Asian Edition. Pearson & longman

## ISSUES AND CONCERNS IN SOCIOLOGY AND PSYCHOLOGY

### PRACTICAL

Paper No.:

Maximum Marks: 25(**Sociology**)

Credits: 2

Teaching Periods: 4/week

Teaching Load: 7 practical/semester

### Objectives

1. The student will be trained to use research methodology in social science such as observations, interviews with an emphasis on sociological and psychological perspectives.
2. Functions of field work/ social science research/ project work is to enhance student's capacity for interacting in community, understanding world views in the different socio-cultural diversity.

### Content

### Practical

1. Changing families, changing relationships in family and society.
2. Religion and culture
3. Changing spaces in family, work, the elderly and their implications in multiple ecological
4. settings.
5. Case studies on experiences of inclusion and exclusion on the individual with reference to the following--- caste, minority, disability, violence, immigration and poverty.
6. Significance of religious beliefs and rituals in an individual's life.
7. On the construction of the self: cultural expressions

### Methods

**Case studies, narratives, films, fieldtrips to different regions, communities like tribal, rural, urban.**

## **PRACTICAL**

Paper No.:

Maximum Marks:25 (**Psychology**)

Credits:

Teaching Periods: 4/week

Teaching Load: 7 practical/semester

### **Objectives**

- The student will be trained to use research methodology in social science such as observations, interviews with an emphasis on sociological and psychological perspectives
- Functions of field work/ social science research/ project work is to enhance student's capacity for self and environmental assessment to facilitate better judgment, interacting in community, understanding world views in the different socio-cultural diversity

### **Content**

### **Practical**

- Personality Dimensions and Adjustment patterns in Interpersonal Interactions
- Impact of Intelligence on Gender Role/Identity
- Impact of Aptitude on Emotional Stability
- Use various psychological techniques for communication in a group situation
- Enhance leadership qualities and encourage effective communication using various mass media tools in a rural set up.
- Learn to use effective communication in a public situation and bring about a change in negative attitudes and help break the existing stereotypes in a community.
- Learn about inter group relationships like cooperatives vs competitors- resolve conflicts in a group situation
- Inputs about effective leadership

### **Methods**

**Case studies, narratives, films, fieldtrips to relevant sites and institutions.**