

Paper-VII : Psychology of Personal Adjustment

Unit - 1 :

1. The Adjustment Process : Definition and meaning of adjustment. Nature and characteristics of adjustment. Basic principles of adjustment, Analysis of Adjustment, Process.
2. Fields of Adjustment : Family Adjustment. School and College Adjustment, Marital Adjustment. Occupational Adjustment, Old-age Adjustment, Speciality of Psychological approach of Adjustment. Improvement of Adjustment, Characteristics of satisfactory Adjustment.

Unit - 2 :

1. Motivation : The process of motivated Behaviour, Personal Needs. Physiological Needs. Psychological Needs, Need interrelationships, Need satisfaction in child Development. Personal needs and social framework.
 - Life space
 - Sociocultural Norms
 - Factors in good attainment
 - Social influences
 - Learning
 - Personal factors
2. Frustration : Motivation and frustration. Mental conflict, Causes of frustration. Consequences of frustration. Adjustment towards frustration, Factors affecting, frustration tolerance, Increasing frustration tolerance.

Unit - 3 :

1. Defense Mechanisms : Definition, Meaning and functions, Attack Mechanism.
 - Increased effort
 - Fight into activity
 - Compensation
 - Reinterpretation
 - Compromise
 - Blame - Assigning or Attention Diverting Mechanism
 - Rationalization
 - Attention - getting behaviour
 - Identification
 - Projection
 - Flight Mechanism
 - Fantasy and day - dreaming
 - Withdrawal
 - Repression
 - RegressionAnalysis of nature, functions and utility of Defense Mechanism in view point of Adjustment.

2. Family Adjustment : Definition & structure of the Family. The Function of the Family. The Dynamics of Family Interaction.
 - The husband wife relationship
 - The parent child relationshipThe Family Adjustment
 - Adjusting to family crises
 - Divorce

Unit - 4 :

1. School Adjustment : School as a new experience, The home - school relationship. The Teacher - child relationship. The Peer group relationship. The dynamics of learning.
 - Areas of learning
 - Aids to more effective learningSchool as a life situation
2. Occupational Adjustment : The transition from school to work, Factors affecting job selection, Working women, Factors affecting job satisfaction, Job satisfaction and personal adjustment.

Unit - 5 :

1. Psychosexual Adjustment : Attitudes toward Sex
 - Psychological factors
 - Physiological factorsAttitudes towards love
 - Psychological factors
 - Physiological factorsFactors in Mate selection
 - Impersonal factors
 - Interpersonal relationships
 - Personal needs and characteristics
2. Old age Adjustment : Changes that occur during the aging process
 - Changes in physiological functions
 - Changes in intellectual functions
 - Changes in personality and self-conceptSources of Adjustment difficulties
 - Emphasis on youth
 - Retirement and financial hardship
 - Difficult living arrangements
 - Feeling of social isolation and uselessnessViewing old age constructively

Basic Text - Book

The Dynamics of Personal Adjustment (1964) by Lehner and Kube, Prentice Hall.