



Mahatma Gandhi University

Kottayam

Programme						
Course Name	PSYCHOLOGY OF FRIENDSHIP AND LOVE					
Type of Course	MDC					
Course Code	MG2MDCPSY100					
Course Level	100					
Course Summary	The course deals with different elements needed to maintain and manage long-lasting intimate relationships. It gives a brief understanding of different practices to build positive feelings in a relationship, nurture a conscious healthy relationship, handle gender similarities, develop strategies to foster meaningful relationships and effective management of relationship issues.					
Semester	2	Credits			3	Total Hours
Course Details	Learning Approach	Lecture	Tutorial	Practical	Others	60
		2	0	1	0	
Pre-requisites, if any						

COURSE OUTCOMES (CO)

CO No.	Expected Course Outcome	Learning Domains *	PSO No
1	Identify the key elements for building a close relationship	U	4, 10
2	Analyse strategies for maintaining ongoing relationships and understanding the principles of relationship	A	2, 4,

	satisfaction.		10
3	Develop skills to nurture and maintain long-lasting romantic relationships.	S	4, 7, 10
4	Develop skills to nurture and maintain long-lasting friendship	S	4, 7, 10
5	Determining strategies to challenge and redefine traditional gender roles for a more inclusive and equitable society.	An	4, 7, 8
6	Developing strategies to foster, maintain and manage meaningful relationships.	C	1, 2, 4, 10
<i>*Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)</i>			

COURSE CONTENT

Content for classroom transaction (Units)

Module	Units	Course description	Hrs	CO No.
	Module 1: Dynamics of Relationships and Psychology of Friendship and Romantic Relationship		15	
1	1.1	Close Relationships- Concept of healthy and unhealthy relationships Relationship development: Initial Encounter- Proximity, Attraction, Familiarity, Physical attractiveness Getting Acquainted – Reciprocal liking, Similarity Established Relationship – Maintenance of ongoing relationships Relationship satisfaction and commitment	5	1,2,3,4
	1.2	Friendship – what makes a good friend, Making and keeping friends – Meeting and keeping friends, when it is hard to make friends, Gender and sexual orientation issues Conflict in friendship	3	1,4,5

	1.3	Romantic Love- Sexual orientation and Gender differences, Triangular theory of love- role of Passion, Intimacy and Commitment Romantic love as an attachment- Attachment Styles	3	1, 2,5
	1.4	The course of romantic Love- Why do relationships end, how do relationships end and help a relationship to last Conflict in relationships- rejection sensitivity, limit setting Internet and close relationships, Developing close relationships online, Building online intimacy, Technology and interpersonal communication	4	2,3
	Module 2: Empowering Close Relationships through Understanding Gender Differences and Flourishing Positive Relationship		15	
	2.1	Gender stereotype, Gender similarities and differences in close relationships, Personality traits and social behavior – Self-esteem, Aggression, Sexual Attitudes and Behavior, Emotional expression And communication	4	5,6
2	2.2	Role expectation for males- Problems with male role – pressure to succeed, emotional realm, sexual problems Role expectation for females- Problems with female roles- Diminished career aspirations, juggling multiple roles, Economic Discrimination, Ambivalence about sexuality. Sexism: A Special Problem for Female	4	5
	2.3	Flourishing Positive Relationship: Conversation Skills, Self-Disclosure, Effective Listening, Empathy, Altruism, Kindness and Volunteering, Forgiveness	3	3,4,6
	2.4	Building a mindful relationship connection, creating a culture of appreciation, Expressing fondness and appreciation, Capitalizing on positive events Managing interpersonal conflict, Managing conflicts and resolving solvable relationship problems	4	3,4,6

	Module 3: Practicum			
3	3.1	Every student has to review a work. (Book or film) on intimate relationship and submit a report under the supervision of a teacher.	30	6
4	Teacher Specific Content:			

Teaching and Learning Approach	<p>Classroom Procedure (Mode of transaction)</p> <p>Direct Instruction: Brain storming lecture, Explicit Teaching, E-learning. Interactive Instruction: Active cooperative learning, Library work and Group discussion,</p>
Assessment Types	<p>MODE OF ASSESSMENT</p> <p>A. Continuous Comprehensive Assessment (CCA) Total marks – 30 Group Discussion MCQ Movie Review Interview Observational report (Any tasks can be assessed by the faculty)</p>
	<p>B. Semester End examination</p> <p>Essay type question – 2 out of 3 (15 marks each) Short answer type – any 10 out of thirteen (2 marks each) MCQ – 10 questions (1 mark each) One sentence/ Match the following/Fill in the blanks – 10 questions (1 mark each)</p> <p>Total marks – 70</p>

References

- Weiten, W., Dunn, D., & Hammer, E. (2018). Psychology applied to Modern life: Adjustment in the 21st Century (12th ed.). Wadsworth Cengage Learning.
- Lopez, S. J., & Teramoto Pedrotti, J. N. (2015). Positive psychology: The scientific and practical explorations of human strengths (3rd ed.). SAGE Publications.

Krish, S., Duffy, K. G., & Atwater, E. G. (2014). Psychology for Living: Adjustment, Growth, and Behavior Today (11th ed.). Pearson.

Carr, A. (2022). Positive psychology (3rd ed.). Routledge.

SUGGESTED READINGS

Branscombe, N. R., & Baron, R. A. (2017). Social Psychology (14th ed.). Pearson.

Crisp, R. J., & Turner, R. N. (2020). Essential Social Psychology (4th ed.). SAGE Publications Ltd



MGU-UGP (HONOURS)

Syllabus