



The Islamia University of Bahawalpur

Department of Applied Psychology

PSY-05704 Family Psychology (3 Cr Hrs), Spring 2020

B. S., Applied Psychology, 7th Semester, Session: 2017-21S

Course Instructor: **Mr. Ahmad Bilal**, (ahmad.bilal@iub.edu.pk)

Lecture Hours: **Mondays & Tuesdays, 1000 Hours (Room # 124)**

Course Objectives:

After completing this course, students will be able to:

1. Comprehend the basic concepts of family related studies
2. Apply psychological knowledge for understanding of family dynamics
3. Diagnose and assess family conflicts
4. Learn the techniques and perspectives for resolving family conflicts

Teaching Methodologies:

- ✓ The students will be guided through oral lectures and workshops using AV aids.
- ✓ The students will participate in class discussions to enhance their conceptual understanding of the subject
- ✓ The students will be given written assignments to enhance their writing skills.
- ✓ The students will be required to present a topic in class to enhance their communication skills.
- ✓ The students will be tested through class room discussions, by asking oral questions, and through giving quizzes.

Tentative Work Plan

Session # (90 min each)	Topics to be Covered	Assignments (to be submitted on or before)
1	Introduction Historical Background	Aspects of Human Love in context of Family (Should submit on or before <u>14th April 2020</u>) Prepare in groups and email to course instructor
2	Basic Terminology Nature and Scope	
3	Theories of Family Psychology	
4	Family in Modern Context Pakistan Vs US and Europe	
5	The Concepts of Sex and Gender Sources of Sex and Gender	
6	Role Equity and Feminist Movement	
7	Communication in Family and Relationships	
8	Foundation Blocks and Communication Skills	
9	Communication Failure and Barriers	
10	Communication and Conflicts Creating a Smoothing Communication Pattern	
11	Pre-Marital Relationship Beginning of Marital Relationship	
12	Cohabitation and Mate Selection	
13	Finding a Marital Partner	
14	Marital Life, Expectations and New Roles	

15	Marital Bond, and Marital Success	
16	Living a Healthy Marital Life	
	Mid term Examination (20th April 2020)	Students will be required to submit a detailed written assignment/research report (precisely) on the chosen topic/area of interest related to Family Psychology (09th June 2020) Prepare in groups and email to course instructor
17	Beginning of a Family Life	
18	Infertility, Causes and Solutions	
19	Parenthood: A Challenging Period	
20	Highs and Lows of Parenthood Parenting Styles	
21	Parenting in Different Developmental Era	
	Parenting in Modern Family	
22	Money Management in Family	
23	Dual Worker Family: Case of Pakistan & US	
24	Mid Life Crisis and Empty Nest Syndrome	
25	Retirement and Grand Parenting	
26	Family Crisis and Crisis Management	
27	Different Forms and Types of Crisis	
28	Marital Conflicts and Divorce	
29	Marital Conflicts and Child Custody	
30	Infidelity, Marital Enrichment	
31	Presentations I	
32	Presentations II	
	Final term Examination (22nd June 2020)	

Additional Information:

▪ Course Grading Policy:

Mid term Examination: 30%,

Final term Examination: 50%

*Sessional Evaluation: 20%

*a. Assignments: 2 in total, One in each term 5%, (Must follow APA Style, 7th edition)

b. Quiz: 2 in total, One in each term 5%

c. Presentation: 1 at the end of course work 5%

d. Class Behavior & Attitude: 5%

▪ **Consulting Hours:** By Appointment only via Email

▪ **Attendance:** Maintaining 80% attendance during the course work is imperative to be able to sit in the final term examination

NB: Five or more consecutive absences will result in struck off name from the roll call

Course Materials:

Cox, Frank D. (2006). *Human Intimacy* (10th ed.). Wadsworth.

Additional Readings will be provided by the Course Instructor and will count syllabus for the Exams

There is a link to online lectures related Families, Couples, and Relationships

https://www.youtube.com/view_play_list?p=A1DA9D11E15C116D,

All these lectures are available online, free of cost.

These lectures cover the major scheme of studies for course of Family Psychology.

The students are highly encouraged to watch each lecture fully, take notes.

The students may ask questions in the whatsapp group or by email.

The students will be tested/given quizzes through google docs through the medium of whatsapp or email.