

DISCIPLINE SPECIFIC CORE COURSE
DSC HH 515: Psycho-Social Dimensions of Family and Community

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

| Course title & Code | Credits | Credit distribution of the course | | | Eligibility criteria | Pre-requisite of the course(if any) |
|--|---------|-----------------------------------|----------|---------------------|----------------------|-------------------------------------|
| | | Lecture | Tutorial | Practical/ Practice | | |
| Psycho-Social Dimensions of Family and Community | 4 | 2 | 0 | 2 | XII Pass | NIL |

Learning Objectives

- To develop a fundamental understanding of the dynamics of the family systems.
- To understand the various community systems and their functioning.
- To comprehend various psychosocial influences on families and communities.

Learning Outcomes

- Students will be able to:
- Understand the multifaceted nature of families and communities.
- Gain awareness of the changing structure, roles and expectations of families and communities in the present times.
- Gain in-depth knowledge of coping strategies and support mechanisms to empower families and communities.

SYLLABUS OF DSC HH 515

THEORY
(Credits 2; Hours 30)

UNIT I: Understanding Family Systems

10 Hours

- Dynamics of family structure and function
- Demographic and cultural variations
- Continuities and change in contemporary families: changing roles, expectations and identities; single parent/divorce/co-parenting; dealing with the loss of a family member or chronic illness.

UNIT II: Understanding Community Systems

10 Hours

- The concept of communities, evolution and types: Rural, urban, tribal, small town; meaning, characteristic features and growth in the communities.
- Community and social relationships: Everyday lives, conflict and crises, transitions
- Continuities and change in community systems.

UNIT III: Psychosocial Dimensions

10 Hours

- Local and global influences on families and communities
- Stressors and coping mechanisms, risk and protective factors
- Care and support mechanisms in family and community setting: childcare support, youth support groups, elderly care
- Families and communities as ecologies of resilience: negotiating migration, conflict/war zones, displaced or stateless situations, and natural disasters.

PRACTICAL (Credits 2; Hours 60)

1. Interviews and focus group discussions to study the changing structure, roles, and expectations of the family: relationships with parents, grandparents, and siblings.
2. Understanding changing family and community dynamics through Movies/Documentaries
3. Understanding stressors and coping strategies among individuals through interview technique.
4. Understanding local/global influences and coping mechanisms in a traditional community (artisans/potters/folk musicians) using interviews and observations.
5. Using audio-visual materials to understand how human behaviour influences our self, psyche, and group relationships.
6. Workshop/lecture on building resilience and coping mechanisms.

Essential Readings:

- Abraham, F. (2006). *Contemporary Sociology: An Introduction to concepts and Theories*. Oxford University Press.
- Anand, V., Balakrishnan, G., & George, P. (2018). *Community practices in India: Lessons from the grassroots*. Cambridge Scholars Publishing.
- Maguire, K. (2012). *Stress and coping in Families*. Wiley.
- Sachdeva, P., & Florence, D. (2020). *Basic Sociology*. Elite Publishing House.
- Shah, M. A. (2014). *The Writings of A. M. Shah: The Household and Family in India*. Orient Blackswan.
- Thibaut, J. W., & Kelley, H. H. (2017). *The social psychology of groups*. Routledge.
- Ungar, M. (2021). *Multisystemic resilience: Adaptation and transformation in contexts of change*. Oxford University Press.

Suggested Readings:

- Compas, B. E., Murphy, L. K., Yarboi, J., Gruhn, M. A., & Watson, K. H. (2019). Stress and coping in families. In B. H. Fiese, M. Celano, K. Deater-Deckard, E. N. Jouriles, & M. A. Whisman (Eds.), *APA handbook of contemporary family psychology: Foundations, methods, and contemporary issues across the lifespan* (pp. 37–55). American Psychological Association. <https://doi.org/10.1037/0000099-003>.
- Hochschild, A. (2013). *So how's the Family? And other Essays*. University of California Press.
- Madan, T. N. & Das, Veena. (2003). *The Oxford India companion to sociology and social anthropology*. Oxford University Press
- Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. Tata McGraw-Hill.

- Stockholm Resilience Centre. (2015). Applying resilience thinking: Seven principles for building resilience in social-ecological systems.
<http://stockholmresilience.org/download/18.10119fc11455d3c557d6928/1459560241272/SRC+Applying+Resilience+final.pdf>
- Trawick, M. (1996). *Notes on Love in a Tamil family*. Oxford University Press.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.