

Department of Psychology**Minor Course****Semester –II**

Course Code & Title	Credits	Credit distribution of the course	
		Lecture	Practical
PY-MN-101T Psychology of Adjustment	2	2	---

MINOR**PSYCHOLOGY OF ADJUSTMENT**

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		Lecture	Practical
PY-MN-101T Psychology of Adjustment	2	2	---

Course Objectives:

The Learning Objectives of this course are as follows:

1. To acquaint the students with modern life of adjustment.
2. To familiarize students with the Interpersonal communication, marital adjustment and Parenting style

Learning Outcomes:

Upon successful completion of this course, students will:

1. Identify the psychological difficulties that arise as consequences of maladaptation to the stresses of modern life.
2. Describe some of the prominent perspectives and approaches used in the study of personality and adjustment psychology.
3. Identify factors in physiological and psychological processes involved in human behavior, especially in response to the challenges of living in a modern society.

Course Content**Unit I: Introduction to Adjustment****(15 Clock Hours)**

- 1.1 Definition and Nature of Adjustment, Adjusting to Modern Life
- 1.2 Factor affecting Adjustment
- 1.3 Areas or Aspects of Adjustment: Health, Social, Home and Occupational Adjustment
- 1.4 Roots of Happiness
- 1.5 Improving Academic Performance – Developing sound study habits, Improving reading, Getting more out of lecture

Unit II: Marital Adjustment and Parenting Style**(15 Clock Hours)**

- 2.1 Marital Adjustment across the Family Life Cycle
- 2.2 Vulnerable areas in Marital Adjustment
- 2.3 Dimensions of Childrearing and Different types of Parenting Style
- 2.4 Interpersonal Communication, Gender and Behaviour

2.5 Towards Effective Parenting and Using Punishment Effectively

Books for Reading

- Coleman. J.C. (2000) *Psychology and effective behaviour*. D.B. Taraporwala Sons & Co. Bombay
- Lazarus: R.S. (1999) *Patterns of adjustment*. N.D. McGraw Hill.
- Martin L.G., Osborne. G. (1989) *Psychology: Adjustment and everyday living* N.J. Prentice-Hall, Englewood Cliffs.
- Weiten, W. and Lloyd, M. (2007) *Psychology Applied to Modern life: Adjustment in the 21st Century*. India, 8th Edition, Thomson.