

**BA (GENERAL) 5th SEMESTER
DISCIPLINE SPECIFIC ELECTIVE COURSES (DSEs)**

ED520G: EDUCATION: MENTAL HEALTH AND HYGIENE

**CREDITS: THEORY: 4; TUTORIAL: 2
MAX. MARKS: THEORY: 60; TUTORIAL: 30
MIN. MARKS: THEORY: 24; TUTORIAL: 12**

THEORY (4 CREDITS)

COURSE CONTENT:

Unit I. Mental Health and Hygiene:

- a) Meaning, elements and purposes,
- b) Characteristics and causes of poor mental health,
- c) Achieving mental health and role of teachers.

Unit II. Stress and its effect:

- a) Nature, meaning and types of stress,
- b) Factors influencing stress
- c) Causes and remedial measures

Unit III. Psychology of Adjustment:

- a) Adjustment – meaning, methods and process,
- b) Maladjustment, causes and remedial measures,
- c) Defense mechanisms –Displacement, Repression, Projection, Sublimation and Rationalization.

Unit IV Abnormal Behavior:

- a) Meaning, causes and classification,
- b) Historical background,
- c) Major figures in early history of abnormal behavior.

TUTORIAL (ACTIVITY BASED)

CREDITS:2

- Unit - V**
- i) Preparation of Power Point Presentation (at least three) on the prescribed units of the paper (PPT)
 - ii) Preparation of Glossary / Terms on the unit based contents (at least 20)

- Unit - VI:**
- i) Visiting of Mental hospital and preparation of two case histories on causes of abnormal behavior.
 - ii) Preparation of list of cases admitted in the hospital (at least two) and presentation of same in PPT mode.

Recommended Books:

Aggarwal, J. C. (2011). Essentials of Edu. Psychology. New Delhi: Vikas Pub. House.

Baron, R. A. (1987). Psychology. Dorling Kindersley. Pvt. Ltd.

Chauhan, S. S. (1998). Advanced Educational Psychology. New Delhi: Vikas Pub. House Pvt. Ltd.

Dandapani, S. (2010). Advanced Educational Psychology. New Delhi: Anmol Pub. Pvt. Ltd.

Lindzey, G., Hall, O.S. (2012). Theories of Personality. London: Wiley India Pvt. Ltd.

Mangal, S. K. (2015). Advanced Educational Psychology. New Delhi:

Mattoo, M. I. (2019). Psychological Foundations of Education. New Delhi: Discovery Publishers.

Parveen, A. (2011) Fundamentals of Education. Srinagar: Info-world.

Shameem, S. & others (2018): Modern Text Book on Education. New Delhi: Anshal Publishers.

Weiten, Wayne & Lloyd, Margaret, A. (1994). Psychology Applied to Modern Life. Brooks: Cole Publishing Company Inc.

Woolfolk, A, E. (1995). Educational Psychology. Boston: Allyn and Bacon.

Zastrow, Charles and Ashman, K. K. (1997). Understanding Human behavior and the Social Environment. Chicago: Nelson-Hall Publishers.