Course Type/Status : Core
Course Code : PSYC E3025
Course Title : Health Psychology

Learning Outcomes:

The students will be able to understand the complex interplay between one’s physical well-being variety of biological, psychological and social factors. And will be able to learn the nature of the stress and frustration and their impact on health problems also be able to learn the techniques for emotional management.

Course Content:
An introduction to Health Psychology, Mind & body Relationship. Stress and Frustration, influence of stress and frustration on major illnesses and diseases, asthmas, gastritis, diabetes, cardiovascular diseases. other factors affecting health, Emotions, negative attitudes, personality, parental influence, social reinforcement, psychology for health development, love and caring, spirituality, Emotional Management, meditation and religion.

Method of Teaching and Learning:
Lectures, discussions; presentation, tutorials and assignment.

Scheme of Evaluation:
At the end of the semester 80% for the written examination; 20% for the assignment, presentation and tutorials.

Recommended Reading:
Diagnostic and Statistical Manual of Mental Disorders,(1987) American Psychological Association, Washington, D.C.
Fry,P.s., (1999), Significance of Religiosity and Spirituality to Psychological Well being of older Adults.San francisco: Gerontological society of America.