

Questions

Module 2

Medical, behavioural and social interpretation of adjustment process

After going through this module you should be able to-

- Critically examine the merits and limitations of biomedical model with respect to explaining human adjustment processes.
- Evaluate the psychology of adjustment in various perspectives.
- Critically look at the need for, tendency to and the socio-cultural issues involved in defining “normality”.
- Explore the harmony and conflicting relationships within and among behavioural patterns to maintain one’s level of adjustment in a given situation.
- Examine human adjustment as a unidimensional as well as multidimensional process

Module 3

Dimensions of subjective adjustment

After going through this module you should be able to-

- Elucidate the dynamics of human adjustment process and the significance of selective awareness, tolerance, autonomy, personal integration, behaviour and impulse control, and self-realization.
- Plot the trajectory of human behaviour and identify the extreme possibilities of each of the dimensions of subjective adjustment.
- Evaluate human adjustment as a process as well as an outcome.

Module 4

Human behaviour: The range of reaction

After going through this module you should be able to-

- Elaborate the significance of direct overt attack and substitute reactions in facilitating human adjustment.
- Examine the importance of borderline defensive reactions and its role in adjustment process.
- Differentiate between socially acceptable substitute reactions and socially unacceptable overt reactions and critically examine the significance of both of them.
- Understand the clinically significant human reactions that can be classified as psychosomatic and neurotic reactions and psychotic reactions.

Module 5

Human adjustment process-II: Denominators of adjustment

After going through this module you should be able to-

- Evaluate the significance of the maintenance needs of human beings and their influence on the human adjustment process.
- Elaborate the characteristics of healthy development.
- Examine the role of self assumptions in understanding the nuances of human adjustment.
- Critically explore the usage of and limitations of the biological, psychological and socio-cultural defenses.
- To understand the interrelationship among biological, psychological and socio-cultural defenses.
- Understand various defense mechanisms and examine their significance in maintaining one's level of adjustment.
- Establish the distinction between task-oriented reactions, damage repair techniques, and defense mechanisms.

Module 6

Facets of human adjustment: Avoidance, withdrawal and compromise

After going through this module you should be able to-

- Examine the role of avoidance, withdrawal and compromise in facilitating human adjustment.
- Explain the causes of withdrawal reaction.
- Critically examine withdrawal as legitimate style of handling a given situation and withdrawal as an abnormal reaction.
- Establish the distinction between compensation in kind and vicarious compensation and their effect on psychological adjustment process?

Module 7

Emotions and adjustment

After going through this module you should be able to-

- Explain the importance of emotional experiences and expressions in adjustment.
- Explain the relationship between emotions and health.
- Critically examine the models of illness.
- Elaborate the primary and secondary appraisal components of the following emotions— Happiness, pride, love, anger, fright, anxiety, guilt, shame, sadness, envy, jealousy and disgust.

Module 8

Facets of human adjustment: Stress, Resilience and Coping

After going through this module you should be able to-

- Explain the mechanism of stress.
- Explain the models of stress (Burnout Stress Syndrome and General Adaptation Syndrome).
- Explain the biochemical regulation of stress mechanism.
- Elaborate the process and models of Posttraumatic Stress.
- Critically evaluate the models explaining Posttraumatic Stress Disorder.
- Explain Posttraumatic Growth.
- Explain Acute Stress Disorder.

Module 9

Aggression

After going through this module you should be able to-

- Explain the mechanism guiding aggressive behaviour.
- Explain how fear can cause over-aggressive behaviour.
- Establish distinction among pathological aggression, hostile aggression and delinquent aggressive behaviour.
- Explain Impulse Control Disorder.

Module 10

Psychological disorders

After going through this module you should be able to-

- Critically elucidate the biological, psychological and socio-cultural reasons behind various psychological disorders.
- Explain neurotic and psychotic patterns of behaviour.
- Explain adjustment disorders.
- Explain personality disorders.