

SAURASHTRA UNIVERSITY



CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS

FOR

PSYCHOLOGY B.A. SEMESTER-I TO VI

1. CORE COURSE (CCT)
2. ELECTIVE COURSE (ECT)

[A draft of C.B.C.S. Courses in B.A. Psychology Submitted for Revision
of Curriculum to be executed from June, 2016]

BOARD OF STUDIES OF PSYCHOLOGY

Dr. Ranjitsinh G. Parmar
Chairman
Board of Studies
of
Psychology

FACULTY OF ARTS

Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No. 8 : Psychology of Adjustment

Course (Paper) Unique Code CORE 1601270101040801
 Course (Paper) Unique Code ELECTIVE-1 1601270201040801
 Course (Paper) Unique Code ELECTIVE-2 1601270301040801

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course/P aper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
S.Y.B.A.	IV	Core	CCT-08	Psychology of Adjustment	03	30	70	100	

Course Objectives:

This course should help Students:

1. To impart knowledge about the normality
2. To make students understand the nature and course of various adjustment conditions
3. To impart knowledge and skills needed for psychological assessment of different adjustment conditions
4. To impart various of personal adjustments.

Course Outline :

Unit-1: Personal Adjustment

- ~ Introduction
- ~ Definition and Meaning of Adjustment
- ~ Characteristic of Adjustment
- ~ Process of Adjustment
- ~ Improvement of Adjustment

Unit : 2 Family Adjustment

- ~ Introduction
- ~ Meaning of Family
- ~ Function of Family
- ~ Family Problem
- ~ Suggestions for Family Adjustment

Unit : 3 School Adjustment

- ~ School-A New Experience
- ~ Relation between Home and School
- ~ Relation between Teacher and Student
- ~ Factor affecting in Education

Unit : 4 Vocational Adjustment

- ~ Factors Effecting of Vocation Choice
- ~ Factors Effecting of Vacation Satisfaction
- ~ Be Woman Vocation

Unit : 5 Psycho-Sexual Adjustment

- ~ Attitudes for Sexuality
- ~ Attitudes for Love
- ~ Choice of Life Partner
- ~ Why did same People no Marriage ?

References :

- ~ Lamm A. Introduction to Psychopathology, Sage Pub. N.Y. 1997
- ~ Buss A.H. Psychopathology, John Willey N.Y. 1999
- ~ Lehner & Kube, Dynamics of Personal Adjustment, Prentice Hall N.Y. 1996
- ~ Sorenson H. and Molm M. Psychology for Living Megralo Hill N. Y. 1997
- ~ Bernard H. "Toward Better Personal Adjustment NCGrew Hill N.Y. 1957
- ~ મનોરોગશાસ્ત્ર અને વૈયકિતક સમાયોજનનું મનોવિજ્ઞાન – સી. જમનાદાસ – દિપક શાહ
કુંભાણી, જમકુબેન, સોજીત્રા, કગથરા, ભાલાળા, ડઢાણીયા, નસિત
- ~ The Dynamic of Personal Adjustment – Lehner & Kube