

PSYCHOLOGY OF ADJUSTMENT

Semester	Subject Code	Category	Lecture		Theory		Practical	Credits
			Hrs/ Week	Hrs/ Sem	Hrs/ Week	Hrs/ Sem		
III	21NPS3A	NME-I	02	30	01	15	15	02

COURSE OBJECTIVE

This course gives knowledge about benefits of adjustments in relationship.

COURSE OUTCOMES

On successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	State the basics of adjustment	K1
CO2	Understand the behaviours and adjustment needed during adolescence	K2
CO3	Discuss the course of romantic love	K2
CO4	Determine the essential marital adjustment	K2
CO5	Outline the challenges prevailing in the workplace	K2

MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	S	M	M	M	M
CO2	S	S	S	S	M	M
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S
CO5	S	S	S	S	S	S

S- Strong M-Medium L-Low

UNIT I

6 Hours

DYNAMICS OF ADJUSTMENT

Meaning- Nature of adjustment-Process of adjustment –Models of adjustment- Maladjustment: Symptoms-Adjustment mechanisms (Coping behaviours)-The Roots of happiness

UNIT II

6 Hours

ADJUSTMENT DURING ADOLESCENCE

Definition-Physical development- Learning to adapt with physical changes-Emotional adjustment- Social adjustment- Friendship -Peer group influences –New social grouping.
Personality traits during adolescence- Sources for Personality Development-Family adjustment.

UNIT III

6 Hours

ADJUSTMENT DURING ADULTHOOD

Love- Factors influencing Initial encounter- Proximity, Familiarity, Physical attraction- Romantic love- Triangular theories of Love- The Course of romantic love.
Loneliness: Sources- Ways to cope up with loneliness.

UNIT IV

6 Hours

ADJUSTMENT AS A FAMILY

Adjustment during Family Life Cycle-Marital adjustment- Vulnerable areas in marital adjustment - Divorce - Causes -Adjusting to Divorce.
Alternatives to Marriage: Remaining Single- Cohabitation- Gay relationship

UNIT-V

6 Hours

ADJUSTMENT AT THE WORKPLACE

Work Place Trends- The changing work force – Sources of organisational hazards: Job Stress- Sexual harassments-Unemployment –Workaholism.
Coping with Organizational hazards: Work Life Balance-Leisure and recreation

Practicum:

(Note: Minimum of any two practicum should be carried out)

- Discussion of real-life experiences of successful adjustments made by people
- Reflective exercises to understand personal strengths and weaknesses in relation to family life.
- Relaxation techniques to cope up with occupational stress
- Time management work sheet to balance work and life

Distribution of Marks: Theory 100% and Problems 0%**TEXT BOOKS:**

S.No	Authors	Title	Publishers	Year of Publication
01	Wayne Weiten, Margret A. Lloyd.	Psychology Applied to modern Life: (7 th Edition).	Thompson Wadsworth, Singapore	2004
02	Crisp, R.J. and Turner, R.N	Essential Social Psychology.	Sage Publications New Delhi	2007

REFERENCE BOOKS:

S.No	Authors	Title	Publishers	Year of Publication
01	Eastwood Atwater	Psychology for Living: Adjustment, Growth, and Behavior Today (5th Edition)	Prentice Hall College Division.	2001
02	Olson, D. H., DeFrain, J., &Skogrand, L.	Marriages and Families: Intimacy, Diversity and Strengths	McGraw Hill: New York.	2018

WEB SOURCES:

- <https://booklibrarian.com/bookfile/readonline.php?book=psychology-applied-to-modern-life-adjustment-in-the-21st-century>
- <https://www.slideshare.net/shashipanghalvmlg/adjustment-75811195#:~:text=Adjustment%20is%20a%20compromise%20between,society%20in%20which%20he%20lives.&text=Adjustment%20is%20a%20continuous%20process,between%20himself%20and%20his%20environment.>

TEACHING METHODOLOGIES:

- Discussion
- Case Analysis
- Visual aids
- Assignment and Seminar

SYLLABUS DESIGNER:

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