

CC-L HEALTH PSYCHOLOGY AND POSITIVE PSYCHOLOGY

Unit-I: An Introduction to Health Psychology

- 1- Health Psychology – Definitions, Nature, Aims
- 2- Biopsychosocial Model of Health
- 3- Psychology's Role in Health - Problems in the HealthCare System, "The Person" in Health and Illness, How the Role of Psychology Emerged and Progress in Health Psychology's Goals.
- 4- Application: The Need of Health Psychology- Changing Patterns of Illness, Expanded Health Care Services, Increased Medical Acceptance

Unit-II: Stress and Coping

- 1- Stress – Definitions, Nature & Types
- 2- Sources of Stress - (Sources within the Person, Sources in the Family & Sources in the Community and Society)
- 3- Responding to Stress (Physiological, Emotional & Behavioural Response)
- 4- Coping Behaviour – Problem Focused coping (Ellis's rational thinking, Positive reinterpretation & Humor as a stress reducer) & Emotion Focused Coping (Using systematic problem solving, using time more effectively & improving self-control)

Unit-III: Chronic Health Problems and Its Management

- 1- Personal Issues in Chronic Health Disorders - The Physical Self, Achieving Self, Social Self & Private Self
- 2- Emotional Responses to Chronic Health Disorders – Denial, Anxiety & Depression
- 3- Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes & AIDS
- 4- Application: Psychological Interventions for Chronic Health Disorders (Pharmacological Interventions, Individual Therapy, Social Support Interventions and Relaxation, Stress Management after COVID-19)

Unit-IV: Primary Prevention & Health Promotion

- 1- Quality of life and Health Behaviour - Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect)
- 2- Health Compromising Behaviours (Characteristics) - Obesity, Smoking & Drinking.
- 3- Developmental, Gender, and Sociocultural Factors in Health - Development and Health, Gender and Health, Sociocultural Factors and Health

4- Health Promoting Behaviours - Diet, Exercise, Sleep, Rest, Vaccination and Screening, Accident prevention

Unit-V: Meaning, Definition and Nature of Positive Psychology

1. Definitions and Nature of Positive Psychology.
2. Traditional Psychology, Assumptions and Goals of Positive Psychology.
3. Fields of Positive Psychology.
4. The Nun study: Living longer with positive emotions.

Unit-VI: Happiness and the Facts of Life

1. Psychology of well-being. Positive affect and Meaningful Life
2. Subjective Well-being: Hedonic basis of happiness.
3. Self-Realization: The Eudaimonic basis of happiness
4. Happiness Across the Life Span, Gender and happiness, Marriage and happiness, other facts of life.

Unit-VII: Positive Emotions, Wellbeing and Resilience

1. What are positive emotions? The Broaden and Build Theory of Positive Emotions.
2. Positive Emotions and Health Resources: Physical, Psychological and Social Resources.
3. Positive emotions & well-being, Flow experiences and Savoring.
4. What is resilience? Perspectives of Resilience, Resilience Research, Growth through Trauma.

Unit-IV: Personal Goals, Positive Traits and Life above Zero

1. What are personal goals? The Search for Universal Human Motives, Materialism and its discontents.
2. What makes a trait positive? Personality, Emotions and Biology.
3. Positive beliefs, Virtue and Strengths of Character.
4. Logotherapy: Basic concepts, Contours of positive life: Meaning and Means, Mindfulness and Well-being.