

St. Xavier's College (Autonomous), Ahmedabad
Syllabus of Semester – I of the following departments under Faculty of Arts
based on Under Graduate Curriculum Framework - 2023 to be implemented
from the Academic Year 2023-24

FACULTY OF ARTS

DEPARTMENT OF PSYCHOLOGY

Course	Title	Content	Hours/week	Credit
Minor-1	Psychology and Adjustment-I	U-1: Psychology: A Science and A Perspective U-2: Scientific Psychology U-3: Adjustment– A life Process U-4: Approaches to Adjustment	4hrs	4

Minor 1 – PSH-1101 Psychology and Adjustment-I

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credit Distribution of The Course			Eligibility Criteria	Prerequisite(s) of the Course (if any)
	Lecture	Tutorial	Activity/Case study analysis		
Psychology and Adjustment - I PSH-1101	4	0	0	10 + 2 from a recognized board in any stream	Basic understanding of Human Psychology and Adjustment, General reasoning and analytical skills

Learning Objectives

This minor course is designed to provide an understanding of the fundamental aspects of Psychology and learning about adjustment. This course will lead to the understanding of different specializations in the field of Psychology which will enhance the career understanding of students. To understand the history of Psychology from the perspective

of various schools of thoughts. It will also provide an introduction to psychology of adjustment which is helpful in understanding for students of any background as it includes topics of day-to-day life which every individual goes through. It will cover various fields of adjustment, the process of adjustment, how individuals view changes in their life and approaches adjustment changes in different ways.

Learning Outcomes

- To introduce students to the basics of Psychology
- To become familiar with western & eastern perspectives of Psychology
- To understand various scientific perspective of Psychology
- To understand the basic adjustment process
- To learn about various approaches to adjustment
- To learn different ways to improve adjustment

Syllabus of PSH-1101

Unit-1: Psychology: A Science and A Perspective

1. Psychology: Definitions and Goals
2. Professionals and areas of specialization
3. Methods in Psychology : Descriptive & Experimental

Unit -2: Scientific Psychology

1. Psychodynamic Perspective
Behavioral Perspective
2. Humanistic Perspective
Cognitive Perspective
3. Socio cultural Perspective
Bio psychological Perspective

Unit 3 – Adjustment – A life Process

1. Definition, nature and fields of Adjustment
2. Determining Adjustment in Individuals
 - Goodness of fit
 - Lack of problems
 - Positive life experiences
 - Mind-Body Health
3. Perceptions of change
 - Change can be stressful
 - Positive and negative change events
 - Planned and unplanned change
 - Comprehensibility of change

Unit 4 – Approaches to Adjustment

1. The psychological approach to adjustment
 - How we adjust – the adjustment process
 - How we reflect adjustment
2. Alternative approaches to adjustment
 - Theories as aids to security and adequacy
 - The spirit theory
 - The religious theory
 - Pseudo-sciences
3. How we improve adjustment
 - Increased self-awareness
 - Increased other-awareness
 - Increased Problem-awareness

Suggested Reading:

- Ciccarelli and White, Psychology, 4th Edition, Pearson, 2015
- Baron, Psychology, 4th Edition, Allyn and Bacon,
- Morgan and King, 17th edition, McGraw Hill, 2014
- George, Lehner and Ella Kube, The Dynamics Of Personal Adjustment. Prentice – Hall. Inc. (N.J.)
- Coleman, J.C., Psychology And Effective Behavior, D.B Taraporevala Sons & Co. Bombay.
- Psychology Of Effective Behavior Pro. K.N.Shah. University Granth Nirman Board Gujarat Rajya Ahmedabad.
- Weiten W. And Lloyd, M.A. (2007) Psychology Applied To Modern Life Adjustment In The 21st Century 8th Edition. United States Thomson Wadsworth.