

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	

Course Outcomes

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

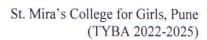
- Recognize the basic concepts, theories and methodology of psychology of adjustment.
- Clarify the nature of close relations that enhance adjustment
- Provide the causes of wellness and health that improves adjustment
- Integrate unique features of the Indian socio-cultural context to adjustment

Unit 1: Adjusting to modern life	12
 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
 Defining close-relationships Friendship and love Adjustment to intimate relations Marriage and other committed relationships 	

Unit 3: Health and Adjustment	12
Health and mind-body relationship	
Body image	
 Coping with illness 	
Promoting wellness	

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Unit 4: Enhancing adjustment through understanding communities	12
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

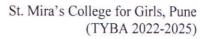
Recommended Text Books:

- Krish, S.J., Duffy, K.G. & Atwater, E. (2011). Psychology for Living-Adjustment, Growth and Behavior Today. Pearsons
- Jason, L. A., Glantsman, O, O'Brien, J. F. & Ramian, K. N. (). Introduction to Community Psychology. Creative Commons Attribution 4.0 International License

Reference Books:

 Goldstein A..P. and Krasner L (1989). Modern Applied Psychology. 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
Traditional Psychology- The negative focus	100
 Positive psychology: assumptions, goals and definitions 	
 Relationship of positive psychology with other related fields: heapsychology, clinical and developmental psychology 	ilth
 Progress in positive psychology- Reflections from India 	

Init 2: Positive emotional states and Happiness	
 Positive Emotions: Broaden & Built theory; limits of positive emotions Happiness: Two traditions- Hedonic and Eudaimonic; Subjective wellbeing Cultivating positive emotions- Flow experiences and Savoring Gender and happiness 	

Unit 3: Resilience	12
 Resilience: Meaning & Sources of resilience Sources of Resilience- Protective factors Successful aging Growth through trauma 	

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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
- 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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