



St. Mira's College for Girls, Pune
(TYBA 2022-2025)

Psychology
Psychology of Adjustment
[Core Course]

Semester: V	Credits: 3	Subject Code: A52217	Lectures: 48
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Course Outcomes
At the end of the course, the learner will be able to :
<ul style="list-style-type: none">● Recognize the basic concepts, theories and methodology of psychology of adjustment.● Clarify the nature of close relations that enhance adjustment● Provide the causes of wellness and health that improves adjustment● Integrate unique features of the Indian socio-cultural context to adjustment

Unit 1: Adjusting to modern life	12
<ul style="list-style-type: none">● Social change- Living in a technological world, living with other social changes● Challenge of Self-Direction- Self-direction and society, ambiguity of personal freedom● Personal growth and control● Decisions and personal growth	

Unit 2: Close relations and Adjustment	12
<ul style="list-style-type: none">● Defining close-relationships● Friendship and love● Adjustment to intimate relations● Marriage and other committed relationships	

Unit 3: Health and Adjustment	12
<ul style="list-style-type: none">● Health and mind-body relationship● Body image● Coping with illness● Promoting wellness	

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Unit 4: Enhancing adjustment through understanding communities	12
<ul style="list-style-type: none">● Factors affecting adjustment in communities● Respecting diversity and community adjustment● Public policy and personal adjustment● Community organizing, partnership and coalition to improve adjustment	

12 hours for Library work, practical or field work or research purposes

Recommended Text Books:
<ul style="list-style-type: none">● Krish, S.J., Duffy, K.G. & Atwater, E. (2011). <i>Psychology for Living-Adjustment, Growth and Behavior Today</i>. Pearsons● Jason, L. A., Glantsman, O, O'Brien, J. F. & Ramian, K. N. (). <i>Introduction to Community Psychology</i>. Creative Commons Attribution 4.0 International License

Reference Books:
<ul style="list-style-type: none">● Goldstein A..P. and Krasner L (1989). <i>Modern Applied Psychology</i>. Pergamon Press Inc. New York.

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Psychology
Positive Psychology
[Core Course]

Semester: VI	Credits: 3	Subject Code: A62217	Lectures: 48
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Course Outcomes:

At the end of the course, the learner will be able to:

- Summarize the concepts of positive psychology
- Determine positive cognitions and emotional states that contribute to well-being
- Examine the causes of well-being and happiness through gender perspectives
- Practice processes that bring about wellbeing
- Integrate unique features of the Indian socio-cultural context with well-being

Unit 1: Introduction to positive psychology	12
<ul style="list-style-type: none">● Traditional Psychology- The negative focus● Positive psychology: assumptions, goals and definitions● Relationship of positive psychology with other related fields: health psychology, clinical and developmental psychology● Progress in positive psychology- Reflections from India	

Unit 2: Positive emotional states and Happiness	12
<ul style="list-style-type: none">● Positive Emotions: Broaden & Built theory; limits of positive emotions● Happiness: Two traditions- Hedonic and Eudaimonic; Subjective well-being● Cultivating positive emotions- Flow experiences and Savoring● Gender and happiness	

Unit 3: Resilience	12
<ul style="list-style-type: none">● Resilience: Meaning & Sources of resilience● Sources of Resilience- Protective factors● Successful aging● Growth through trauma	

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Unit 4: Personal Goals & Wellbeing

12

- Personal goals and Self concept
- Personal goals and universal human motives
- Personal goals and wellbeing
- Materialism and affluence: limitations of materialism.

12 hours for Library work, practical or field work or research purposes

- Forgiveness
- Gratitude
- Dangers of blaming the victim

Recommended Text Books:

- Baumgardner S R and Crothers M K (2010). *Positive Psychology*. Dorling Kindersley
- Kumar, U. (2015). *Positive Psychology Applications In Work Health And Well-Being*

Reference Books:

- Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2011) *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage South Asia Edition.
- Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C (2005). *Positive Psychology Progress: Empirical Validation of Interventions*. *American Psychologist*, 60 (5).

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