

Department of Psychology - University of Allahabad

**Minutes of the Board of Studies in Psychology held on, November 29th, 2022 at 11:00 A.M.
in the Department of Psychology, University of Allahabad. (Blended Mode)**

Members Present

1. Prof. Ashish Khare (Chair)
2. Dr. Shanti Suman
3. Dr. Ritu Modi
4. Prof. A.R. Siddiqui, (Cognate Member) Department of Geography, UoA.
5. Prof. Akbar Husain, Aligarh Muslim University, External Member (online).
6. Mrs. Manju Tiwari, Department of Psychology, Ewing Christian College, Allahabad (Online).

1. The Minutes of the Board of Studies held on August 22nd, 2022 were read and confirmed.
2. The Examiners for the M.A./M.Sc Semester I and III 2022-23 were appointed.
3. The Examiners for the following D.Phil. Thesis were appointed.

4. Minor modifications in the syllabi of M.A./M.Sc. papers, PSY 508: Environmental Psychology, PSY 651: Health Psychology and PSY 659: Organizational Behaviour were presented. Members approved to modifications and these would be effective from M.A./M.Sc session 2023 .

The meeting ended with a vote of thanks to the members by the Chairperson.

4. Minor modifications in the syllabi of M.A./M.Sc. papers, PSY 508: Environmental Psychology, PSY 651: Health Psychology and PSY 659: Organizational Behaviour were presented. Members approved to modifications and these would be effective from M.A./M.Sc session 2023 .



(Ashish Khare)

Head

Department of Psychology,
University of Allahabad

Head

Department of Psychology
University of Allahabad
Prayagraj

The meeting ended with a vote of thanks to the members by the Chairperson.



(Ashish Khare)

Head

Department of Psychology,
University of Allahabad

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PSY 651: Health Psychology

Credit: 4

Course Objectives:

The course aims to understand the field of health and is an exploration of the role of psychological factors in the prevention and maintenance of good health, the treatment of already existing illness, and recovery from or adaptation to on-going illness. An attempt is made to impart a body of knowledge, together with theory and to the application of knowledge in everyday life. Whenever possible, Indian researcher would be discussed.

Course Content:

Unit-I: An Overview of Psychology and Health

What is health? Current perspectives on health and illness, Conducting Research

The Body's Physical System: The Endocrine System, The Cardiovascular System, The Immune System

Unit-II: Health Beliefs and Illness Cognitions

Health behaviours, Lay theories of health, Health belief models

Meaning of being healthy and ill; Illness cognitions; Leventhal Self-regulatory Model of Illness Cognitions and Coping

Unit-III: Lifestyles to Enhance Health and Prevent Illness

Health and Behaviour; General Factors in Health-Related behaviours; Developmental, Gender and Socio-cultural Factors in Health.

Substance Use and Abuse, Alcohol Use and Abuse,

Obesity and Eating Behaviour, Nutrition, Weight Control and Diet, Exercise

Unit-IV: Becoming Ill and Getting Medical Treatment

The Management of Pain and Discomfort, Perceiving and Interpreting Symptoms;

Patients-Practitioner Relationship; Compliance; Adhering to Medical Advice, In the Hospital: The setting and effects on patients,

Unit-V: Chronic and Life-Threatening Health Problems, Looking to the Future

Adjustment to Chronic disease: Cancer, HIV, Diabetes Mellitus, Coronary Heart Disease;

Psychosocial Interventions for people with Chronic Conditions; Looking to the future,

Recommended Books:

1. Di Matteo, R.M. & Martin R. Lesbe (2002). *Health Psychology*: Boston: Allyn& Bacon.
2. Sarafino, E. P.(1998). *Health Psychology, Third Edition*, New York, John Wiley & Sons.
3. Taylor, Shelly, E. (2006). *Health psychology*. Tata McGraw-Hill Education.
4. Ogden, J. (2004). *Health Psychology: A textbook 3rd edition*. New York.

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Course Content:**Unit-I: An Overview of Psychology and Health**

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Health behaviours, Lay theories of health, Health belief models.

Meaning of being healthy and ill; Illness cognitions; Leventhal Self-regulatory Model of Illness Cognitions and Coping.

Unit-III: Placebos and the interrelationship among Beliefs, Behaviour and Health

Concept, History and Modern-Day Placebos, Theories: Non-interactive theories, Interactive theories, Physiological theories and Cognitive Dissonance theory. Role of Placebo Effect in Health Psychology

Obesity and Eating Behaviour, Nutrition, Weight Control and Diet, Exercise, Theories of Obesity, Treating Obesity using Placebos/ Behavioural treatment of Obesity.

Unit-IV: Becoming Ill and Getting Medical Treatment

The Management of Pain and Discomfort, Perceiving and Interpreting Symptoms;

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M.A./M.Sc. II Semester

PSY 508: Environmental Psychology

Credit: 04

Course objectives: The objective of this course is to introduce the area of environmental psychology which seeks to understand the relationship between human behaviour and well-being in relation to the socio-physical environment. Through this course the students will understand the nature, scope and basic concepts of environmental psychology and environmental influence. Frontier areas of environmental psychology will also be discussed.

Unit I:Environmental Psychology: History, Scope and methods

Introduction:

- Definitions
- Typology of Environment
- Built natural environmental/physiology
- Social environment
- Environment, Culture and Behaviour
- History
- Methods

Unit II:Processes of Person-Environment

- Environmental Cognition
- Environmental Perception
- Environment Stress

Unit III:Environmental Stressors

- Territoriality
- Crowding
- Noise
- Air Quality
- Traffic
- Garbage
- Water

Experiences, Consequences and Adaptation to stressors

Theories in Environment and Behaviour

Unit IV:Disaster and their Management

- Natural Disasters

- Manmade Disasters
- Disaster Prevention, Management

Books:

1. Bechtel, R. B., & Bechtel, R. B. (1997). *Environment and behavior: An introduction*. Sage Publication
2. Gifford, R. (2007). *Environmental psychology: Principles and practice* (p. 372). Colville, WA: Optimal books.
3. Steg, L. E., Van Den Berg, A. E., & De Groot, J. I. (2013). *Environmental psychology: An introduction*. BPS Blackwell.
4. Stokols, D., & Altman, I. (Eds.). (1987). *Handbook of environmental psychology* (Vol.1 & 2). John Wiley & Sons.

M.A./ M.Sc. II Semester (2023)
PSY-508: Environmental Psychology

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The objective of this course is to introduce the area of environmental psychology which seeks to understand the relationship between human behaviour and well-being in relation to the socio-physical environment. Through this course the students will understand the nature, scope and basic concepts of environmental psychology and environmental influence. Frontier areas of environmental psychology will also be discussed.

Unit I: Environmental Psychology: History, Scope and Methods

Definitions, History, Man and Environment, Types of Environment: Physical, Natural, Build Environment, Scope and methods of Environmental Psychology, Environment, Culture and Behaviour.

Unit II: The Theories of Environment -Behaviour Relationship

Arousal Theories, Adaptation level theories, Behaviour Constraint theory, Environmental load theories, Environmental stress theories.

Unit III: Processes of Person-Environment

Environmental Cognition, Environmental Perception, Environmental Stress.

Unit IV: Environmental Stressors

Territoriality, Crowding, Noise, Air Quality.

Unit V: Disaster and their Management

Concepts, Types of Disaster, Disaster Prevention & Management.

Books Recommended:

1. Bechtel, R. B., & Bechtel, R. B. (1997). *Environment and behavior: An introduction*. Sage Publication.
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