SYLLABUS and COURSE GUIDE

ASIA IN TODAY’S WORLD (ATW)
2016
Kyushu University
Fukuoka
Japan

Asian Studies Course (ASC)

AS1603
MIND AND BEHAVIOUR ACROSS ASIA
1. COURSE CODE: AS1603

2. COURSE NAME: MIND AND BEHAVIOUR ACROSS ASIA

3. CREDIT: 2 UNITS

4. COURSE STATUS: ELECTIVE

5. SYNOPSIS

This subject aims to understand the mind and behaviour among people from various cultures across Asia with cross-cultural psychology perspectives. The unique cultural elements related to psychology from Asian perspectives rooted in the system of thought based in or gleaned from Asian cultures will be introduced. With the trend that cross-cultural elements are emphasised more than before, psychologists in Asia now do research and practice by incorporating Asian values and perspectives despite adopting solely the theories and knowledge from the West. The experiences and values from many distinct cultural, ethnic and nation groups within and originating from the continent of Asia are incorporated in understanding various psychology topics related to Asian people mind and behaviour such as beliefs, values, personality, psychopathology, psychotherapy, social behaviours, relational styles and cognitive processes. Collectivism in Japanese culture, Asian value on family, Confucianism, the role of religions mainly Islam, Buddhism, Christianity, Hinduism and folk beliefs are among the key examples.

The classes are in the form of interactive teaching by employing multiple modes of delivery including lectures, discussions, group activity, practicum and presentation. The students will be guided to observe and reflect personal cross-cultural experience in Japan and other Asian countries. Those experiences will link to theories and models for easy, interesting and deeper understanding. Cross-cultural discussions and experiences sharing among the students are expected in order to explore how the histories, languages and sociocultural practices of people from Asia and other parts of the world have cross influences on Asian people mind and behaviour.

6. PREREQUISITE: NONE

7. REFERENCES
(There is no specific textbook for this course. Various references are listed here. Additional references will be given from time to time during the classes)


References in Asian languages


井上孝代 留学生の異文化間心理学ー文化受容と援助の視点から 玉川大学出版部 2001

妙木浩之（編） 日常臨床語辞典 誠信書房 2006

高松里(編) サポート・グループの実践と展開 金剛出版 2009

横田 雅弘 (著), 白土 悟 (著) 留学生アドバイジングー学習・生活・心理をいかに支援するか ナカニシヤ出版 2004

杨国枢、黄光国、杨中芳 《华人本土心理学》 博雅华人本土心理学 2008

8. LEARNING OUTCOME MATRIX

PO1 – knowledge application  PO5 – communication
PO2 – practical skills  PO6 – social responsibility
PO3 – critical thinking  PO7 – etics and professionalism
PO4 – life long learning  PO8 – entrepreneurship
<table>
<thead>
<tr>
<th>No</th>
<th>Course Outcome (CO)</th>
<th>Programme Outcomes (PO)</th>
<th>Teaching methods</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>PO1</td>
<td>PO2</td>
<td>PO3</td>
</tr>
<tr>
<td>1</td>
<td>Introduce the concept of mind and behaviour – the field of psychology from Asian perspectives.</td>
<td>3</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>Cultivate cross-cultural awareness and sensitivity in understanding human behaviour and mind, particularly among Asian people.</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>To experience multi-cultural support group.</td>
<td>1</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>To have better understanding on Japanese mind and behaviour.</td>
<td>3</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>To have practical experience on stress management and relaxation technique through Japanese rehabilitation psychological technique of dousa hou (動作法).</td>
<td>1</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

1= little emphasis on the course outcomes, 2= moderate emphasis, 3= a lot of emphasis
### 9. COURSE INSTRUCTOR:
GAN CHUN HONG  
E-mail: gchong6896@yahoo.co.jp

### 10. TEACHING PLAN

<table>
<thead>
<tr>
<th>No</th>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
<th>Class activity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>WEEK ONE : Japanese Mind and Behaviour</strong></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>19/7/16</td>
<td>13:00-14:30</td>
<td>Introduction to mind and behaviour from Asian perspectives</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>2</td>
<td>20/7/16</td>
<td>13:00-14:30</td>
<td>Japanese mind and behaviour</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>3</td>
<td>21/7/16</td>
<td>10:30-12:00</td>
<td>The psychology of shame and guilt in Japanese culture</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>4</td>
<td>22/7/16</td>
<td>13:00-14:30</td>
<td>Japanese clinical dousa hou (動作法) for stress management and self relaxation</td>
<td>Practicum on dousa hou</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>WEEK TWO : Asian Mind and Behaviour</strong></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>25/7/16</td>
<td>13:00-14:30</td>
<td>Confucianism in Asian psychology</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>6</td>
<td>26/7/16</td>
<td>13:00-14:30</td>
<td>Mind and behaviours of overseas Chinese</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>7</td>
<td>27/7/16</td>
<td>13:00-14:30</td>
<td>Cross cultural adaptation for foreign students in Japan</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>8</td>
<td>28/7/16</td>
<td>13:00-14:30</td>
<td>Cross-cultural support group</td>
<td>Practicum on support group activity</td>
</tr>
<tr>
<td>9</td>
<td>29/7/16</td>
<td>13:00-14:30</td>
<td>God and individual psychological experience in Islamic and Malay context</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>WEEK THREE : Religion and Mental Health in Asia</strong></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>1/8/16</td>
<td>13:00-14:30</td>
<td>Mind and behaviour abnormalities with psychotherapy in Japan and Asia</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>11</td>
<td>2/8/16</td>
<td>13:00-14:30</td>
<td>Christianity in relation to mind and behaviour among people in South East Asia</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>12</td>
<td>3/8/16</td>
<td>13:00-14:30</td>
<td>Ayurveda and mental health in Indian culture, Hinduism and Buddhism</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>13</td>
<td>4/8/16</td>
<td>10:30-12:00</td>
<td>Presentation on cross-cultural psychology observation and experience</td>
<td>Student’s presentation</td>
</tr>
<tr>
<td>14</td>
<td>4/8/16</td>
<td>13:00-14:30</td>
<td>Culture bound syndrome, folk beliefs and traditional healers in Asia</td>
<td>Lecture and discussion</td>
</tr>
<tr>
<td>15</td>
<td>5/8/16</td>
<td>10:30-12:00</td>
<td>Revision, conclusion and take home examination</td>
<td>Discussion and sharing</td>
</tr>
</tbody>
</table>

Duration for each class: 1 ½ hours
Lecture hours: 12.0 hours +-  
Practicum: 3.0 hours +-  
Presentation: 1.5 hours +-  
Discussion: 6.0 hours +-  
Assignment and evaluation: 22.0 hours +-  
Self learning and preparation: 47.5 hours +-  
Total learning hours: 92.0 hours +- (For two-unit course)

12. MODE OF EVALUATION

Assignment 1 20%  
Assignment 2 20%  
Reflection exercise on support group practicum 10%  
Presentation on cross-cultural observation and experience 10%  
Participation and discussion in class 10%  
Take home examination 30%  
100%

13. ASSIGNMENT

General instructions for all printed assignments:
1. Style: 1.5 line spacing. 11 point font. Print on both pages is allowed but make sure the order is clearly stated.
2. Give the assignment your own title. Be dare to create interesting and impressive titles.
3. Use your creativity and own words to produce an assignment that reflect your own personality. Diagrams, illustrations, tables etc. may be included but will not be counted as part of the total pages.
4. Do not plagiarize. All references must be stated.
5. Include the following details when submitting: Name, matrix number, name and code of the course, date etc..

Assignment 1 (Week 1): Cross-cultural experience and comparison in Japan (20%)

Goals:
1. To practice cross-cultural observational skills.
2. To create cross-cultural awareness.
3. To better understand the mind and behaviour in Japanese society from psychological perspectives.

Tasks:
1. Explore your life during your stay in Japan.
2. Choose a phenomenon that you are aware of.
3. Perform cross-cultural psychological observation on the phenomenon related to mind and behaviour.
4. Compare the observation and experience with your own culture or the community where you are from.
5. Write a short report on what you have found out in about 3 to 4 pages.
6. You are required to present this assignment and discuss it in class.

**Assignment (Week 2): Japanese mind and behaviour through language (20%)**

Goals:
1. To understand the value and thought in Japanese language from psychological perspective.
2. To make cross-cultural psychological comparison on languages.

Tasks:
1. While learning Japanese language, choose a word or phrase that you are interested in.
2. Understand the word or phrase from psychological perspective, the values and thoughts in it by relating to Japanese mind and behaviour.
3. Compare whether there is any similar word, phrase or expression in your own language or any other languages that you know of – how are they similar or different?

For example, you choose a Japanese word: “itadakimasu (いただきます)” – Think about the values and thoughts when Japanese say it. Is it any similar word in other languages that expresses the similar values and ideas? What are the psychological connotations in the word? What are the mind and behaviour that are related to the word?
4. Report your thoughts and ideas in about 2 to 3 pages.

Note: Further guidance and discussion on all the assignments will be conducted in the classes.

* This course guide is subjected to change depends on necessity and latest development.

Prepared by
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