



**Gyanmanjari**  
Innovative University

Course Syllabus  
Gyanmanjari Institute of Arts  
Semester-5(B.A)

**Subject:** Personal and Social Adjustment - BATPY15320

**Type of course:** Minor

**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-Class Room 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.



**Course Content:**

Unit	Course content	Hrs	% Weightage
1	<b>Introduction to Personal Adjustment Psychology</b> <ul style="list-style-type: none"> <li>• Definition of Adjustment</li> <li>• Characteristics of Adjustment</li> <li>• Analysis of Adjustment Process</li> <li>• Fields of Adjustment</li> <li>• Improving of Adjustment</li> </ul>	15	25
2	<b>Professional Adjustment</b> <ul style="list-style-type: none"> <li>• Career From Study to Job</li> <li>• Working Women</li> <li>• Factors Affecting Job choice</li> <li>• Factors Affecting Job Satisfaction</li> </ul>	15	25
3	<b>Family Adjustment</b> <ul style="list-style-type: none"> <li>• Definition of Family</li> <li>• Family Members</li> <li>• Positive Interaction Between Child and Parents</li> <li>• Negative Interaction Between Child and Parents</li> <li>• Psychosexual Adjustment</li> <li>• Family Life and Divorce Crisis</li> <li>• Attitude towards Love</li> <li>• Factors for Selection of Life Partner</li> <li>• Psychosexual Relation in Marriage Life</li> <li>• Why Some People Do Not Marry?</li> </ul>	12	25
4	<b>Defense Mechanisms</b> <ul style="list-style-type: none"> <li>• Definition of Defense Mechanism</li> <li>• Direct Action Defense Mechanism</li> <li>• Evaluation Defense Mechanism</li> <li>• Channelization      Escapism      Defense Mechanism</li> </ul>	18	25





**Continuous Assessment:**

<b>Sr. No</b>	<b>Active Learning Activities</b>	<b>Marks</b>
1	<b>Assignment:</b> Faculty will provide assignment according to Units and Students have to write Assignment for <b>Normal child Observation</b> and submit on Gmiu web Portal.	10
2	<b>Presentation:</b> The students will have to give a presentation by collecting videos of what kind of behavior are seen in children, their photographs and information about that child. Then it has to be upload the Photo and Videos on the GMIU Web Portal.	10
3	<b>Social Activities:</b> Students will be given social activities. In which the student has to do an Activity for the child. Like...Teaching poor children, giving them snacks, Helping them in festivals, etc. can be done. These activities can also be Done in groups. Photographs must be taken and upload on the GMIU Web Portal.	10
4	<b>Child Observation Report</b> Students will be taken on a visit to a school for special children. After that, The student has to prepare a report of the observation of the child and upload it on the GMIU web Portal.	10
5	<b>Chart making</b> Students should submit Stages of child development defined by charts and upload them on GMIU web Portal.	10
6	<b>Viva</b> Oral Viva will be given by your subject teacher.	10
7	<b>Attendance</b>	10
<b>Total</b>		<b>70</b>





**Suggested Specification table with Marks (Theory):**

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.

