



**Integral University, Lucknow**

<b>Effective from Session: 2024-25</b>							
<b>Course Code</b>	I090103/HS111	<b>Title of the Course</b>	<b>Psychology of Health and Wellbeing</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
<b>Year</b>	<b>I</b>	<b>Semester</b>	<b>I</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>3</b>
<b>Pre-Requisite</b>	Intermediate	<b>Co-requisite</b>	None				
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To develop the concept and definition of health, explain the perspectives of health and Knowledge about psychological health.</li> <li>Basic concept of structures and functions and process to describe the psychology of health - Illness, well-being of varied perspectives, and will be able to apply them in their own and in others' lives.</li> <li>Provide Insights to the learner a clear understanding of the concepts like health, illness, Physical and mental health.</li> <li>Structuring the goals to describe, explain, predict and change the behavior.</li> </ul>						

<b>Course Outcomes</b>	
<b>CO1</b>	Basic Understanding, Perspective & dimensions of Physical and Mental Health, health, Concept & facets of Wellbeing and Relation between health and well-being.
<b>CO2</b>	Basic knowledge of structural and functional, Concept of holistic health, its principles and importance, Misconceptions about holistic health approach. Indian, Western & Eastern Perspective on Health.
<b>CO3</b>	Basic tools of Medical, Holistic, Biopsychosocial, Social model of Health and Illness. Enriching Wellbeing. Advantages and disadvantages of Biopsychosocial model, Biomedical model v/s Bio-Psychosocial model.
<b>CO4</b>	Enhancement of mental health and Identification of Physical and Mental Health Physical Illness Experiences, Illnesses Related to Food, Diet, Obesity. Problems Related to Sexual Health. Acute and Chronic Pain, Chronic Illnesses, Depression. Anxiety. Psychosomatic Illnesses, Substance Use

<b>Unit No.</b>	<b>Title of the Unit</b>	<b>Content of Unit</b>	<b>Contact Hrs.</b>	<b>Mapped CO</b>
1	Introduction to Health and Wellbeing:	Concept and Definition of Health (Physical and Mental Health), dimensions of health, Historical Perspective of Mental Health, Cross-cultural Perspectives of Health, Concept of well-being, Various facets of well-being, Relation between health and well-being.	8	CO1
2	Cross-Cultural Perspectives On Health:	Concept of holistic health, its principles and importance, Misconceptions about holistic health, approach. , Western Perspective, Eastern Perspective on Health, Indian Perspective on Health	10	CO2
3	Models of Health and Illness:	Illness: Medical Model of Health and Illness. Holistic Model of Health, Biopsychosocial Model, Social Model of Health, Concept of Wellbeing. Advantages and disadvantages of Bio psychosocial model, Biomedical model v/s Bio-Psychosocial model.	10	CO3
4	Identification of Physical and Mental Health:	Physical Illness Experiences, Illnesses Related to Food, Diet, Obesity. Problems Related to Sexual Health. Acute and Chronic Pain, Chronic Illnesses, Depression. Anxiety. Psychosomatic Illnesses, Substance Use.	12	CO4

**Reference Books:**

- Brockovich, E. (1993). Health and illness-related cognitions among Brazilian students: a cross-cultural contribution (Doctoral dissertation, University of Southern California).
- Hahn, D. B., Payne, W. A., & Mauer, E. (1991). Focus on health. Mosby Year Book.
- Ojha, S., Srivastava, U.R., Joshi, S (2010). Health and Well-Being Emerging Trends: New Delhi, first edition: Global Vision publishing Co. Pvt. Ltd.
- Silva, P. (2005). An introduction to Buddhist psychology. Springer.
- Beauchamp, T., Childress J., (1979) Principles of Biomedical Ethics. New York, Oxford University Press
- Galotti, K.M. (2014). Cognitive Psychology: In and Out of the Laboratory (5th ed.). New Delhi: Sage.
- Suggestive digital platforms web links-<http://heecontent.upsdc.gov.in/Home.aspx> <http://www.apa.org>

**e-Learning Source:** Suggestive digital platforms web links- EGYANKOSH, NCERT

<b>PO-PSO CO</b>	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PSO1</b>	<b>PSO2</b>	<b>PSO3</b>	<b>PSO4</b>
<b>CO1</b>	2	3	3	2	3	2	2	1
<b>CO2</b>	3	2	2	3	2	3	2	3
<b>CO3</b>	3	2	2	2	2	3	2	2
<b>CO4</b>	2	2	3	2	3	2	3	3

**1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation**

<b>Name &amp; Sign of Program Coordinator</b>	<b>Sign &amp; Seal of HoD</b>
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