

**SEMESTER I**  
**OPEN ELECTIVE COURSE**  
**PYOE1: Psychology of Health and Wellbeing**

**Learning Outcomes**

1. Understanding the spectrum of health and illness for better health management
2. Identifying stresses in one's life and how to manage them
3. Understanding a variety of health protective and health compromising behaviours and to be able to know their application in illness management

**Course Content**

**Unit 1: INTRODUCTION TO PSYCHOLOGY OF HEALTH AND WELL-BEING (7 hrs)**

.Introduction to health psychology, Illness, Health and Wellbeing; Health continuum; models of health and illness: Medical, Bio psychosocial; Holistic Health; Health and Wellbeing.

**Unit 2: STRESS AND COPING (8 hrs)**

.Nature and Sources of Stress; Personal and Social Mediators of Stress; Effects of Stress on Physical and Mental Health; Coping and Stress management.

**Unit 3: HEALTH MANAGEMENT (8 hrs)**

.Health enhancing behaviours: Exercise, Nutrition, Meditation, Yoga; Health compromising behaviours (alcoholism, smoking, internet addiction); Health Protective behaviours, Illness Management.

**Unit 4: PROMOTING HUMAN STRENGTHS AND LIFE ENHANCEMENT (7 hrs)**

.Strength: Meaning; Realizing strength; Maximizing Unrealized Strength. Weakness – Meaning, Identifying & Overcoming Weakness. Strategies to develop hope and optimism.

**References:**

- Carr. A. (2004) Positive Psychology: The science of happiness and human strength UK Routledge.
- Di Matteo, M.R &. Martin, L.R.(2002). Health Psychology. New Delhi: Pearson.
- Farshaw, M Advanced Psychology: Health Psychology. London: Hodder and Stoughton
- Forshaw, M. (2003).
- Advanced Psychology: Health Psychology. London: Hodder and Stoughton. Hick. J.W. (2005).
- Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press. Snyder, C R., & Lopez. S.J.(2007)
- Positive Psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA Sage.
- Taylor. S.E. (2006). Health Psychology.6th Edition. New Delhi: Tata