

New Syllabus as per NEP-2020 for 4 years Major and 3 years MDC
Course in Education UG Programme of University of Calcutta

Psychology of Adjustment

University of Calcutta
Education (4 Years): DSC/Core (Major) CC-16 (7th Sem)

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SYLLABUS

UNIVERSITY OF CALCUTTA

Education (4 Years): DSC/Core (Major) CC-16 (7th Sem)

PSYCHOLOGY OF ADJUSTMENT

Unit-1: Adjustment, Maladjustment and Problem Behaviour

- Concept of adjustment and adaptability.
- Psychodynamic Concept of adjustment, criteria of good adjustment.
- Concept of maladjustment, Causes of maladjustment, aggressiveness, delinquency, substance abuse.

Unit-2: Multi-axial Classification of Mental Disorders

- DSM-IV: Section-I, Section-II and Section-III.
- Concept and symptoms of Schizophrenia, anxiety disorder, depressive disorder and personality disorder.
- Psychoanalysis, cognitive therapy (Concept only).

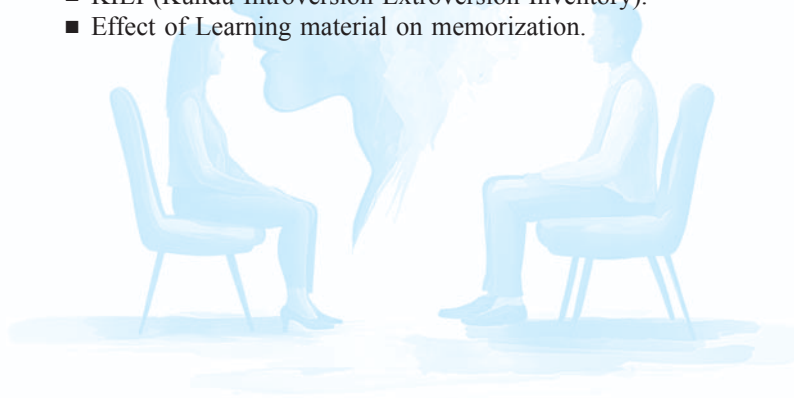
Unit-3: Coping Strategies for Stressful Situations

- Stress and Stressors—Definition and Differences.
- Coping strategies—Need and Types.
- Healthy way to handle Life Stressors.

Practical

Administration, Scoring and Interpretation of the following—

- KNPI (Kundu Neurotic Personality Inventory).
- KIEI (Kundu Introversion Extroversion Inventory).
- Effect of Learning material on memorization.



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