

Information sheet for the course Psychology of Health

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| University: <i>Alexander Dubček University of Trenčín</i> | |
| Faculty: <i>Faculty of Social and Economic Relations</i> | |
| Course unit code: <i>KSaHV/lz23PVd/14</i> | Course unit title: <i>Psychology of Health</i> |
| Type of course unit: <i>compulsory optional</i> | |
| Planned types, learning activities and teaching methods: <i>2 hours per week. Full-time, 28 hours per semester</i> | |
| Number of credits: <i>3</i> | |
| Recommended semester: <i>6th semester in the 3rd year of study (full-time)</i> <i>8th semester in the 4th year of study (part-time)</i> | |
| Degree of study: <i>I. (Bachelor)</i> | |
| Course prerequisites: <i>none</i> | |
| Assessment methods: <i>Written test during the examination period. Making a presentation of projects - 75%. Credits will be awarded to students who successfully write a final project. Assessment: A: 90-100 points, B: 80-89 points, C: 70- 79 points, D: 60-69 points, E: 50-59 points.</i> | |
| Learning outcomes of the course unit: <i>Upon successful course completion, students will have a relatively comprehensive knowledge of modern psychology of health, as well as aspects and risks of mental health. Students will understand the background and objectives of the use of psychological knowledge in the areas of mental health, self-knowledge and self-development. Students will become familiar with health issues, mental health and diagnosis, as well as mental illnesses. Students will understand the psychological factors which play an important role in maintaining health, coping with stress and difficult life situations, regeneration and recovery of mental health. Students will learn how to practically apply theoretical knowledge related to mental health and mental illnesses. Students will be able to do relaxation exercises, meditation and imaginative exercises to maintain their mental health.</i> | |
| Course contents: <i>1. Introduction - the content of the course, basic terminology.</i> <i>2. Mental hygiene from a historical perspective.</i> <i>3. Psychological health - physical health impact on the psyche, psychosomatics, problems of chronic diseases.</i> <i>4. Mental health.</i> <i>5. Diagnosis of mental health. Components of mental health.</i> <i>6. Self-knowledge, self-regulation, self-development, self-management.</i> <i>7. Typologies of mental health (Jung, Friedman, McClelland, Kobasova).</i> <i>8. Stress and stressors. Physiological and psychological symptoms of stress.</i> <i>9. Coping strategies.</i> <i>10. Objective and subjective psychological working conditions.</i> <i>11. Mental work manager. Time-management.</i> <i>12. Regeneration, relaxation.</i> <i>13. Selected issues in psychotherapy.</i> | |
| Recommended / required reading: <i>Živčicová, E.: Základy psychológie. TnUAD, Trenčín 2011</i> <i>Živčicová, E.: Základy psychológie učenia. Univerzita Jana Amose Komenského, Praha 2011</i> <i>Živčicová E.: Základy psychológie. Učebné texty. TnUAD, Trenčín 2006</i> <i>Živčicová, E.: Profesionálna komunikácia. In: Finančný manažment a controlling. Iura Edition, Bratislava 2008</i> | |

Živčicová, E.: Neverbálna komunikácia. In: *Personálny manažment nielen pre personalistov*. Iura

Edition,, Bratislava 2009

Bartunková, S.: *Stres a jeho mechanizmy*. Karolinum, Praha 2010

Boroš, J. : *Úvod do psychológie*. IRIS, Bratislava 2002

Boroš, J. – Ondrišková, E. – Živčicová, E.: *Psychológia*. IRIS, Bratislava 2000

Bratská, M.: *Zisky a straty v záťažových situáciách - alebo príprava na život*. Práca, Bratislava 2001.

Drotárová, E. – Drotárová, L.: *Relaxační metody*. Epoque, Praha 2003

Krivohlavý, J.: *Psychologie zdraví*. Portál, Praha 2001

Míček, L.: *Duševní hygiena*. SNP, Praha 1989

Ponešický, J.: *Psychosomatika pro lékaře, psychoterapeuty i laiky*. Triton, Praha 2002

Časopis FSEV – Sociálno-ekonomická revue

Language: Slovak

Remarks:

Evaluation history: 0

| A | B | C | D | E | FX |
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| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

Lectures: PhDr. Eva Živčicová, PhD.

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Supervisor: doc. Mgr. Sergej Vojtovič, DrSc.