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)

<table>
<thead>
<tr>
<th>Code</th>
<th>Sem.</th>
<th>Course Title</th>
<th>Credits</th>
<th>Marks</th>
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<tr>
<td>PS23102MN</td>
<td>I</td>
<td>Psychology of Adjustment</td>
<td>2</td>
<td>50</td>
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<tr>
<td>PS23202MN</td>
<td>II</td>
<td>Psychology of Adjustment</td>
<td>2</td>
<td>50</td>
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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**

**Books for reference**