JYOTI NIVAS COLLEGE AUTONOMOUS
SYLLABUS FOR 2019 BATCH AND THEREAFTER

Programme: INT BSc. MSc   **Semester: IV**
CYBER PSYCHOLOGY

Course Code: 18IV IS404   **No. of Hours: 60**

COURSE OBJECTIVES:
- Orient students to the relatively new branch of Cyber Psychology.
- Help future students of clinical psychology to study and identify Cyber Psychology Behaviors.
- Address mental health issues that arise from cyber bullying, cybercrime and online addiction.
- Create awareness of appropriate online communication and computer mediated psychotherapies.

LEARNING OUTCOMES:
- Understanding cyber psychology as a sub field.
- Acquire skills to work in the field of cyber and forensic psychology.
- Work in holistic manner with regard to the various online and cyber psychological issues.

UNIT I
CHAPTER 1- INTRODUCTION TO CYBER PSYCHOLOGY   10 HRS
Meaning of Cyber Psychology and Cyberspace;History; Technology Across Lifespan; cyberspace as a psychological space - Basic psychological features of cyberspace-Networks as "Mind" and "Self"- Presence. Social Psychology of cyberspace: Self and community in the age of Internet. Role of psychologist in cyberspace; Methods of Studying – Observational, Correlational, Experimental, Online Methods; Research Ethics in Cyberpsychology; Importance and Application of Cyber Psychology.

UNIT II-
CHAPTER 2- THE ONLINE SELF AND PERSONALITY   12 HRS
Concept of Online identity and Multiple selves; Theories of self (In brief)– Goffman's theory of self-presentation, Arkin's self-presentation strategies, Self-Discrepancy Theory, Social Information Processing Theory, Hyper Personal Communication Model, Use And Gratification Theory, Morals And Social Norms; Impression management and Self-Presentation-Definition, Motivation for Managing Self-Impression and its Impact; Cyberspace and Personality - Unique Components Of Internet Environment- Anonymity, Control Over Physical Appearance General Control Over Interaction, The Black Hole Of Cyberspace, Internet Demographics; Cyberspace Humor; Coping With Spam; Personality types and cyber space; Unique roles incyberspace; Regressive behavior in cyberspace; Online Gender-Switching. Integrating Online and Offline Living.The Unhealthy Self.

UNIT III
CHAPTER 3- INTERPERSONAL COMMUNICATION AND CYBERSPACE   12 HRS
Online community- Definition, Early history; Methods of Online Communication-Information Model, Channel Model And Mappings; Language in Online World; Psychologyof Text Relationship, Transientand Long Term Relationship, Cyberspace Romance; The Social Consequences of Online Interactions; Social Media-Introduction and Uses, Social Media and Cyberactivism; Socially Connecting Through Blogs and Vlogs; Positive Aspect of Social Media

UNIT IV
CHAPTER 4 - GROUP DYNAMICS IN CYBERSPACE **12 HRS**
Social Psychology of Online Groups-Developmental Stages of Mailing Lists; Making Virtual Communities Work Communicating with Typed Text Chat; Decision-Making Method for E-Mail Groups; Extending A Work Group into Cyberspace; UsingDiscussion Boards in Teaching; GroupGames; ManagingDeviantBehavior in Online Groups. Deviant Behavior and Cybercrime.

UNIT V
CHAPTER 5- CYBER SPACE AND MENTAL HEALTH **14 HRS**
Importance of Mental Health in cyber space; internet-based disorders – Gaming,Cyber Bullying, Cybersickness, Cyberchondriasis, Phantom Effect, Online Depression, Internet Addictions, Nomophobia, Google Effect; Social Media And Cyber psychology Behaviors-Comparison and Low Self-Esteem, Depression, Social Isolation and Ostracism, Negative Relationships, Fear of Missing Out (FOMO), Sleep Deprivation, Addictive Behavior, Eating Disorder, ADHD, Positive Correlates of Social Media Use, Social Media and Memes; Psychotherapy in Cyberspace - A Five-Dimensional Model of Online and Computer-mediated Psychotherapy. Online Mental Health Therapies-Individual Telepsychotherpay, Self-Help Therapy, Online Self-Help Groups, Uses ofTherapy in Mental Health Care Tools- Client and Therapist Relation, Telepsychiatry, Emails, Internet Relate Chats, Video Teleconferencing, Shared Hypermedia Tools.

REFERENCE:
1. Cyberpsychology, An Introduction to Human-Computer Interaction, University of Maryland, College Park.
2. Towards Cyberpsychology: Mind, Cognitions and Society in the Internet Age Amsterdam, IOS Press, © 2001, 2002, 2003
3. Dr Aiken.M (2016), he Cyber Effect: A Pioneering Cyberpsychology's Explains How Human Behavior Changes Online, published by John Murray- A Hachette UK company
4. Monica T. Whitty, Garry Young (2016). Cyberpsychology: The Study of Individuals, Society and Digital Technologies. BPS text book
5. Irene Connolly, Marion Palmer, Hannah Barton, GráinneKirwan(2016), An Introduction to Cyber psychology, Routledge.London
6. Calvo, R. A., D'Mello, S., Gratch, J. M., &Kappas, A. (Eds.). (2015). The Oxford handbook of affective computing. Oxford University Press, USA.

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