



Subject: Personal Adjustment Psychology-BATPY13309

Type of course: Major

Prerequisite: NA

Rationale:

Adjustment in psychology refers to the individual achieving a harmonious balance with the demands of both environment and cognition, satisfying their needs in a healthy and effective manner. Adjustment in psychology refers to the ability to get along with others and respond as desired by those with whom we associate.

Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks			Total Marks
CI	T	P	C	SEE	CCE		
					MSE	ALA	
4	0	0	4	100	30	70	200

Legends: CI-ClassRoom Instructions; T – Tutorial; P - Practical; C – Credit; ESE-End Semester Examination; MSE- Mid Semester Examination; V – Viva; CA - Continuous Assessment; ALA- Active Learning Activities.

4 Credits * 25 Marks = 100 Marks (each credit carries 25 Marks)

SEE 100 Marks will be converted in to 50 Marks

CCE 100 Marks will be converted in to 50 Marks

It is compulsory to pass in each individual component.



CourseContent:

Unit	Course content	Hrs	% Weightage
1	Personal Adjustment <ul style="list-style-type: none"> • Definition of Adjustment • Characteristics of Adjustment • Analysis of Adjustment Process • Fields of Adjustment • Improving of Adjustment 	15	25
2	Professional adjustment <ul style="list-style-type: none"> • Career from study to job • working women • Factors affecting job choice • Factors Affecting Job Satisfaction 	15	25
3	Family adjustment <ul style="list-style-type: none"> • Definition of family • family members • Positive interaction between child and parent, • Negative reactions between child and parent • Family Life and Divorce Crisis • Psychosexual Adjustment • Attitude towards Love • Factors for Selection of Life Partner • Psychosexual Relation in Marriage Life • Why Some People Do Not Marry? 	12	25
4	Defense Mechanisms <ul style="list-style-type: none"> • Definition of Defense Mechanism • Direct Action Defense Mechanism • Evulation Defense Mechanism • Channelization Escapism Defense Mechanism 	18	25



Continuous Assessment:

Sr. No	Active Learning Activities	Marks
1	Life Stage Progression: Students have to prepare a chart detailing the physical and mental development of humans at different stages of life, and then upload it on GMIU web portal.	10
2	Values Exploration: Students have to list the values they believe are important in life, encourage them to think broadly (indifferent areas such as relationships, career, health, spirituality and personal development) They can write or think of several values and then upload PDF on GMIU web portal.	10
3	Defense Mechanisms Techniques: Students have to Collect information about various Defense Mechanisms Techniques and write an essay in their own words on how people use Defense Mechanisms Techniques and upload PDF on GMIU web portal.	10
4	Marital counselling Dynamics: Students have to Collect information about the role of Marriage therapists, how they help couples to develop healthy patterns in managing conflicts through open communication, collaboration, and emotional vulnerability of both partners. collect Upload that on GMIU web portal. Note: You will collect information from news papers, TV channel etc.	10
5	Career job counselling Overview: Students have to research what is Career counseling And collect information about the types of services? and what is the use of career counselor services in psychology and upload the information on GMIU Web Portal.	10
6	Family Counseling center Exploration: Students have to visit the nearest Mental Health care center and collect information about what kind of Family Related Psychological issues people actually suffer from and how Family Counselor provide Counseling to them and write a report and upload it on GMIU web portal.	10
7	Attendance	10
Total		70



Suggested Specification table with Marks (Theory):100

Distribution of Theory Marks (Revised Bloom's Taxonomy)						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage	20 %	40 %	40%	-	-	-

Note: This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Course Outcome:

After learning the course the students should be able to:	
CO1	Describe the theoretical concepts fundamental to self, personality, and personal adjustment and demonstrate an increased personal awareness.
CO2	Demonstrate knowledge of the major domains of Defense Mechanism.
CO3	Demonstrate knowledge of the major contexts for Psychosexual Adjustment
CO4	Apply knowledge of methodological strategies for Psychosis and Psychotherapy and the programs that serve them.

Instructional Method:

The course delivery method will depend upon the requirement of content and need of students. The teacher in addition to conventional teaching method by black board, may also use any of tools such as demonstration, role play, Quiz, brainstorming, MOOCs etc.

From the content 10% topics are suggested for flipped mode instruction.

Students will use supplementary resources such as online videos, NPTEL/SWAYAM videos, e-courses, Virtual Laboratory

The internal evaluation will be done on the basis of Active Learning Assignment

Practical/Viva examination will be conducted at the end of semester for evaluation of performance of students in laboratory.

Reference Books:

- [1] Kamdar, N.H. and other Author, (1997), 1st Ed., "Personal Adjustment Psychology", Pashrv Publication, Ahmedabad, Page No. 72, 84, 102, 118, 130, 151.
- [2] Kothari, M. (1985), 1st Ed., "Personal Adjustment Psychology", Aanbani Publication, Ahmedabad, Page No. 92, 129, 152.
- [3] Vora, A.H., and other Author (1968), 2nd Ed., "Psychology of Personal Adjustment", Bharat Publication, Ahmedabad, Page No. 228, 336, 362.

