ABILITY ENHANCEMENT COURSE (UGC-CBCS SCHEME)
MH&A: MENTAL HEALTH AND ADJUSTMENT

Course Outcomes:

- Identify the general psychological theories and principles that contribute to effective and successful mental adjustment.
- Increase self-knowledge by completing a series of self-assessment activities.
- Identify behaviours that improve coping skills; reduce anxiety, depression, anger, frustration, and stress; and improve physical and mental health.
- Produce and implement a personal change plan that demonstrates the use of goal setting and other self management techniques that can be used when setting a personal goal.
- Produce and implement a personal wellness plan that addresses one of the different healthy habits for physical health.
- Understand the factors of mental health and the role of education in its development.

Unit 1: Introduction to Mental health

- Concept of Mental health
- Factors Influencing Mental Health
- Importance and Functions of Mental Health
- Concept of Normal and Abnormal Personality

Unit 2: Adjustment and Maladjustment

- Concept and Process of Adjustment and Maladjustment
- Causes and Indicators of Maladjustment, Anxiety, Frustration and Conflicts
- Defense mechanisms: Repression, Projection, Rationalisation, Regression, Sublimation, Withdrawal and Denial
- Coping Strategies and Building Resilience
- Stress and Conflict Management

Unit 3: Education for promoting mental health

- Characteristics of Mentally Healthy Person
- Issues concerning the youth: Identity Crisis, Self-awareness, Positive attitude, Self discipline, Self motivation
- Strategies for promoting good mental health

Unit 4: Interventions for Mental Health Promotion

- Psychological disorders: Anxiety (Panic disorders, Phobias), Mood (Major Depression & Bipolar), Cognition (Delirium, Dementia, Amnesia) and remedial measures
- Psychotherapies: Behaviour Theraphy, CBT, REBT, Humanistic
- Religious and Community programmes
- Positive mental health and wellbeing
- Strategies for Promoting Mental Health
Transaction Mode: Lecture-cum-Discussion, Brain Storming, Group Discussion, Presentations; Panel discussion; Seminar presentations, Field Studies and Practicum.

Practicum:
- Identifying symptoms of maladjustment through observing behaviours of classmates.
- Students shall visit an industry, Psychiatric hospital, General hospital, Central jail, ashrama, Remand homes / Juvenile home or any such correctional institute or organization and they shall submit a report of their visit.
- Administration of 02 (two) psychological tests including Adjustment, anxiety and frustration tests.

Core Readings
- Bonny, M. E.(1960) Mental Health in Education , Boston: Allyn and Bacon
- Capuzzi D and Dougles, G.R: Introduction to Counselling. London: Allyn and Bacon

Suggested Readings