

**JYOTI NIVAS COLLEGE AUTONOMOUS
SYLLABUS FOR 2019-2020 BATCH AND THEREAFTER**

Programme: B.Voc VP.

Semester: III

Paper 5: Cultural Psychology

Course Code : 18BVV304

Course Objectives:

1. To orient the students on various cultural issues in the context of India and provide an understanding of the culture and psychological processes.
2. To familiarize the students on the eastern perspectives in psychology.
3. To understand the practice of psychology in a cultural context.
4. To help students gain acquaintance with the critical perspectives towards mainstream mental health practice.
5. To acquaint students of the status of mental health practice in India.

UNIT I: INTRODUCTION

(15 HOURS)

Definition of culture; Approaches to culture - symbolic and individualist, prescriptive and descriptive approach, institutions and configuration; Interface between psychology and culture; Methods of understanding culture - survey method, experimental method, scope of cultural psychology; Role of mass media in transmission of culture.

UNIT II: CULTURAL INFLUENCE ON PERCEPTION, COGNITION AND CONSCIOUSNESS

(15 HOURS)

Culture and perception - perception and experience cultural influence on visual perception; Culture and Cognition - categorization and concept formation, culture and memory; Culture and consciousness - culture and dreams, culture and time, culture and perception of pain; Culture and media effect.

UNIT III: CULTURE AND GENDER

(15 HOURS)

Definitions of sex, gender, gender role, gender identity, gender orientation, sexuality; Concepts of homosexuality, transgender and transvestism; Culture and gender stereotypes; Media sexism; Gender media and popular culture.

UNIT IV: CULTURE AND MENTAL HEALTH

(15 HOURS)

Indigenous healing traditions in India; History of mental health practices in India; Current status of mental health practice in India; Key issues in the theory and practice of mental health in India; Sociocultural influences on mental health; Media and mental illness: relevance to India.

UNIT V: EASTERN PERSPECTIVES IN PSYCHOLOGY (15 HOURS)

Bhagavad Gita and mental health; Concepts of health and illness in Ayurveda; Indigenous healing transition in India (Ayurveda, sidha, unani, yoga, homeopathy, naturopathy, mindfulness, meditation); Enhancing mental wellbeing through the performing arts.

PRACTICALS:

1. Family Environmental Scale (FES).
2. Self-consciousness Scale - Revised (SCS-R).
3. Locus of Control Scale.
4. The Mindful Attention Awareness Scale.
5. Gender Identity Self-Stigma Scale.

REFERENCES:

1. Matsumoto, D & Juang, L. (2004). Culture and Psychology. (3rd Ed.) United States
2. Misra, G. (2003). Implications of culture for psychological knowledge. in J.W. Berry, R. C
3. Sebastia, B (2009). Restoring mental health in India, Pluralistic Therapies and concepts. New Delhi: Oxford University Press.
4. Mishra and R.C Tripathi. (Eds.). Psychology in human and social development. New Delhi: Sage Publications