

GENERIC ELECTIVE COURSE GE-14 PSYCHOLOGY OF ADJUSTMENT

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/ Practice		
GE-14 PSYCHOLOGY OF ADJUSTMENT	4	3	1	0	Class 12th Pass	None

Learning Objectives

- To learn the nature and relevance of adjustment in everyday life.
- To understand the different factors shaping adjustment.
- To understand healthy adjustment strategies in different contexts: relationships, digital world, and work settings.

Learning Outcomes

After doing this course the student will be able to:

- Gain greater grounding in concepts related to psycho-social-emotional adjustment.
- Apply their knowledge to attain better levels of adjustment in different life situations.

SYLLABUS OF GE- 14

UNIT – I

(9 Hours)

Introduction: Concept of Adjustment, Adjustment as a Lifelong Process, Need for Adjustment, Factors affecting Adjustment, The Role of Psychology in Promoting Adjustment

UNIT – II

(12 Hours)

Adjustment in Relationships:- Self in a Relational Context (need to belong, affiliation, isolation, social exclusion), Strategies for Adjustment in Varied Relational Contexts: Familial Contexts (Dealing with Family Dynamics, Negotiating Autonomy and Agency), Friendships (Peer Pressure, Bullying, and Social exclusion), Romantic

Relationships (Identity, Intimacy & Isolation and Equity), Conflict Management; Dealing with Loss: Dissolution of Relationships and Bereavement.

UNIT – III

(12 Hours)

Adjustment In The Digital Age: The Self in a Technological World (Immersion in tech spaces, multiple selves, and information overload), Challenges in the Digital Age (Illusion of choice, social comparison, cyber-victimization, and intrusive social media), Strategies for Adjustment: Self care, digital detox, reconnecting with nature, meaningful digital engagement.

UNIT – IV

(12 Hours)

Adjustment in Work Settings: Adjustment in the Workplace: Job Satisfaction and its Enhancement; Gender at Work: Diversity Issues, Job satisfaction and subjective well being in a multicultural workplace; Occupational hazards: Work Stress, Sexual harassment, Unemployment, and Burnout; Well-being in Work Settings: Work-life balance (Leisure and Recreation), Mindfulness based stress reduction at work.

Practical Component: Nil

Tutorial Component

(15 Hours)

Suggestive Tutorial Activities (*This is a suggestive and not an exhaustive list of tutorial activities*)

- Media Analysis (documentaries, short stories, songs, social media posts etc.)
- Group Discussions on topics such as experiences of bullying and social exclusion
- Book Reviews
- Journal keeping
- Reflective writing exercises on past adjustment experiences of self and others
- Research based presentations
- Activities and exercises focussed on the development of skills needed for better adjustment (e.g, assertiveness, self care)
- Self administration of standardized questionnaires to increase self awareness

Essential/ Recommended Readings

Hefner, D., & Vorderer, P. (2017). Digital stress: Permanent connectedness and multitasking. In L. Reinecke & M. B. Oliver (Eds.), *The Routledge handbook of media use and well-being: International perspectives on theory and research on positive media effects* (pp. 237–249). Routledge/Taylor & Francis Group.

Kirsh, S.J., Duffy, K.G. & Atwater, E. (2014). *Psychology for living: Adjustment, growth, and behavior today*, (11th ed.). Pearson.

- Moritsugu, J., Vera, E. M., Jacobs, J. H., & Kennedy, M. (2016). *Psychology of adjustment: The search for meaningful balance*. SAGE Publications.
- Rathus, S. A., & Nevid, J. S. (2019). *Psychology and the challenges of life: Adjustment and growth*. John Wiley & Sons.
- Riba, M. B., Parikh, S. V., & Greden, J. F. (Eds.). (2019). *Mental health in the workplace: Strategies and tools to optimize outcomes*. Springer.
- Rozkwitalska, M., Sułkowski, L., & Magala, S. (2017). *Intercultural interactions in the multicultural workplace*. Springer: Cham, Switzerland.
- Sinha, J. B. (2009). *Culture and organizational behaviour*. SAGE Publications India.
- Takahashi, T. (2016). Creating the self in the digital age: young people and mobile social media. *The good life in Asia's digital 21st Century. Digital Asia Hub, Hong Kong*, 44-50.
- Tuli, M., & Chaudhary, N. (2010). Elective interdependence: Understanding individual agency and interpersonal relationships in Indian families. *Culture & Psychology*, 16(4), 477-496.
- Weinstein, E. C., Selman, R. L., Thomas, S., Kim, J. E., White, A. E., & Dinakar, K. (2016). How to cope with digital stress: The recommendations adolescents offer their peers online. *Journal of Adolescent Research*, 31(4), 415-441.
- Weiten, W. (2021). *Psychology: Themes and variations*. Cengage Learning
- Weiten, W., Dunn, D. & Hammer, E. (2018). *Psychology applied to modern life*. Cengage Learning

Suggestive Readings

- Chan, K. T. (2022). Emergence of the 'Digitalized Self' in the age of digitalization. *Computers in Human Behavior Reports*, 6, 100191.
- Toffler, A. (1970). *Future shock*. Sydney. Pan.
- HBR guide to dealing with conflict (HBR Guide Series). Harvard Business Review Press.- 2014.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.