

BACHELORS WITH HOME SCIENCE: HUMAN DEVELOPMENT AS MAJOR (CT – III)

6th SEMESTER

HSC622J3B HOME SCIENCE - HUMAN DEVELOPMENT _ MENTAL HEALTH IN DEVELOPMENTAL PERSPECTIVE

CREDITS: 6 (THEORY: 4; PRACTICAL: 2)

OBJECTIVES:

- *To understand the importance of mental health during lifetime.*
- *To help students appreciate principles of self-understanding and strategies to promote mental well-being.*

LEARNING OUTCOMES:

The students will be able to:

- *Learn methods to understand themselves and ways to promote their own mental well being*
- *Get acquainted with various interventional strategies to overcome mental illness*

UNIT-I INTRODUCTION TO MENTAL HEALTH

1. Definition, characteristics, importance of mental health
2. Mental health needs.
3. Implications of attachment for mental health, deprivation syndrome.

UNIT-II MENTAL HYGIENE

1. Importance and functions of mental hygiene.
2. Factors affecting mental hygiene.
3. Concept of adjustment and maladjustment, factors leading to maladjustment

UNIT-III COMMON MENTAL HEALTH PROBLEMS

1. Anxiety, Stress, Depression-Meaning, concept and classification.
2. Common drugs of misuse and abuse, use of psycho-active drugs.
3. Psychological development, emotions, the role of heredity and environment.

UNIT-IV INTERVENTIONAL STRATEGIES

1. Treatment of anxiety, stress, depression.
2. Individual and community intervention.
3. Managing emotions with reference to relationships.

PRACTICAL/LAB COURSE.

1. Analysis of one case study about psycho-social problems. Preparing and submitting a case report.
2. Interaction with practicing psychologist in hospitals/clinics and prepare a report.

REFERENCES

- Govt. of India Ministry of health & family welfare (1982) National mental health program for India.
- Carter, F & Cheesman, P. (1988) Anxiety in childhood & adolescence encouraging self-help through relaxation training. London: Croom Helm
- Barry, P.D. (1990): Mental health & mental illness (4th ed) Philadelphia J.B, Lippincott. Co.
- Sharma, R. (2006) Abnormal Psychology. New Delhi: Atlantic Publishers.