



# ST. XAVIER'S COLLEGE (AUTONOMOUS)

Re-accredited with 'A+' by NAAC (4<sup>th</sup> Cycle) | Affiliated to Gujarat University

## DEPARTMENT OF PSYCHOLOGY MULTIDISCIPLINARY COURSE SYLLABUS

### Multidisciplinary Course: Effective Behaviour and Psychology

Course Title & Code	Credit Distribution of The Course			Eligibility Criteria	Prerequisite(s) of the Course (if any)
	Lecture	Tutorial	Practical / Practice		
PS-2201 Effective Behaviour and Psychology	4	0	0	10 + 2 from a recognized board in any stream	Basic understanding of different careers, work environment, human-work relationship

#### I. Learning Objectives

- LO-1 Stress, frustration and conflicts are a part of everyday life. Individual when they are unable to cope with stress effectively may develop many emotional and physical issues. This course aims to delve deeper into various types of adjustmental problems that individuals face and how can individual react to stress in a healthy and adaptive way.

#### II. Course Outcomes

- CO-1. To understand various problems in adjustment that include frustration, conflicts and pressures.
- CO-2. To explore various aspects of stress and how it affects an individual.
- CO-3. To learn about different types of psychological adjustive reactions.
- CO-4. To gain skills that help deal effectively with adjustmental demands.

#### III. Course Content

##### UNIT - 1: Problems of Adjustment

1. Frustration: Sources of frustration and Common frustration in our culture.
2. Conflict: Types of Conflict and Common Conflicts in our society.
3. Pressure: Sources of pressure and Common pressure in our society.

## **UNIT - 2: Severity of Stress**

1. Characteristics of adjustive demand.
2. Characteristics of the Individual.
3. External resources and supports.
4. Other key aspects of stress
  - a). Stress patterns are unique and changing.
  - b). Stress patterns maybe unconscious
  - c). Key stresses in a person's life.
  - d) Adaptation to stress is expensive

## **UNIT - 3: Reaction to Adjustive Demands**

1. Some General Principles of adjustive behaviour
  - a). Reaction to stress are holistic.
  - b). Reaction to stress are economical.
  - c). Reactions maybe automatic or planned.
  - d). Stress arouses emotion.
  - e). Levels of adjustive action.
2. Reactions are shaped by inner determinants
  - a). Frame of reference.
  - b). Motive patterns.
  - c). Competences.
  - d). Stress Tolerance.
  - e). Momentary Condition.
3. Reactions are shaped by outer determinants
  - a). Environmental Resources.
  - b). Social support.
  - c). Social expectations, demands and constraints.
  - d). Life Situation of the individual.
  - e). Momentary and unusual events.
4. The Perspective of time and learning.

## **UNIT - 4: Types of Psychological Adjustive Reactions**

1. Task-Oriented Reactions
  - a). Aggression in response to frustration.
  - b). Choice to resolve conflict.
  - c). Withdrawing from the problem.
2. Defense-Oriented Reactions
  - a). "Wired-in" reparative mechanism.
  - b). Crying.
  - c). Talking it out
  - d). Laughing it off.
  - e). Thinking it through.

- f). Leaning on others.
- 3. Decompensation under excessive stress
  - a). The General Adaptation syndrome.
  - b). Disorganization and exhaustion.

#### **IV. Suggested Readings**

1. Coleman, J.C., Psychology and Effective Behavior, D.B Taraporevala Sons & Co. Bombay.
2. Coleman, J.C., Psychology and Effective Behavior, D.B Taraporevala Sons & Co. Bombay.
3. Psychology Of Effective Behavior Pro. K. N. Shah. University GranthNirman Board Gujarat Rajya Ahmedabad.
4. Weiten W. And Lloyd, M.A. (2007) Psychology Applied To Modern Life Adjustment In The 21st Century 8th Edition. United States Thomson Wadsworth..