

AC – 20/05/20225
Item No. – 5.50 (N) Sem-III 6(c)

As Per NEP 2020

University of Mumbai



Syllabus for Open Elective (OE)

Syllabus for Open Elective under M1-M2-M3 Format

Board of Studies in Psychology

UG Second Year Programme

Semester

III

Title of Paper

Credits 4

I) Psychology of Personal Relationship

From the Academic Year

2025-26

Sr. No.	Heading	Particulars
1	Description of the course: Including but Not limited to:	The course contains various components of Psychology of Personal Relationship for the students who are opting Open Elective of Four Credits at Semester III . The topics covered in the course include various concepts related to personal relationship like friendship, and family, etc. Also Understanding and managing stresses and strains in relationships.
2	Vertical:	Major/Minor/Open Elective /Skill Enhancement / Ability Enhancement/Indian Knowledge System (Choose By √)
3	Type:	Theory
4	Credit:	4 credits (1 credit = 15 Hours for Theory)
5	Hours Allotted:	60 Hours
6	Marks Allotted:	100 Marks
7	Course Objectives: (List some of the course objectives) 1) To provide an overview of personal (close) relationships 2) To generate discussions about close relationships in the formation maintenance and stresses in relationships. 3) To explore the different factors leading to formation of relationships 4) To examine the strategies to handle personal relationships	
8	Course Outcomes: (List some of the course outcomes) After completing this course, student should be able to ... 1) Describe the development, maintenance & effects of stressors in interpersonal relationships. 2) Explain the factors contributing to relationships. 3) Appreciate the complex interplay of factors that impact relationships. 4) Apply course material to better understand everyday life and foster more effective relationships.	

9	Modules:- Per credit One module	
	Module 1: Introduction to intimate relationship	
	a) The nature and importance of intimate relationships – Intimate relationships differ from more casual associations in these ways: knowledge, interdependence, caring, trust, responsiveness, mutuality, and commitment b) What leads to forming relationships -Liking in relationships - similarity, complimentary and opposites, reciprocity, trustworthiness, mere exposure effect, looking good as factors for liking others c) The influence of experience on relationships – interactions with their caregivers & styles of attachment d) Influence of individual differences and human nature on relationships - gender, sex, personality and esteem-	

Module 2: Understanding relationships through interdependency model

- a) Interdependency in relationships, - the social exchange rewards and costs
- b) Expectations from relationships
- c) Types of relationships
- d) Economies in relationships& self-expansion model
- e) Difference between exchange vs communal relationships
- f) equitable and inequity in relationships
- g) commitment in relationships -investment model of relationships

Module 3: Friendships and family ties as important personal relationship

- a) The nature of friendship
- b) Friendship across the life cycle
- c) Differences in friendship
- d) Friendship difficulties
- e) Relationships with family members
- f) Family relationships and wellbeing - marital intergenerational, and sibling ties

Module 4: Understanding and managing stresses and strains in relationships

- a) Perceived relational value of relationships
- b) Dealing with relationship issues (hurt feelings ,ostracism, jealousy ,deception &lying , betrayal)
- c) Dealing with conflicts – understanding interpersonal conflict
- d) Instigating Events In conflicts (criticism, illegitimate demands, rebuffs, and cumulative annoyance) attribution as a cause of conflict
- e) Negotiation and Accommodation as ways of dealing with interpersonal conflict
- f) Practice The Speaker-Listener Technique -
- g) Importance of forgiveness in relationships -

10**Text Books:**

1. Miller R.S.(2015). *Intimate relationships*. (7th ed). McGraw-Hill Edu.

11**Reference Books:**

1. Baron, R. A., & Branscombe, N. R. (2017). *Social psychology*. Pearson Education India.
2. Baumeister, R. F., & Bushman, B. J. (2020). *Social psychology and human nature*. Cengage Learning.
3. Finkel, E. J., Simpson, J. A., & Eastwick, P. W. (2017). The psychology of close relationships: Fourteen core principles. *Annual Review of Psychology*, 68(1), 383-411.
4. Thomas, P. A., Liu, H., & Umberson, D. (2017). Family relationships and well-being. *Innovation in aging*, 1(3), igx025 Retrived from https://www.researchgate.net/publication/321014662_Family_Relationships_and_Well-Being

12	Internal Continuous Assessment: 40%	External, Semester End Examination: 60% Individual Passing in Internal and External Examination : 40%
13	Continuous Evaluation through: Quizzes, Class Tests, presentation, project, role play, creative writing, assignment etc.(at least 3)	
14	Format of Question Paper: for the final examination As per the University guidelines.	

Sd/-

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Dr. Vivek Belhekar
Board of Studies in
Psychology**

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Faculty of
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