

**JYOTI NIVAS COLLEGE AUTONOMOUS  
SYLLABUS FOR 2019 BATCH AND THEREAFTER**

**Programme: INT BSc. MSc**

**Semester: III**

**PSYCHOLOGY OF ADJUSTMENT**

**Course Code: 18III IS304**

**No. of Hours: 60**

**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:**

**The subject will have an:**

- 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**

**CHAPTER 1- INTRODUCTION TO ADJUSTMENT 12 HRS**

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

**UNIT II**

**CHAPTER 2 - ADJUSTMENT OF SELF AND PERSONALITY 12 HRS**

Definition 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); Development of Personality Traits-Development and Maldevelopment; Adjustment and Nonadjustments. Concept of Happiness and Stress (meaning, nature and Types, Factors Influencing, Physiological and Emotional Responses). General Adaptation Syndrome, PTSD  
Self: Meaning of Self; Development of Identity-Eric Erickson's Theory of Self-Identity; Parental and Socio-Cultural Influences; Strategies to Healthy Self Adjustments- Self-Love, Facing Failure and Rejection.

**UNIT III**

**CHAPTER 3- INTERPERSONAL RELATIONSHIPS AND ADJUSTMENT 12 HRS**

Meaning of Interpersonal Relationship; Types; Specific Adjustment Issues Across Lifespan-Childhood: Parent Child Relations; Adolescents- Identity, Friendship and Love, Adulthood- Career, Marriage, Divorce, Children, Old Age- Empty Nest, Health and Age-Related Adjustment Problems; Gender Difference in Adjustments Across Lifespan; Role of Interpersonal Communication in Interpersonal Adjustment. Interpersonal Relationship Model- Two Directional Component Model; Theories of Interpersonal Adjustment - Social Exchange Theory, Uncertainty Reductions Theory; Cultural Influences on Interpersonal Adjustments.

## **UNIT IV**

### **CHAPTER 4- WORK AND ADJUSTMENT**

**12 HRS**

Meaning of Workplace Adjustments: Factors Influencing Adjustments- Control, Predictability, Clarity, Understanding, Meaning, Time Frame, Degree of Change Previously Experienced, Organizational Climate, Relationship with Supervisor, Organizational Relationships, Personal Relationships, The Ability/Opportunity To “Work Through” One’s Response, Current Stress Load, Self-Efficacy, Resilience. Areas of Adjustment – Health, Emotional, Social, Home.Theory of Work Adjustment; Reasonable Adjustments at Work- Meaning, Common Reasonable Adjustments; Reasonable Adjustment and Equality Law; Adjusting to New Workplace- Structural Factor, Work Independence, Clarity in Evaluation Criteria, Relational Factors, Interpersonal Trust, Organisational Connectedness, Individual Factors (Age and Gender). Assessment of Psychological Factors at Work- Job Satisfaction, Psychological and Psychosomatic Symptoms, Subjective Wellbeing, Work Character, Vulnerability, Safety and Health.Accommodation Strategies to Overcome Adjustment Problem at Workplace.

## **UNIT V**

### **CHAPTER 5- ADJUSTMENTS AND MENTAL HEALTH**

**12 HRS**

Concept Of Mental Health And Psychopathology; Common Characteristics of a Mentally Healthy Person, Importance Of Adjustment In Mental Health; Process Of Adjustment- Integration, Ego Development Reality Orientation, Responsibility, Sense Of Security, Curiosity and Spontaneity; Psychological Perspectives on Maladjustment and Methods of Enhancing Adjustments ; Adjustment Disorders–Clinical Picture and Treatment of Adjustment Disorder with Depressed Mood, Anxiety, Mixed Anxiety and Depressed Mood, Disturbance of Conduct, Mixed Disturbance of Emotions and Conduct, Unspecified.

## **REFERENCES**

1. Crow, L. D. (1967). Psychology of human adjustment. Knopf.
2. Weiten, W., Dunn, D. S., & Hammer, E. Y. (2014). Psychology applied to modern life: Adjustment in the 21st century. Cengage Learning.
3. Birren, J. E. (1958). Chapter X: Aging and psychological adjustment. Review of Educational Research, 28(5), 475-490.
4. Anderson, J. E. (1949). The psychology of development and personal adjustment. Oxford, England: Henry Holt.

## **PDF REFERENCES**

1. Kearns, T., & Lee, D. (2018). Psychological Adjustment.

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