

Man and Mental Health

No. of Credits: 3

No. of Hrs: 36

Objectives:

- To orient non-Psychology students about the diversity of Psychology
- To acquaint to students to understand group behaviour
- To help students understand and effectively handle simple psychological distress
- To acquaint the students to identify and classify problems and to methods of seeking help to self or others
- To help the students understand and manage themselves better

Learning Outcomes:

- The students will gain insight about the diversity of field of Psychology
- The students will be able to understand group behaviour
- The students will be able understand and effectively handle simple psychological distress
- The students will be well acquainted to identify and classify problems and to methods of seeking help to self or others
- The students will be able to understand and manage themselves better

UNIT –I: Prosocial Behaviour

12 Hrs

Why People Help: Motives for Prosocial Behaviour Responding to an Emergency: Will Bystanders Help;

Factors that increase or decrease the tendency to help Situational factors influence helping: Similarity and Responsibility, Gratitude, Empathy

Factors that reduce helping: Social exclusion, darkness and putting an economic value on our time and effort

UNIT –II: Meeting life challenges

12 Hrs

Stress management— Meaning, Sources of stress, Selye's/ Lazarus model of stress, Management of stress.

Relaxation techniques (JPMR), Meditation, and Resilience training.

Self Management— Meaning, Techniques