St. Xavier’s College – Autonomous
Mumbai

Syllabus
For IV<sup>th</sup> Semester

Cross Faculty Course in Psychology
(November 2017 onwards)

Contents:
Theory Syllabus for Course:
S.SPC.4.01 CROSS FACULTY COURSE
PSYCHOLOGY OF RELATIONSHIPS
SYBSc Course: S.SPC.4.01

Title: Psychology of Relationships

Learning Objectives:
1. To give science students an introduction to Psychology as a science.
2. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
3. To expose students to a blend of theory and research and applications in the field of communication and relationships.
4. To sensitize students to the importance of effective interpersonal communication and meaningful personal relationships.
5. To experience some of the dynamics underlying the process of interpersonal relationships.
6. To apply the principles and guidelines from the course to effective interpersonal communication and relationships in their personal lives.

Number of lectures: 45

UNIT 1
1. Interpersonal communication and conflict (15 lectures)
   - An orientation to psychology as a science
   - Process of interpersonal communication
   - Nonverbal communication
   - Communication problems
   - Effective communication
   - Interpersonal conflict

UNIT 2
2. Friendship and Love (15 lectures)
   - Development of relationships
   - Friendship
   - Romantic love
   - The internet & relationships
   - Overcoming loneliness

UNIT 3
3. Marriage and intimate relationships (15 lectures)
   - Deciding to marry
   - Vulnerable areas in marital adjustment
   - Becoming a sexual person
The human sexual response
Practical issues in sexual activity (intimate violence, contraception etc)

List Of Recommended Reference Books


