

Course Code	Course Title	L	T	P	C
BAHUM112	Psychology in Everyday Life	3	0	0	3
Pre-requisite	NIL	Syllabus Version			
		1			
Course Objectives					
1. To introduce principles of psychology for enhancing holistic well-being. 2. To instill self-awareness and inculcate strategies to enhance self-esteem, self-confidence, problem-solving skills and overcome self-defeating behaviours. 3. To facilitate understanding of occupational well-being and maintain work life balance.					
Course Outcomes					
1. Explore the nature of the self and appreciate its importance in achieving personal and social adjustment. 2. Strengthen communication competence and promote harmonious interactions with others. 3. Articulate the factors contributing to stress, evaluate its effects on health and behaviour. 4. Evaluate various coping mechanisms and apply them effectively to manage stress and adversity. 5. Utilize positive personality attributes to maintain personal work life balance and create virtuous institutions.					
Module:1	Adjustment in modern life and the concept of Self	9 hours			
Adjustment-definition, Adjutment and technology - Improving Academic performance-Nature of self-concept - factors shaping the self-concept - self-discrepancies - coping with self-discrepancies - Self-esteem: importance of self-esteem - development of self-esteem - building self-esteem - Self-regulation: self-efficacy - developing self-efficacy - self-defeating behaviour and strategies to overcome - self-presentation - Self-care.					
Module:2	Interpersonal Communication	8 hours			
Interpersonal communication: Definition - Social media, technology and communication - Effective Communication: conversational skills - self-disclosure - effective listening - Communication Problems: communication apprehension- Barriers to Effective Communication - Interpersonal conflict: styles of managing conflict - dealing constructively with conflict - Communication styles: Aggressive/Passive/Passive-Aggressive/ Assertive - developing an assertive communication style.					
Module:3	Stress, lifestyle and health	9 hours			
Nature of stress - major Sources of Stress: frustration - internal conflict, change, pressure- adjustment and technology - Potential effects of stress: impaired task performance - disruption of cognitive functioning - burnout - psychological problems and disorders - physical illness - Factors influencing stress tolerance: social support - hardiness & optimism - reducing stress through self-control- Stress,					

Personality and Illness - Habits, Lifestyles, and Health: smoking, Drinking, Overeating and obesity - Binge eating and binge watching-poor nutrition - Digital health.		
Module:4	Coping Processes	8 hours
Concept of coping - Common coping patterns of limited value: giving up, Fight and flight-acting aggressively - indulging yourself- blaming yourself - using defensive coping - Nature of constructive coping: appraisal-focused constructive coping - problem-focused constructive coping - emotion-focused constructive coping - using time more effectively.		
Module:5	Work life balance	9 hours
Coping with occupational hazards: job stress - sexual harassment - POSH Act 2013 - unemployment - Work-life balance: workaholism - work and family roles - leisure and recreation - beyond the screen time - winning strategies for career success - Positive Individual traits: Hope, Resilience, Grit and Gratitude - Positive Institutions: Positive workplaces, Virtuous Institutions-vision-Mission of life		
Module:6	Contemporary Issues	2 hours
Guest lectures by industry experts		
Total Lecture Hours:		45 hours
Text Book(s)		
1. Weiten, W., Dunn, D. S., & Hammer, E. Y., " Psychology applied to modern life: Adjustment in the 21st century ", United States, Cengage, 13 th Edition, 2023 2. DeWall, C. N., & Myers, D. G., " Psychology in everyday life ", Worth Publishers, 4 th Edition, 2016		
Reference Books		
1. Rathus,S.A., " Psychology Principles in Practice ", Holt Mcdougal (Corporate), 1 st Edition, 1998 2. Bolles, R. N., & Brooks, K., " What color is your parachute? 2022: Your guide to a lifetime of meaningful work and career success. ", Ten Speed Press., 1 st Edition, 2022 3. Sapolsky, R. M., " Why zebras don't get ulcers: The acclaimed guide to stress, stress-related diseases, and coping ", W. H. Freeman., 3 rd Edition, 2004 4. Suzuki, W., " Good anxiety: Harnessing the power of the most misunderstood emotion. ", Simon & Schuster, 1 st Edition, 2021 5. Baumeister, R. F., " The self explained: Why and how we become who we are. ", Guilford Press., 1 st Edition, 1999		
Mode of Evaluation: Continuous Assessment Test, Digital Assignment, Quiz, Final Assessment Test, Seminar, Group Discussion, Presentation		
Recommended by Board of Studies :		10-10-2025

Approved by Academic Council : No. 80	20-11-2025
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