



Symbiosis College of Arts and Commerce

(An Autonomous College Affiliated to University of Pune)

Subject code		Semester	I	II	III	IV	V	VI	M.Com.	I	II	III	IV
Title of Subject	S.Y.B.A – SEM IV COPING MECHANISM												
Objectives	<ol style="list-style-type: none"> 1. To enable students to understand to identify behaviors and experiences that promote health. 2. To acquaint students with health models in order to promote health and prevent illness. 3. To acquaint students with ways to improve health care. 4. Students will be enabled with the knowledge of various techniques and interventions of health psychology. 5. To acquaint students with various occupations related to health care. 												
Detailed syllabus													
Unit	Contents of the syllabus												Number of Lectures
1	HEALTH BEHAVIOURS and CHANGING HEALTH HABITS-I 1.1. Health Behaviors and Changing Health Habits: Introduction 1.1.1. Health Promotion: An Overview 1.1.2. An Introduction to Health Behaviors 1.1.3. Role of Behavioral Factors in Disease and Disorder 1.2. What Are Health Behaviors? 1.2.1. Practicing and Changing Health Behaviors: An Overview 1.3. Barriers to Modifying Poor Health Behaviors 1.4. Interventions for changing health behaviour 1.4.1. Intervening with Children and Adolescents 1.4.2. Intervening with At-Risk People 1.4.3. Health Promotion and Older Adults												13
2	HEALTH BEHAVIOURS and CHANGING HEALTH HABITS-II 2.1. Health Behaviors and Changing Health Habits: Theories and Techniques 2.1.1 Ethnic and Gender Differences in Health Risks and Habits 2.1.2. Changing Health Habits 2.1.3. Attitude Change and Health Behavior 2.2. Theories and Model of Health 2.2.1. The Health Belief Model 2.2.2. The Theory of Planned Behavior 2.2.3. Self-Determination Theory 2.2.4. The Trans theoretical Model of Behavior Change 2.2.4.1. Stages of Change 2.2.4.2. Using the Stage Model of Change 2.3. Attitudes and Changing Health Behaviors: Some Caveats 2.4. Changing Health Behaviors through Social Engineering												14
3	HEALTH MODIFICATION: Venues and Intervention Techniques 3.1. Venues for Health-Habit Modification 3.1. The Private Therapist's Office												14

	<p>3.2. The Health Practitioner's Office</p> <p>3. 3. Managed Care Facilities</p> <p>3.2. Habit Modification: Society Support</p> <p>3. 2.1. The Family</p> <p>3. 2.2. Self-Help Groups</p> <p>3. 2.3. Schools</p> <p>3.3. Modern Interventions techniques-I</p> <p>3.3. 1. Workplace Interventions</p> <p>3.3.2. Community-Based Interventions</p> <p>3.4. Modern Interventions techniques-I</p> <p>3.4.1.The Mass Media</p> <p>3.4. 2.Telephone</p> <p>3.4.3.The Internet</p>	
4	<p>SOCIAL SUPPORT and COPING INTERVENTIONS</p> <p>4.1. Social Support and Coping Interventions</p> <p>4.1.1. What Is Social Support?</p> <p>4.1.2. Is Social Companionship an Important Part of Your Life?</p> <p>4.1.3. Effects of Social Support on Psychological Distress</p> <p>4.1.4. Effects of Social Support on Illness and Health Habits</p> <p>4.2. Biopsychosocial Pathways</p> <p>4.3. Moderation of Stress by Social Support:</p> <p>4.3.1. What Kinds of Support Are Most Effective?</p> <p>4.3.2. Effects of Stress on Support Providers</p> <p>4.3.4. Enhancing Social Support</p> <p>4.4. Coping Interventions</p> <p>4.4.1. Mindfulness Training</p> <p>4.4.2. Expressive Writing</p> <p>4.4.3. Coping Effectiveness Training</p> <p>4.4.4. Stress Management: Basic Techniques of Stress Management</p> <p>4.4.5. A Stress Management Program</p> <p>4.4.6. Relaxation Training and Stress Management</p> <p>4.4.7. Supplementary Stress Management Skills</p>	13
	Total Number of Lectures	54
<p>Suggested Reference Books</p> <ol style="list-style-type: none"> 1. Taylor, S.E. (1999). Health Psychology. 4th ed. Singapore: McGraw-Hill Book Co. 2. Dimatteo, M.R. and Martin, L.R. (2002). <i>Health psychology</i>. N.D.:Pearson. 3. Brannon, L. and Feist, J. (2007). <i>Introduction to health psychology</i>. India ed. N.D.: Thomson. 4. Marks, D.; Murray, M.; Evans, B.; Willig, C.; Woodall, C. and Sykes, C. (2005). 2nd ed. <i>Health psychology: Theory, research and practice</i>. N.D.: Sage Pub. 5. Gurung , A .R.(2010).Health Psychology,2nd ed. Wadsworth: Cengage Learning. 		
<p>Suggested Journals</p> <ol style="list-style-type: none"> 1. Journal of Indian Academy of Applied Psychology. 2. Psychological Studies. 		
<p>Web sites :</p> <ol style="list-style-type: none"> 1. http://www.sciencedirect.com. 2. www.jstor.com 		