



# St. Xavier's College – Autonomous Mumbai

## Syllabus For IV Semester

### **Cross Faculty Course in Psychology** (November 2017 onwards)

**Contents:**

Theory Syllabus for Course:

SSPC401.6 CROSS FACULTY COURSE

PSYCHOLOGY OF RELATIONSHIPS

**SYBSc**

**Course:SSPC401.6**

**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**

1. Davis, Stephen F.; Palladino, Joseph J. & Christopherson, Kimberly M.: Psychology. (7th ed.) Boston. Pearson Education Inc., 2013. 978-0-205-84684-9--(150Dav)
  2. Dwyer, D.: Interpersonal Relationships, Routledge, UK, 2012.
  3. Feldman, Robert S.: Understanding psychology. (10th ed.) New York. Mcgraw-Hill, 2011. 0-07-122147-4--(150Fel)
  4. Duffy, Karen Grover; Kirsh, Steven J. & Atwater, Eastwood: Psychology for living : adjustment, growth and behaviour today. (10th ed.) Boston. Prentice Hall, 2011. 0-205-79036-4--(155.24Duf)
  5. Moritsugu, J., Vera, E. M. (2016) Psychology of Adjustment: The Search for Meaningful Balance. Sage Publications
  6. Nevid, J. S., Rathus, S. A.: Psychology and the Challenges of Life: Adjustment and Growth, 13 ed. Wiley, 2016.
  7. Weiten, Wayne; Dunn, Dana S. & Hammer, Elizabeth Yost: Psychology applied to modern life : adjustment in the 21st century. (11th ed.) Stanford. Cengage Learning, 2015. 978-1-285-45995-0--(155.24Wei)
  8. Guerrero, L. K., Anderson, P. A., Afifi, W. A.: Close Encounters: Communication in Relationships (4<sup>th</sup> ed.) Sage, 2017.
-