

## Semester III

### PSY 05. Understanding Social Relations

**Objective:** To help students appreciate the centrality of social relations for human existence and functioning in diverse contexts for managing interpersonal and social problems.

**Marks=100 + 50(Practicum)**

**Contact hours: 48 hours**

**1. Reality of Social Relationships:** Social relations as the core construct of social psychology - Understanding relationships at the individual, interpersonal and group levels, dynamics of relationship; Types of relationships - Informal (communal) vs formal relationships (exchange). (12 hours)

**2. Social Cognition:** Social cognitive constructs: Judgments, schemas, attributions and biases of self and others. (12 hours)

**3. Attitudinal and interpersonal constructs:** interdependence, trust and commitment in friendship and romantic relations. (12 hours)

**4. Challenges of maintaining relationships:** Quality of relationship, interpersonal conflict, cultural issues; resolution and management context and relationship, conflict and management. (12 hours)

**Practicum:** Any 2 practicum pertaining to understanding social relations (PSY 05) out of the list suggested below:

1. Self awareness skills
2. Verbal/ non- verbal communication skills
3. Trust / caring / intimacy skills
4. Conflict management skills
5. Experiment based on socio-cognitive construct/ attitude
6. Group projects: Some illustrative topics:
  - Personal explorations, work book and reflections on friendship/ family/ work relationships
  - Gender differences in friendship.
  - Factors influencing relationship satisfaction and commitment
  - Role of reciprocal liking and similarity in relationship.
  - Sibling relationship.
  - Case studies/Real life stories/writing/movies analysis.

#### Readings:

1. Adler, R.B. & Proctor, R.F.(2007). Communication Goals and Approaches. Wadsworth: Cengage Learning. (Chapters 2 )

2. Chadha, N.K.(ed) (2012) *Social Psychology* New Delhi:MacMillan Publishers India Ltd. (Chapters 4, 13)
3. Myers, D.G. (1999). *Social psychology*, 6<sup>th</sup> edition. Mc Graw Hill (Chapters 1-3 )
4. Reece, B.L. & Brandt, R. (2005). *Effective Human Relations: Personal and organizational Applications*. 9<sup>th</sup> Ed. Houghton Mifflin Company (Chapter 1 and 8)
5. Smith, P.B., Bond, M.H. & Kagitcibasi, C. (2006). *Understanding social psychology across cultures*. New Delhi: Sage. (Chapter 8, 11)
6. Taylor,S.E, Peplau, L.A. & Sears, D.O.(2006). *Social psychology*. New Delhi: Pearson. ( Chapters 1-4 )