

DEPARTMENT OF PSYCHOLOGY

SYLLABUS

FOR

VALUE ADDED COURSE

(UG LEVEL)

GERIATRIC CARE AND COUNSELLING



RAMA DEVI WOMEN'S UNIVERSITY

Vidya Vihar, Bhubaneswar-751022

SM Chandra

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Head

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Controller of Examinations
R.D. Women's University
Bhubaneswar

GERIATRIC CARE AND COUNSELLING

Course Objectives: The course aims at training and capacity building of motivated youth in providing palliative and hospice care to the elderly and dependent senior citizens of Odisha.

Course Outcomes: The course is particularly relevant to those students who want to be trained as counsellors and develop skills in different areas of counselling.

Unit No.	Title of Unit	Content
I	Concept of Ageing	Physical changes, Cognitive changes, and Psychosocial changes in Old Age. Lifestyle and Social Issues related to Aging.
II	Models and Theories	Models of Successful or Optimal Aging – Disengagement theory vs Activity theory, Continuity theory, the Role of Productivity, Selective Optimization with Compensation. Theories – Kubler Ross’s Theory of Dying, Bowlby’s theory of bereavement, Care of the Dying – Dignity-Conserving Interventions for patients nearing death.
III	Care & Counselling	Finding meaning and purpose in life and death. Counselling for the elderly – retirement, loneliness, illness, dependence, disability, and bereavement.

1. Papalia, D.E., Olds, S.W., & Feldman, R.D. (2004). Human Development. *McGraw-Hill*, 9th Edition.
2. Terry, P.M. (2008). Counselling and Psychotherapy with Older People. *New York: Palgrave Macmillan*.

DEPARTMENT OF PSYCHOLOGY

SYLLABUS

FOR

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(UG LEVEL)

HEALTH AND WELL-BEING



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HEALTH AND WELL-BEING

Course Objectives: To enable students to understand health behaviours, to maintain health and well-being, to improve health enhancing behaviours, and reduce health compromising behaviours.

Course Outcomes: The students will be able to understand the psychological interventions underlying health promoting and compromising behaviours.

Unit No.	Title of Unit	Content
I	Health Behaviors	The Mind-Body Relationship, Need for Health Psychology, Health Behaviours, Health Promotion, Changing Health Habits. Approaches to Health Behaviour Change – Cognitive Behaviour Approach, Transtheoretical Model. Characteristics of Health-Promoting Behaviors.
II	Health – Promoting Behaviors	Types of Promoting Behaviours - Exercise and its benefits to physical and mental health. Accident Preventions, Vaccinations and Screenings. Developing a Healthy Diet, Healthy Sleep Practices.
III	Health – Compromising Behaviors	Characteristics of Health-Compromising Behaviors. Types of Compromising Behaviours - Obesity, Eating disorders, Alcoholism and Problem Drinking, Smoking.

1. Taylor, S. E. (2018). Health Psychology. *McGraw Hill Education (India)*, 10th Edition.
2. DiMatteo, M. R. and Martin, L. R. (2002). Health psychology. New Delhi: *Pearson*.

DEPARTMENT OF PSYCHOLOGY

**SYLLABUS
FOR
VALUE ADDED COURSE
(PG LEVEL)**

RESEARCH METHODOLOGY



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RESEARCH METHODOLOGY

Course Objectives: This certificate course will provide students with:

- A concrete understanding of the methods of doing research, data collection and analysis, report writing
- An understanding to identify the research gaps by reviewing the existing literatures on the concerned topic and state the research questions
- Identifying the difference between qualitative and quantitative data collection methods and analysis strategies

Course Outcomes: The course is particularly relevant to those students who want to be trained as researchers and develop research skills.

Unit No.	Title of Unit	Content
I	Introduction to Research	Meaning. Objectives, Motivation, Utility of Research Types and Methods of Research, Scientific Method and Its Characteristics, Theory Building and Understanding the Language of Research (Concept, Construct, Definition, Variable), Research Ethics and Empiricism, Types of Data Qualitative and Quantitative data and its Approaches
II	Data Scaling Measurements Techniques Research Design	Social Research Process, Literature Review Process and Formulation of Research Questions. Hypothesis- Characteristics and Types, Hypothesis Testing -Logic and and Importance, Concept and Importance of Research Design & Types and Uses of Research Design Scaling Techniques: Comparative (Rank Order, Paired Comparison and q-sort)and Non-comparative (Likert Scale, Thurston Scale. Semantic Differential Scale
III	Tools and Techniques Data collection and Field Work Practices & Sampling	Sources of Data Collection: Primary and Secondary, Interview Schedule and Questionnaire, Interview Method Types: Selecting Respondents; Rapport; the Interview Guide; the of Interview situation; recording. Participant Observation and Ways of Interviewing. Ethnographic Field Research Introduction to Sampling: Concepts of Population, Sample. Sampling Frame, Sampling Error, Sample Size. Characteristics of a good sample,

Techniques Types of Sampling-Probability and Non- Probability, Determining size of the sample- Practical considerations in sampling and sample size