

Academic Council dated 15th July, 2023 as per Item Number: 2.03



**DOMBIVLI SHIKSHAN PRASARAK MANDAL'S,
K.V. PENDHARKAR COLLEGE OF ARTS, SCIENCE AND COMMERCE,
(AUTONOMOUS) DOMBIVLI (EAST), DIST. THANE
(Affiliated to University of Mumbai)**

Faculty of Arts

DEPARTMENT OF PSYCHOLOGY

(Programme: Bachelor of Arts: B.A.)

SYLLABUS FOR

F. Y. B. A. – PSYCHOLOGY MINOR (Semester I and II)

Choice Based Credit System (CBCS)

(with effect from the Academic Year: 2023-2024)

F.Y.B.A. Psychology Minor: Psychology of Adjustment - Sem. I and Sem. II

Code	Sem.	Course Title	Credits	Marks
PS23102MN	I	Psychology of Adjustment	2	50
PS23202MN	II	Psychology of Adjustment	2	50

Objectives: -

1. To help students in building knowledge of the basic concepts and modern trends in Psychology of Adjustment

2. To foster interest in Psychology of Adjustment as a field of study and research among students. 3. To make the students aware of the practical applications of the various concepts in Psychology of Adjustment in the Indian context

Semester I - Psychology of Adjustment (3 lectures per week)

Unit 1. Self-direction in a changing world and seeking selfhood

- a) Social change, the challenge of self-direction, themes of personal growth
- b) What is self-concept; the components of self-concept, core characteristics of self-concept, the Self concept and personal growth

Unit 2. Towards better health

- a) Body image; Health and the mind–body relationship
- b) Coping with illness; Promoting wellness

Semester II - Psychology of Adjustment (3 lectures per week)

Unit 1. Stress

- a) Understanding stress; reactions to stress
- b) Managing stress

Unit 2. Therapy and Treatment

- a) Psychotherapy: what it is and who uses it
- b) Insight therapies; Cognitive and behavioral therapies
- c) Other approaches to treatment; How well does therapy work

Book for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2014). *Psychology for Living – Adjustment, Growth, and Behaviour Today.* (11thed.). New Jersey: Pearson

Books for reference

1. Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
2. Bam, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
3. Baumgardner, S. & Crothers, M. (2009). *Positive Psychology*. Pearson Education
4. Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadworth. New Delhi: Indian edition
5. Duffy, K.G., & Atwater, E. (2005). Psychology for Living – Adjustment, Growth, and Behaviour Today. (8thed.). New Delhi: Pearson, Indian reprint 2008
6. Greenberg, J. S. (2008). Comprehensive Stress Management. (10thed). McGraw Hill publications
7. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
8. Schafer, W. (2002). Stress Management. (4thed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
9. Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology – The scientific and practical explorations of human strengths. New Delhi: Sage publications India pvt ltd, South Asia edition
10. Taylor S. E. (2003). Health Psychology (5thed). McGraw Hill Higher Education. International Edition.
11. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life - Adjustment in the 21st century. (8thed.) Cengage Learning India
12. Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power