

.....**Psychology for Healthy Living**

Objective: Understand the spectrum of health and illness for better health management.

Marks: 100 + 50

Contact Hours: 48

- 1. Illness, health and well being:** Conceptualizing illness, health and wellbeing; Models: Medical, bio-psycho-social, holistic health. (12 Hours)
- 2. Stress and coping:** Nature and sources of stress; Personal and social mediators of stress; Effects of stress on physical and mental health; Stress management. (12 Hours)
- 3. Health management:** Health-enhancing behaviors: Exercise, nutrition, meditation; Health compromising behaviours: Alcoholism and smoking; Health protective behaviours: Immunization, maintaining hygiene and pollution-free environment; Illness management. (12 Hours)
- 4. Promoting human strengths:** Human strengths and virtues; Cultivating inner strengths: Hope and optimism; Gainful employment and Me/We balance. (12 Hours)

Practicum: Two practicum pertaining to Living in a Media World (PSYDC-II 05) from any 2 units

Readings:

1. Carr, A. (2004). Positive psychology: The science of happiness and human strength.UK: Routledge. (Chapter 3)
2. DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson (Chapters 9, 10)
3. Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton. (Chapters 1,3,4).
4. Snyder, C.R., & Lopez, S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage (Chapters 4,17,18)