# Psychology of Interpersonal Relations

## Prof. Silvia Donato; Prof. Sara Martinez Damia

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course aims to provide students with the basic elements of Psychology of Interpersonal and Social Relations.

In particular, the aim is to provide the basic categories for understanding the realities of various microsocial (couple, family, small groups) and macrosocial (social groups, communities) contexts from a relational perspective.

*Knowledge and understanding and ability to apply knowledge and understanding*

At the end of the course, students will be able to:

- interpret complex social contexts;

- interpret family dynamics and plan support interventions;

- apply the relational-intergenerational perspective in interpreting social contexts.

*Autonomous judging skills*

At the end of the course, students will be able to autonomously study in depth what they have learned about the psychology of interpersonal and social relationships, in order to develop an ever-greater autonomy of judgment in their knowledge of interpersonal and social relationships and the reading of contexts in which they are located.

*Communication skills*

At the end of the course, students will be able to clearly and appropriately convey to both a specialist and non-specialist audience, their knowledge regarding the interpersonal and social relationships addressed during the course.

*Learning ability*

While class attendance constitutes a relevant teaching aid, at the end of the course students will possess the basic tools to improve and deepen their knowledge of interpersonal and social relationships in the different contexts covered.

***COURSE CONTENT***

During the semester, the lecturers will take turns in teaching.

The first part of the course will be largely devoted to a foundational reflection on the topic of group and community complexity and belonging as constitutive aspects of an individual's identity, and on the mechanisms underlying the ways in which interpersonal and social relationships change over time.

Unit 01 Key words of the course: the community and its components

Unit 02 Keys to interpreting interpersonal and social relationships

Unit 03 Identity and change in interpersonal and social relationships

A second part of the course will be dedicated to an in-depth study of the most intimate interpersonal relationships. In particular, topics related to the different relationships within the family and their development throughout the family life cycle, as well as the distinction between family and the small group (informal and professional) will be discussed.

Unit 04 Meaningful interpersonal relationships: the family

Unit 05 Historical and theoretical notes on the study of the family

Unit 06 The couple relationship

Unit 07 The parent-child relationship

Unit 08 The family with elderly

The third part of the course will focus on the macrosocial dimension, with particular attention to the dynamics between interpersonal relationships and community relations in some critical contexts. In particular, issues relating to the topics of migration, volunteering, interrupted relationships, the dynamics of stereotypes and prejudice, and the relationships of adolescents with significant figures will be addressed.

Unit 09 Interpersonal and social relationships in the migration field

Unit 10 Interpersonal and social relationships in the volunteering field

Unit 11 Interpersonal and social relationships at work: the family business

Unit 12 Interpersonal and social relationships and new technologies

Unit 13 Interpersonal and social relationships in the field of teenagers

***READING LIST***

* P. Amerio, *Vivere insieme. Comunità e relazioni nella società globale,* Il Mulino, Bologna, 2017.
* R. Iafrate – E. Scabini, *Psicologia dei legami familiari,* Il Mulino, Bologna, 2019.

One text chosen from the following:

* Donato S. & Pagani A. F., *La relazione di coppia. Gestire eventi positivi e negativi,* Carocci Faber, Roma, 2018.
* C. Manzi - C. Gozzoli, *Sport: prospettive psicosociali,* Carocci, Roma, 2009
* D. Marzana-S. Alfieri, *Mi impegno in tutte le lingue del mondo. L'attivismo dei giovani immigrati come promotore di benessere e integrazione,* Rubettino, Roma 2015.
* Alfieri S. - Marta E.- Bignardi P. (edited by ), Adolescenti e relazioni significative. Indagine generazione z 2018-2019. Vita e Pensiero, Milano, 2020
* Marta E.- Alfieri S. - Bignardi P. (edited by). *Verso una nuova meta.... Indagine Generazione Z 2020-2021*. Vita e Pensiero, Milano, 2022.

Further reading references will be provided by the lecturers during the course, together with further work material.

A blackboard will be activated on which students will be able to find all the teaching material produced during the course and any useful material for exam preparation.

In addition to the basic texts and chosen text, the exam material will include the lecture notes, lecture slides and all materials made available on the Blackboard platform, including any forum content.

***TEACHING METHOD***

Frontal lectures together with practical classes aimed at encouraging active learning of processes and interpersonal and group dynamics as well as their possible applications to social interventions.

Opportunities for reflection and work will be provided by examples from literature, cinema, and other forms of expression and social communication.

A Blackboard will be activated on which students will be able to find all the teaching material produced during the course and any useful material for exam preparation.

***ASSESSMENT METHOD AND CRITERIA***

The exam includes an oral test aimed at verifying students' basic knowledge of interpersonal and social relationships and the theoretical reading keys provided during the course, their command of specific language, and any in-depth interpretation of contents. Students will be assessed on the following: their demonstration of a consolidated basic theoretical knowledge (30% of the mark), their ability to detect and discuss links between the various topics covered in the course (35% of the mark), and their capacity for critical and personal reflection (35% of the mark).

***NOTES AND PREREQUISITES***

There are no prerequisites for attending the course. However, knowledge of the Social Psychology course contents and functioning of groups is assumed.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG, or on the Faculty notice board.