

**JYOTI NIVAS COLLEGE AUTONOMOUS
DEPARTMENT OF PSYCHOLOGY
SYLLABUS FOR 2024-25 BATCH AND THEREAFTER
I SEMESTER**

Core Paper 3: Adjustment And Human Relationships

Program: B.Sc. Psychology (Single Major)

No. of Hours: 56 Hrs

Credit: 3

COURSE OBJECTIVES:

- Introduction to the various concepts of adjustments.
- Provide a theoretical background to the functioning of adjustment in daily living.
- To help understand adjustments as part of human behaviour this meets various needs of daily functioning and maintains equilibrium.
- To help understand adjustments as a personality variant and various strategies to develop healthy adjustment.

LEARNING OUTCOMES:

- Understanding of the dynamics of adjustment
- Understanding of the various adjustment issues and problem solving methods.
- Insight to inculcate the various theories and methods to enhance quality of life.

UNIT I- INTRODUCTION TO ADJUSTMENT 10 Hrs

- a) Adjustment- Meaning, Nature and Dynamics; The Adjustment Process- The Pattern of Adjustment and Types of Adjustment(Well-Adjustment, Maladjustment);
- b) Analysis of Adjustment-Motive-Thwarting-Varied Response-Solution; Quality of Adjustment-Varieties of Adjustment-Good Adjustment as an Ethical Concept; Factors Influencing Adjustments; Problems of Adjustment- Attitude Towards Adjustment Problems;
- c) Theoretical prepositions adjustment- Psychodynamic theory, Humanistic theory of adjustment, Existentialism's Theory of Adjustment, Behaviour Theory of Adjustment, Cognitive Behaviourism.

UNIT II- SELF, PERSONALITY, SOCIAL THINKING AND INFLUENCE12 hrs

- a) Meaning of Self; Development of Identity-Eric Erickson's Theory of Self-Identity; Parental and Socio-Cultural Influences; Self-Regulation and Self-Presentation;
- b) Definition and Nature of Personality; Personality and Adjustment-The Concept of Predisposition and Problems of Personality; Organic Factors in Personality Adjustments -Heredity, Bodily Factors, Endocrine, Toxins and Drugs; Contemporary Empirical Approaches to Personality;
- c) Forming Impression of Others; The Problem of Prejudice; The Power of Persuasion; Adjusting and Seeing through Compliance Techniques.

UNIT III- ADJUSTMENT IN INTERPERSONAL COMMUNICATION AND RELATIONSHIPS 12 hrs

- a) Process of Interpersonal Communication, Non-Verbal Communication, Adjustment problems in communication and conflicts; Developing effective communication;
- b) Meaning of Interpersonal Relationship; Types; Ingredients of Close Relationships, Relationship Development and Adjustment, Adjusting with the Internet and Relationship, Overcoming Loneliness, Theories of Interpersonal Relationships- Social Exchange Theory, Uncertainty Reductions Theory;
- c) Challenges to Traditional Model of Marriage and Deciding to Marry, Marital Adjustment across Family Life Cycle, Vulnerable areas in Marital Adjustment, Adjusting to Divorce, Remaining Single and Understanding Intimate Partner Violence.

UNIT IV- WORK AND ADJUSTMENT 10 hrs

- a) Meaning of Workplace Adjustments; Choosing a Career, Researching Job Characteristics; Holland's Person-Environment Fit Model; Women's Career Development and Adjustment;
- b) Adjusting to current Workplace Trends; The Changing Workforce and Challenges of Changes;
- c) Unemployment; Sexual Harassment; Workaholism; Accommodation Strategies to Overcome Adjustment Problem at Workplace.

UNIT V- ADJUSTMENTS AND MENTAL HEALTH 12hrs

- a) Concept Of Mental Health And Psychopathology; Common Characteristics of a Mentally Healthy Person; Importance Of Adjustment In Mental Health; Psychological Perspectives on Maladjustment and Methods of Enhancing Adjustments;
- b) Adjustment Disorders– Understanding Adjustment Disorder and Co-morbid conditions (Depression and Anxiety), Disturbance of Conduct, Mixed Disturbance of Emotions and Conduct;
- c) Concept of Coping; Common Coping Patterns of Limited Value; Problem-Focused and Emotional-Focused Coping Strategies.

Psychology Experiments/ Tests

- 1. The General Well-being Scale
- 2. Type A/B Behaviour
- 3. Adjustment Inventory
- 4. Social Adjustment Scale
- 5. Self-Concept Rating Scale

Project: Moti Quiz

References-

- 1. Weiten, W., Dunn, D. S., & Hammer, E. Y. (2015). *Psychology applied to modern life: Adjustment in the 21st century*. Cengage Learning.
- 2. Kearns, T., & Lee, D. (2018). Psychological Adjustment.
- 3. Crisp, R.J., Rhiannon Turner. 2007. *Essential Social Psychology*. New Delhi: Sage Publications.
- 4. Allen, Daniel N, Gerald Goldstein and John Deluca. 2019. *Handbook of Psychological Assessment*. Netherlands: Elsevier Science.
- 5. Aiken, L.R. 2003. *Psychological Testing and Assessment*. Boston: Allyn and Bacon.
- 6. Wayne, Weiten, Margret A. Lloyd. 2004. *Psychology Applied to Modern Life*. Singapore: Thompson Wadsworth.