

B.Ed. Two Year Programme

E.1 : Education for Mental Health

Maximum Marks: 100

Rationale

The paper aims to enable students to understand the nature and evolution of the discipline of mental health. It focuses on developing an informed perspective on the key concepts, issues and debates in the field. The focus is on developing practitioners in education who are able to identify and address mental health concerns and issues within the personal and social realm. The paper facilitates the development of a personal reflective approach in building sensitivity towards mental health concerns within school and community settings. It also aims to build some basic guidance and counselling skills in student teachers.

UNIT-I: Mental Health: Historical and Contemporary Perspectives

- History and Evolution of Mental Health, with special reference to the three forces of psychology.
- Key Debates and Issues in Mental Health: Mental Hygiene vs. Mental Health; Universalism vs. Cultural Relativism; Nomothetic and Idiographic approach; Statistical and Ideological Perspective.
- Notions of a Healthy Personality.

UNIT-II: Mental Health: A Life Span Perspective

- Understanding issues of mental health at home, school and society, with reference to childhood, adolescence and young adulthood.
- Mental health concerns
 - Frustration, conflict, stress and anxiety: Sources and management. Conflict and Frustration: Sources and Management
 - Development of Life Skills and Building of Resilience

UNIT-III: Mental Health in Schools

- School Based Issues and Concerns: Home-school continuity – discontinuity; diverse school contexts; mental health concerns of teachers.
- Guidance and Counselling
 - Concept, need and techniques
 - Notion of teacher as a counselor
 - Designing and evaluating mental health interventions and programmes

UNIT-IV: Social Issues in Mental Health

- Media, technology and communication
- Contemporary lifestyles and related issues
- Negotiating stereotypes: Gender, caste, class, region, and religion.
- Gender roles and sexual orientations
- Religion and Morality

Suggested Practicum

Students are expected to undertake three practicum tasks which may be as follows:

- Collect and analyse five newspaper reports or articles from magazines or research papers from journals each, on at least **three** different themes, such as: Violence and

aggression in schools; insensitive teacher attitudes; parental pressures and inter-generational conflicts; academic stress and competitiveness; substance abuse in school going children; peer sub cultures.

- Identify a Feature Film or Documentary film depicting one or more mental health issues and concerns. Draft an in-depth review based on your understanding of the issues in Mental Health as well as Educational Psychology.
- Choose a mental health issue and identify at least three resources that can be used to develop a deeper understanding on the concern. Present your understanding through annotations of the resources and share them in the mental health group.
- Identify mental health concerns of school going children across the different life stages. Develop a detailed report on the same based on your observations in schools.
- Identify stereotypes presented, propagated, or challenged, in popular media such as magazines, films, television, radio, etc. and analyse the same.
- Conduct a field based project on teachers' mental health concerns through observations and interviews. Develop a report of the same and give suggestions for promotion of mental health of school teachers.
- Identify the various community based mental health services offered in your residential area. Visit any one NGO/ clinic/ hospital providing mental health services and document the experiences of practitioners in the setting, particularly those that relate to school going children.
- Develop a questionnaire and conduct a brief survey to identify and analyse social perceptions towards mental health and illness.

Suggested Reading List

Books

Agochiya, D. (2010). Life Competencies for Adolescents: Training Manual for Facilitators, Teachers and Parents. New Delhi: Sage.

Archer, S.L. (1994). Interventions for Adolescent Identity Development. New Delhi: Sage.

Atwater, E. (1994). Psychology for Living: Adjustment, Growth and Behaviour Today. (5thed.). New Jersey: Prentice Hall.

Baron, Robert. (2000). Psychology. (3rd ed.). New Delhi: Prentice Hall.

Bernard, H. W. (1951). Towards Better Personal Adjustment. New York: McGraw Hill.

Bernard, H. W. (1961). Mental Hygiene for Classroom Teachers. New York: McGraw Hill.

Bhatnagar, A. and Gupta, N. (Eds).(1999). Guidance and Counselling, Vol. I: A Theoretical Perspective, New Delhi: Vikas.

Bhatnagar, A. and Gupta, N. (Eds). (1999). Guidance and Counselling, Vol. II: A Practical Approach. New Delhi: Vikas.

Capuzzi, D. and Gross, D. R. (1991). Introduction to Counselling: Perspectives for the 1990s. Massachusetts: Allyn and Bacon.

Caroll, H. A. (1952). Mental Hygiene: The Dynamics of Adjustment. New York: Prentice Hall.

- Carson, R. C., Butcher, J. N., Mineka, S. (2000). *Abnormal Psychology and Modern Life*. (11thed.). New Delhi: Pearson Education.
- Chowdhary, G.B. (2014). *Adolescence Education*. New Delhi: PHI.
- Davar, B. (2001). *Mental Health from a Gender Perspective*. New Delhi: Sage.
- Dusek, J. B. (1991). *Adolescent Development and Behaviour*. New Jersey: Prentice Hall.
- Goode, William. (1994). *The Family*. (2nd ed.). New Delhi: Prentice Hall
- Hariharan, M. and Rath, R. (2008). *Coping with Life Stress: The Indian Experience*. New Delhi: Sage.
- Martin, G. L. and Osborne, G. J. (1989). *Psychology, Adjustment and Everyday Living*. New Jersey: Prentice Hall.
- Nayar, U.S. (Ed.) (2012). *Child and Adolescent Mental Health*. New Delhi: Sage.
- Paloutzian and Santrock.(2005). *Psychology of Religion Module*.In J. W. Santrock.*Psychology*. (7th ed.). New Delhi: Tata Mc-Graw Hill.
- Patel, V. and Thara, R. (Ed).(2003). *Meeting the Mental Health Needs of Developing Countries*. New Delhi: Sage Publications
- Ranganathan, N. (Ed.) (2012). *Education for Mental Health*. New Delhi: Shipra.
- Saraswathi, T. S., Brown, B. B. and Larson, R. W. (2002). *The World's Youth: Adolescence in Eight Regions of the Globe*. Cambridge: Cambridge University Press.
- Schaefer, C. E. and Millman, H. L. (1981). *How to Help Children with Common Problems*. New York: Van Nostrand Reinhold Company.
- Spielberger, C. (1979). *Understanding Stress and Anxiety: A Life Cycle Book*. London: Harper and Row.
- Veeraraghavan, V., Singh, S. and Khandelwal, K. (2002). *The Child in the New Millennium*. New Delhi: Mosaic Books.
- Verma, S. and Saraswathi, T.S. (2002). *Adolescence in India: An Annotated Bibliography*. Jaipur: Rawat.

Research Papers

- Arnett, J. J. (2007). *Suffering, Selfish, Slackers? Myths and Reality about Emerging Adults*. *J Youth Adolescence*. 36. 23–29.
- Gupta, L. (2008). *Growing Up Hindu and Muslim: How Early Does it Happen?* *Economic and Political Weekly*.43(6).35-41.
- Kakar, S. (2007). *Family Matters*. *India International Centre Quarterly*. 33 (3/4). 214-221.
- Ranganathan, N. (2008). *Changing Contours of Family Dynamics in India: A Perspective*. Paper presented at National Conference on India in the 21st Century. Mumbai: University of Mumbai.
- Ranganathan, N. (2011). *Puberty, Sexuality and Coping: An Analysis of the Experiences of Urban Adolescent Girls*. In A. K. Dalal and G. Misra (Eds.). *New Directions in Health Psychology*.(pp 141- 154). New Delhi: Sage.
- Razzack, A. (1991). *Growing up Muslim*. *Seminar*. 387. 30-33.

Thapan, M. (2001). Adolescence, Embodiment and Gender Identity in Contemporary India: Elite Women in a Changing Society. *Women's Studies International Forum*. 24(3/4). 359-371.

Documentaries and Films:

Alexander, A. (2014). *Elee: The Invisible Child* [Animation]. India: NID (Diploma Project).

Bandyopadhyay, M. (2006). *Being Male, Being Koti* [Documentary]. India: PSBT.

Sanyal, A. (Director). (2011). *A Drop of Sunshine* [Documentary]. India: PSBT.

Srinivasan, A. (Director). (2009). *I Wonder...* [Documentary]. India: PSBT.

Farooqui, S. and Hassanwalia, S. (2013). *Bioscope: Non Binary conversations on Gender and Education* [Documentary]. India: Nirantar.