

AC – 20/05/2025

Item No. –5.50 (N) Sem-III 6(d)



NEP-2020

Syllabus for Open Elective (OE)

Board of Studies in Psychology	
UG Second Year Programme (Psychology)	
Semester	III
Title of Paper	Credits -2
I) Psychology of Romantic Relationship	
From the Academic Year	2025-26

Sr. No.	Heading	Particulars
1	Description the course:	The course contains various components of Psychology of Romantic Relationship , for the students choosing it as Open Elective (OE) . The topics covered in the course include concepts related to psychological theories and key processes underlying romantic relationships. Psychological impact of relationship dissolution, emphasizing coping mechanisms and emotional well-being.
2	Vertical:	Major/Minor/Skill Enhancement / Ability Enhancement/Indian Knowledge System Open Elective (Choose By √)
3	Type:	Theory
4	Credit:	2 credits (1 credit = 15 Hours for Theory or 30 Hours of Practical work in a semester)
5	Hours Allotted:	30 Hours
6	Marks Allotted:	50 Marks
7	Course Objectives: (List some of the course objectives) 1) To explore psychological theories and key processes underlying romantic relationships, including love, attraction, communication, and conflict resolution. 2) To examine challenges, maintenance strategies, and the psychological impact of relationship dissolution, emphasizing coping mechanisms and emotional well-being.	
8	Course Outcomes: (List some of the course outcomes) After completing this course, students will be able to: 1) Apply psychological theories and research to understand relationship dynamics, communication patterns, and conflict resolution. 2) Analyze relationship challenges, maintenance strategies, and the psychological impact of breakups to develop insights into relationship well-being and resilience.	

9	Modules:- Per credit One module	
	Module 1: Foundations and Dynamics of Romantic Relationships	
	a) Theories of Love and Attraction - i. Attachment Theory ii. Sternberg's Triangular Model of Love b) Communication in Romantic Relationships - i. Best Communication Models ii. Couple Communication During Conflict iii. Destructive Patterns of Communication iv. Moving Beyond Conflict c) Sexuality - i. Sexual Attitudes ii. Sexual Behaviour iii. Sexual Satisfaction iv. Sexual Coercion	
	Module 2: Challenges, Maintenance and Endings of Romantic Relationships	
10	a) Stresses and Strains in Relationship i. Perceived Relational Value ii. Ostracism iii. Jealousy iv. Deception and lying v. Betrayal vi. Conflict: Its nature and course vii. Types of Relationship Violence b) The Dissolution and Loss of Relationships i. Changing Rate of Divorce ii. Predictors of Divorce iii. Breaking Up iv. Aftermath of Break-ups c) Maintaining and Repairing Relationships i. Maintaining and Enhancing Relationships ii. Repairing Relationships	
	Text Books: 1. Miller, R. S. (2015). <i>Intimate Relationships</i> (7th ed.). McGraw-Hill Education. 2. Garth J. O. Fletcher, Jeffry A. Simpson, Lorne Campbell, & Nickola C. Overall (2013) <i>The Science of Intimate Relationships</i>. Wiley-Blackwell.	

11	Reference Books:	
12	Internal Continuous Assessment: 40%	External, Semester End Examination: 60%

		Individual Passing in Internal and External Examination : 40%
13	Continuous Evaluation through:	Book Review, Poster Presentation, Class Tests, Project, Role play, Creative writing, Movie Review & Assignment etc.(at least 3)
14	Format of Question Paper: for the final examination As per the University guidelines.	

Sd/-

**Sign of the BOS
Chairman
Dr. Vivek Belhekar
Board of Studies in
Psychology**

Sd/-

**Sign of the Offg.
Associate Dean
Dr. Suchitra Naik
Faculty of
Humanities**

Sd/-

**Sign of the Offg.
Associate Dean
Dr. Manisha Karne
Faculty of
Humanities**

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**Sign of the Offg.
Dean
Prof. Dr. Anil Singh
Faculty of
Humanities**