

Psychology of adjustment - Web course

COURSE OUTLINE

The course primarily focuses on the dynamics of human adjustment processes. The course content is tuned to make the students distinguish life events in psychological perspective and thrash out effective ways of dealing with them.

COURSE DETAIL

Sl. No.	Topics	Approx. duration (hours)
1	Medical, behavioural, & social interpretations of adjustment process	2
2	Human behaviour: Psychological and social significance	3
3	Psychological adjustment in mental health perspective	2
4	Human adjustment process	5
5	Dimensions of subjective adjustment: Attitudes, Ideals, Values, Defense Mechanism	4
6	Dimensions of subjective adjustment: Avoidance, Withdrawal, Compromise	3
7	Dimensions of subjective adjustment: Aggressive behaviour	3
8	Dimensions of subjective adjustment: Conflicts & Resolution	3
9	Inter & intrapersonal maladjustment	2
10	Emotions & adjustment	2
11	Anxiety, stress, and burnout	2
12	Stress, Resilience, & Coping	2

NPTEL

<http://nptel.iitm.ac.in>

**Humanities
and Social
Sciences**

Additional Reading:

1. W.S. Paine (Ed.) (1984). Job stress and burnout. Sage.
2. Seligman, M.E.P. (1998). Learned optimism. New York: Pocket.

Coordinators:

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13	Recognizing self and others, Learned helplessness	2
14	Psychological disorders	3
15	Issues concerning the youth	2
		40 hours

References:

1. Wayne Weiten, Dana S Dunn, and Elizabeth Yost Hammer (2011). Psychology Applied to Modern Life: Adjustment in the 21st Century. Wadsworth publishing (10th edition).
2. Robert C. Carson, James Neal Butcher, Susan Mineka (2000). Abnormal psychology and modern life. Allyn & Bacon (11th edition).