

# Human Adjustment Processes - Video course

## COURSE OUTLINE

This 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	<b>Who and what matters</b>	1
2	<b>Medical, behavioural and social interpretation of adjustment process:</b> Biomedical model, Medical model and psychological adjustment, Adjustment process, Adjustment: "The Normality"	4
3	<b>Dimensions of subjective adjustment:</b> Selective Awareness, Tolerance, Autonomy, Personal Integration, Behaviour & Impulse Control, Self-realization,	3
4	Human behaviour: The range of rewaaction	1
5	<b>Human adjustment process-II: Denominators of adjustment</b> Maintenance Needs, General adjustive behaviour, Characteristics of healthy development, Self Assumptions, Anxiety and Defense Mechanism, Neurotic nucleus and paradox, Task oriented reaction patterns, Damage repair mechanism, Defense mechanisms	9
6	<b>Facets of human adjustment:</b> Avoidance, withdrawal & compromise	3
7	<b>Emotions &amp; adjustment:</b> Appraisal of goal congruent and incongruent emotions, Emotions & health	4
8	<b>Facets of human adjustment: Stress, Resilience and Coping:</b> Stress, Biochemical regulation of stress, General Adaptation Syndrome, Symptoms of stress, Diagnostic criteria for Acute Stress Disorder, Burnout	5



NP-TEL

# NPTEL

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

## Humanities and Social Sciences

### Additional Reading:

1. W.S. Paine (Ed.) (1984).  
Job stress and burn out.  
Sage.

### Coordinators:

**Dr. Braj Bhushan**  
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	Stress Syndrome: Causes. Indicators and phases, PTSD, Diagnostic criteria for PTSD, Posttraumatic Growth: Domains and Models, Resilience and Coping	
9	<b>Aggression:</b> Understanding Frustration, Model, Aggression Behaviour, Impulse control disorder	4
10	<b>Psychological disorders:</b> Causes of psychological disorders- biological, constitutional, socio-cultural, psychological; Neurosis & Psychosis, Adjustment disorders; Personality disorders	5
11	<b>Take home from the course:</b> Summing-up and feedback	1
<b>Total</b>		<b>40</b>

**References:**

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