SW424A: Basic Psychology for Social Work

(Theory and Practical)

Teaching hours: 75 (50+25)

Course Description

This course will introduce the students about the fundamental concepts of psychology. It has been designed to make students familiar with the basic psychological concepts, processes and its scope and fields particularly relevant to social work practice.

Course Objectives:

1. To introduce students with basic psychological concepts and processes regarding human behavior.
2. To help students find relevant application of psychology in social work practice.
3. To make student find areas of their interest for further exploration

Unit I: Introduction to Psychology (10 hr)

a. Definition and Scope of Psychology
b. Branches and Fields of Psychology – Clinical, Educational, Social, Community, Developmental.
c. Major theoretical orientations in Psychology (Biological, Psychodynamic, Behaviorist, Cognitive, Evolutionary, Humanistic)

Unit II: Determinants of human behavior (10 hr)

a) Biological determinants: Genetics, Nervous System and Glandular System
b) Social-cultural determinants: Family, Neighborhood, School, Work, Norms etc.

Unit III: Basic Psychological Concepts (15 hr)

a) Sensation and Perception
b) Emotions and Motivation
c) Memory and Forgetting
d) Learning
e) Intelligence
f) Personality, Values and Attitude

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Faculty of Humanities and Social
Master's Program in Social

Unit IV: Application of Psychology in Social Work **(15 hr)**

a) Psychopathology, Mental Health and the Psychosocial: Meaning and Definition, Causes of Psychopathology and Varieties, Concept of Health, Mental Health and Psychosocial Wellbeing

b) Developmental Hazards and Adjustment: Age related physical and psychological changes, Developmental Tasks, Hazards and Adjustments

c) Stress, Coping and Well being: Meaning and Definition, Types of Stress and Coping, Causes and Management of Stress, Psychology of Well being.

d) Positive Psychology and Happiness: Strength based approach, Subjective Well Being, Positive Thinking

e) Psychology of Child, adolescence, elderly people: Problems, Prevention and Support

Unit V: Practicum: Project Work and Report Writing **[25 LH]**

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social work principles, values, ethics, issue, practices in the world and Nepal and so on. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 15 marks allocated to this practicum.

Readings

Baron, R.A. (1999). *Psychology*. Allyn & Bacon

Diener, E. (2000). Subjective Well-Being, The Science of Happiness and a Proposal for a National Index. *American Psychologist, Special Issue on Happiness, Excellence and Optimal Human Functioning*. American Psychological Association

Feldman, R. S (2014). *Essentials of Understanding psychology*. 11 th Edition, Delhi: TATA McGraw-Hill.

Hurlock, E. (2007). *Developmental Psychology; life span approach*, 5th ed., 39th reprint

Niraula, S. (2011). *General Psychology: With O.B. Emphasis*. Buddha Academic Enterprises.

Nicolson, P. and Bayne, R. (1984). *Applied Psychology for Social Workers.* London: British Association of Social Workers.

Regmi, M.P. and Dhakal, S.(2007) *General psychology: Organizational Applications*. Quest Publication

Seligman, M. and Csikszentmihalyi, M. (2000). Positive Psychology, An Introduction. *American Psychologist, Special Issue on Happiness, Excellence and Optimal Human Functioning*. American Psychological Association.

Subba, S. and Bhatt, K. (2010). *Invitation to psychology*. Psychosocial Multiservice, Pvt. Ltd.

ARC Resource Pack Study Material Foundation Module 7 Psychosocial Support (http://www.arc-online.org)

Golightley, M. (2014). *Social Work and Mental Health,* Chapter II.