

**SEMESTER – IV  
COURSE- VIII  
ENVIRONMENTAL PSYCHOLOGY**

Teaching hours per week	Credits	Internal marks	External marks	Maximum marks
5	5	25	75	100

**Course outcome:**

This course aims to provide the students, an introduction to theory, research and methods in the study of human perception and behaviour in the field of environmental psychology. It also focuses on approaches within psychology that study information processing, judgment and appraisal processes, behaviour and communication.

**Unit I. Nature and Scope of Environmental Psychology:**

- A. Earth as living system: the Gaia Hypothesis; Deep ecology
- B. Eco-cultural psychology (Berry). Bio Social Psychology (Dawson)
- C. Ecological psychology (Barker); Person Environment Transactions (Sokol; Ittelson)
- D. Research Methods in Environmental Psychology: Naturalistic observation and field surveys

**Unit II. Concepts in Environmental Psychology:**

- A. Environmental deprivation: Nature and consequences.
- B. Environmental Cognition
- C. Environmental Attitudes, Appraisals, and Assessments
- D. Managing Limited Resources: Common property resources. Sustainable development.

**Unit III. Environment and Behaviour:**

- A. Effects of behaviour on Environment: Perception, preferences and awareness of environment
- B. Effects of Environment on Behaviour: Noise pollution, chemical pollution, crowding and personal space
- C. Human Nature and Environmental Problems: Pro-social and Pro-environment behaviours.
- D. Acculturation and Psychological adaptation

**Unit IV. Practice in Environmental Psychology:**

- A. Socio-psychological dimensions of environment impact.
- B. Creating environmental awareness: Social movements (Chipko, Tehri, Narmada)
- C. Introduction to Environment Impact Assessment
- D. Introduction to socio-economic impact assessment; Social Impact Assessment (SIA): methods and reporting of SIA

### Suggested Reading:

1. Gifford, R. (2007). Environmental psychology: Principles and practice (4th ed.). Colville, WA: Optimal Books.
2. Bell, P. A., Greene, T. C., Fisher, J. D., & Baum, A. (2001). Environmental Psychology (5th edition). Toronto: Harcourt Brace College Publishers.
3. Environmental Movements in India P. P. Karan Geographical Review Vol. 84, No. 1 (Jan., 1994), pp. 32-41 Published by: American Geographical Society
4. Gadgil, M. and Guha, R. (1994), Ecological Conflicts and the Environmental Movement in India. Development and Change, 25: 101-136. doi: 10.1111/j.1467-7660.1994.tb00511.x
5. Environmental Impact Assessment Notification-2006  
<http://moef.nic.in/divisions/iass/notif/notif.htm>
- 6.

## SEMESTER – IV COURSE- IX POSITIVE PSYCHOLOGY

Teaching hours per week	Credits	Internal marks	External marks	Maximum marks
8	5	25	75	100

### Course outcome:

#### The course aims to provide the students:

- An understanding of Positive and Negative Psychology
- The ways in which it influences the body and mind.
- It's Western and eastern perspectives.
- It's Research approaches.
- Knowledge of Positive emotional states of mind and the ways to recognise them.
- The techniques to understand the positive cognitive states and retain self in that state.
- The application of positive cognitive emotions in different areas of life - work, education, ageing and health.
- The required life skills for a happy life.

After completion of this course the student can able to work as Freelancing Psychologist to motivate people who are vulnerable.

### UNIT 1: Introduction:

- A. Positive Psychology: Definition, Nature and Scope, History of Positive Psychology
- B. Perspectives on Positive Psychology: Western and Eastern views on Positive psychology and its application; Positive Psychology in India
- C. Basic areas of positive psychology, Character Strengths and virtues
- D. Research approaches to study positive psychology