



**BACHELOR OF ARTS PSYCHOLOGY**  
**BA PSYCHOLOGY Semester 01**  
**( Effect from June 2021-2022)**

Course Code	UA01CPSY52	Title of the Course	PSYCHOLOGY OF PERSONAL ADJUSTMENT
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	1.To introduce students to the basic concepts of the field of psychology 2.with an emphasis on applications of psychology in everyday life.
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Course Content		
Unit	Description	Weightage%
1.	Concept of Adjustment & Interpersonal relationship Definition of Adjustment, characteristics of Adjustment, utility of personal Adjustment, The Traditional and quasi, scientific beliefs regarding Adjustment. Factor affecting in interpersonal relationship (communication, feed-back, social Expectation, Role Behaviour, Mutual satisfaction) Life Space	25%
2.	Psycho-sexual & old age Adjustment Meaning of dating, courtship and engagement, factors of mate selection, why some people do not marry? Problem of old age, Adjustment ways (remedies) for the Adjustment in old age Psycho - physiological change process in old age	25%
3.	School Adjustment School as a new experience, Problem of college student, relation between house and School life. The teacher-child relationship, The Dynamics of learning	25%
4.	Family Adjustment Definition of Family The parent's child's relationship (Negative patterns of interaction and positive, Patterns of interaction) Family crises, factors of successful and failure marriage	25%

Teaching-Learning Methodology	ICT, Group Discussion Lecture method, Class room Seminar, quiz
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Appreciating the unbound potential inherent in human beings, and the growth one is capable.
2.	Appreciating the conflict spirituality in psychology in the field of personal adjustment psychology
3.	Understanding the theory, Psycho-sexual & old age Adjustment Family Adjustment

Suggested References:	
Sr.	References
1.	H.C.Smith - The personal Adjustment
2.	Shaffer and shoben - Psychology of personal Adjustment
3.	Lehner and kube :The Dynamics of personal Adjustment
4.	James C. Colman Psychology and Effective behaviuor
5.	21 <sup>st</sup> century 8yh edition united states Thomas wadsworth
On-line resources to be used if available as reference material	
On-line Resources: <a href="http://www.varywelmind.com">www.varywelmind.com</a> <a href="http://www.all/about/psychology.com">www.all/about/psychology.com</a>	
<a href="http://www.sparknote.com">www.sparknote.com</a> <a href="http://www.psychologydisscusion.net">www.psychologydisscusion.net</a> <a href="http://www.cliffsnotes.com">www.cliffsnotes.com</a>	

