

SARDAR PATEL UNIVERSITY
B.A. (Psychology) Semester-1 (CBCS)
Generic Elective

Effect from: June -2018

Objective: To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

Paper Code: UA01GPSY22

Title Of Paper: PSYCHOLOGY OF PERSONAL ADJUSTMENT

Unit	Description in Detail	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.	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%
Readings:	1.H.C.Smith - The personal Adjustment . 2.Shaffer and shoben - Psychology of personal Adjustment . 3.Lehner and kube :The Dynamics of personal Adjustment	

