Paper-VII: Psychology of Personal Adjustment

Unit - 1:


Unit - 2:

   - Life space
   - Sociocultural Norms
   - Factors in good attainment
   - Social influences
   - Learning
   - Personal factors


Unit - 3:

   - Increased effort
   - Fight into activity
   - Compensation
   - Reinterpretation
   - Compromise
   - Blame - Assigning or Attention Diverting Mechanism
   - Rationalization
   - Attention - getting behaviour
   - Identification
   - Projection
   - Flight Mechanism
   - Fantasy and day - dreaming
   - Withdrawal
   - Repression
   - Regression

Analysis of nature, functions and utility of Defense Mechanism in view point of Adjustment.
2. **Family Adjustment:** Definition & structure of the Family. The Function of the Family. The Dynamics of Family Interaction.
   - The husband wife relationship
   - The parent child relationship

The Family Adjustment
- Adjusting to family crises
- Divorce

**Unit - 4:**

   - Areas of learning
   - Aids to more effective learning
   School as a life situation

2. **Occupational Adjustment:** The transition from school to work, Factors affecting job selection, Working women, Factors affecting job satisfaction, Job satisfaction and personal adjustment.

**Unit - 5:**

1. **Psychosexual Adjustment:** Attitudes toward Sex
   - Psychological factors
   - Physiological factors
   Attitudes towards love
   - Psychological factors
   - Physiological factors
   Factors in Mate selection
   Impersonal factors
   Interpersonal relationships
   Personal needs and characteristics

2. **Old age Adjustment:** Changes that occur during the aging process
   - Changes in physiological functions
   - Changes in intellectual functions
   - Changes in personality and self-concept
   Sources of Adjustment difficulties
   - Emphasis on youth
   - Retirement and financial hardship
   - Difficult living arrangements
   - Feeling of social isolation and uselessness
   Viewing old age constructively

**Basic Text - Book**

The Dynamics of Personal Adjustment (1964) by Lehner and Kube, Prentice Hall.