

Not Law

Elective course description

“Manhood and Womanhood in Contemporary Society”

The course focuses on the subjective well-being of two demographic groups, primarily young men and women, in overcoming challenges of the new social era. Integration of soft and hard skills in the educational, professional, economic, ideological, and cultural spheres of life demands that contemporary youth reach psychological maturity at an earlier age compared to older generations. For their development, young men and women should understand the differences between generations in terms of knowledge, skills, values, and gender attitudes, both in the past and today, especially within their own "Z" generation, including their social status, dreams, and aspirations. Students should become acquainted with the necessity of developing the "Big Five" traits, the importance of having an internal locus of control, and achieving internal job satisfaction. Students should discover the importance of self-realization in educational and professional activities as a feedback mechanism for achieving well-being through the study and application of positive psychology. Knowledge about healthy individual functioning and gender differences in psychological behavior disorders, including personality disorders, will help students understand the roots of abnormal psychology and ways to overcome stress by perceiving micro-stresses as everyday routine.

As the new generation is more oriented towards sexual and gender maturity and equality, they should also receive similar scientific knowledge about the opposite sex's physical development and the psychological communication culture. This will help them escape toxic friendships and intimacy while seeking and strengthening romantic relationships and understanding the psychology of perfect love according to Love theory. This is a core challenge in modern youth personality development: intimacy or isolation. Students will explore the concept of well-being in different social and sexual cultures, traditional and partnership families, family creation, identifying genuine love, healthy sexuality, and understanding the roots of abnormal behavior. They will also discuss Gender Global Equality and Gap Indexes.

Psychological knowledge about sex differences in neurological psychopathology and personality disorders will help students to understand the importance of leading the healthy lifestyle. Students should analyze the path to success for men and women, including stereotypical perceptions of the "weak/strong sex," the influence of feminist ideas, and the need to overcome a wide range of gender-related challenges and stereotypes. This course is about similarities and differences in emotions, cognitions, and behaviors of males and females. The point of view - nature or nurture - will be the subject of study in the field of gender psychology, with particular emphasis on differences in the socialization process of men and women. Students will also become familiar with the important indicators of gender equality, such as the Gender Development Index (GDI), used to measure gender inequalities across three dimensions of human development: health; education; and command over economic resources.

*Wayne Wei ten, Margaret A. Lloyd, Psychology Applied to Modern life. Adjustment to the 21-st Century. Eight editions, Thomson: Wadsworth, First Indian reprint, 2007, 509 p.*

*Arnett J.J. Emerging adulthood: The winding road from the late teens through the twenties. New York: Oxford University Press; 2004.*