



# 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 (For F.Y. as appeared in the prospectus) (For S.Y. & T.Y. titles can be as per the approval of BOS)		<b>S.Y.B.A. – SEM III HEALTH PSYCHOLOGY (S1)</b>										
Objectives	<ol style="list-style-type: none"> <li>1. Students will be acquainted with the basic concept and models of health psychology.</li> <li>2. Students will be able to analyze lifestyle and habits and its effect on health .</li> <li>3. Students will be able to work towards promoting health through behavioral change.</li> <li>4. Students will comprehend the importance of health services and their function.</li> </ol>											
Detailed syllabus												
Unit	Contents of the syllabus											Number of Lectures
1	<b>HEALTH PSYCHOLOGY</b> 1.1.Introduction and History 1.2. The mind-body connection 1.3. Need of Health Psychology 1.4. Models of illness: Bio-medical, bio-psycho-social 1.5.Training in Health Psychology											12
2	<b>PSYCHOLOGY and PHYSICAL HEALTH</b> 2.1. Stress Personality and Illness 2.1.2.Personality, Emotions, and Heart Disease 2.1.3.Stress and Cancer 2.1.4.Stress and Other Diseases 2.1.5.Stress and Immune Functioning 2.2.Reactions to Illness 2.2.1.The Decision to seek Treatment 2.2.2. The Sick Role. 2. 3. Communicating with Health Providers 2.4. Adherence to Medical Advice.											15
3	<b>HABITS, LIFE STYLES, AND HEALTH</b> 3.1. Substance Abuse and Health- Alcohol and Tobacco 3.2. Metabolism and Health- Nutrition and Obesity 3.2.1. Eating disorders: Bulimia Nervosa, Anorexia Nervosa. 3.3. Behaviour and AIDS. 3.4. Understanding the effects of Drug Abuse 3.4.1.Narcotics 3.4.2.Sedatives 3.4.3.Stimulants 3.4.4.Hallucinogens 3.4.5.Marijuana 3.4.6. Ecstasy											14

4	<p><b>HEALTH SERVICES</b></p> <p>4.1.Using Health Services</p> <p>4.2.Recognition and Interpretation of Symptoms</p> <p>    4.2.1.Recognition of Symptoms</p> <p>    4.2.2.Interpretation of Symptoms</p> <p>4.3. Who Uses Health Services?</p> <p>    4.3.1. Age</p> <p>    4.3.2. Gender</p> <p>    4.3.3. Social Class and Culture</p> <p>    4.3.4. Social Psychological Factors</p> <p>4.4. Misusing Health Services</p> <p>    4.4.1. Using Health Services for Emotional Disturbances</p> <p>    4.4.2. College Students’ Disease: The June Bug Disease:     A Case of Hysterical Contagion Delay Behavior.</p> <p>4.5. Interventions to Increase Information in Hospital Settings</p> <p>    4.5.1. Social Support and Distress from Surgery</p> <p>    4.5.2. The Hospitalized Child : Anxiety and Preparing Children for     Medical Interventions</p>	15
	Total Number of Lectures	54
<p><b>Suggested Reference Books</b></p> <ol style="list-style-type: none"> <li>1. Taylor, S.E. (1999). Health Psychology. 4th ed. Singapore: McGraw-Hill Book Co.</li> <li>2. Dimatteo, M.R. and Martin, L.R. (2002). <i>Health psychology</i>. N.D.:Pearson.</li> <li>3. Brannon, L. and Feist, J. (2007). <i>Introduction to health psychology</i>.India ed. N.D.: Thomson.</li> <li>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.</li> <li>5. Gurung , A .R.(2010).Health Psychology.2<sup>nd</sup> ed. Wadsworth: Cengage Learning.</li> </ol>		
<p><b>Suggested Journals</b></p> <ol style="list-style-type: none"> <li>1. Journal of Indian Academy of Applied Psychology.</li> <li>2. Psychological Studies.</li> </ol>		
<p><b>Web sites :</b></p> <ol style="list-style-type: none"> <li>1. <a href="http://www.jstor.com">www.jstor.com</a></li> <li>2. <a href="http://www.sciencedirect.com">www.sciencedirect.com</a></li> </ol>		