

PSY – 315: Cross Cultural Psychology (3 CHs)

Course Pre-requisite: None

Course Description:

This course offers an introduction to the field of Cross-Cultural Psychology through the scientific study of how cultural contexts shape human behavior and psychological processes. Students will explore how values, norms, cognition, and socialization differ across cultural groups, and examine the methodological tools used in comparative research. Emphasis is placed on applying cross-cultural knowledge to areas such as healthcare, education, counseling, immigration, and community settings.

Course Objectives:

This course is designed to:

- Explain key concepts, theories, and debates within cross-cultural psychology.
- Analyze how cultural variables shape psychological processes and human behavior.
- Evaluate methodological approaches used in cross-cultural research.
- Understand different cultures in Pakistan and their behaviors.

Course Learning Outcomes:

Upon successful completion of this course, the students will be able to:

1. Define and explain major theories, concepts, and themes in Cross-Cultural Psychology.
2. Differentiate between cultural psychology and cross-cultural psychology and articulate their theoretical and methodological distinctions.
3. Evaluate the role of culture in shaping psychological processes, including cognition, emotion, motivation, identity, communication, and socialization.
4. Critically analyze how traditional Western perspectives have shaped psychological research and identify culturally inclusive alternatives.
5. Demonstrate awareness of how cultural characteristics in Pakistan such as religion, ethnicity, socioeconomic status, and gender influence human behavior and mental processes.
6. Interpret and assess the methodological tools used in cross-cultural research, including issues of bias, equivalence, and validity.
7. Apply cultural knowledge to real-world contexts in counseling, education, healthcare, immigration, and community engagement.
8. Foster cultural competence, including sensitivity, respect, and appreciation for diversity and multicultural perspectives.

Course Contents:

- What is Cross-Cultural Psychology?

- The sense of self, identity and culture
- Cross-Cultural research
- Emotions
How emotions are shaped by culture, context, and experience
- Human development and Socialization
How developmental stages and socialization processes shaped by cultural norms, parenting values, and psychological theories impact growth from prenatal life throughout late adulthood
- Perception, Cognition, Interaction and Communication
How cultural values and cognitive processes shape perception, social attribution, conformity, and communication styles across diverse societies.
- Motivation and Behaviour
How biological, psychological, and sociocultural factors shape motivation and behavior ranging from evolutionary drives and unconscious influences to cultural differences in achievement, aggression, and sexuality.
- Cross-Cultural lens on Psychological Disorders
- Well-being Across Cultures
- Applied Cross-Cultural Psychology in different settings
- Cultural Models of Mental Illness
- Structural Violence and Social Suffering
- Kinship, Care, and Emotional Economies
- Ritual, Symbolism, and Healing
- Ethnopsychiatry and Indigenous Knowledge Systems with reference to Pakistan

Textbook:

Shirae, E. B., & Levy, D. A. (2020). *Cross-Cultural Psychology* (7th ed.). Taylor & Francis.

Other Useful Resources/readings:

American Psychological Association. (2020). *Publication manual of the American Psychological Association 2020: the Official Guide to APA style* (7th ed.). American Psychological Association.

Bhugra, D., Watson, C., & Wijesuriya, R. (2021). Culture and mental illnesses. *International Review of Psychiatry*, 33(1–2), 1–2.
<https://doi.org/10.1080/09540261.2020.1777748>

Danto, D., & Zangeneh, M. (Eds.). (2022). *Indigenous knowledge and mental health: A global perspective*. Springer. <https://doi.org/10.1007/978-3-030-71346-1>

Farmer, P. (1996). On suffering and structural violence: A view from below. *Daedalus*, 125(1), 261–283. <https://www.jstor.org/stable/20027362>

Oishi, S., Diener, E. F., Lucas, R. E., & Suh, E. M. (1999). Cross-cultural variations in predictors of life satisfaction: perspectives from needs and values. *Personality and Social Psychology Bulletin*. 1999, 25, 980-990. doi: 10.1177/01461672992511006

- Stewart, P. J., & Strathern, A. J. (Eds.). (2021). The Palgrave handbook of anthropological ritual studies. Palgrave Macmillan. <https://doi.org/10.1007/978-3-030-76825-6>
- Suh, E. M., & Oishi, S. (2004). Culture and subjective well-being: Introduction to the Special Issue. *Journal Of Happiness Studies*, 5(3), 219-222. doi:10.1007/s10902-004-8783-y
- Thelen, T. (2015). Care as social organization: Creating, maintaining and dissolving significant relations. *Anthropological Theory*, 15(4), 497–515. <https://doi.org/10.1177/1463499615600893>