

**COVENANT UNIVERSITY
NIGERIA**

*TUTORIAL KIT
OMEGA SEMESTER*

PROGRAMME: PSYCHOLOGY

COURSE: PSY 324

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PSY 324: PSYCHOLOGY OF ADJUSTMENT

Contributor: Prof. A. Alao, Dr. D. Igbokwe, Mrs. E.I. Olowookere

1. Define the term personality and identify the three categories of personality assessment methods
2. Define adjustment. Why do we study adjustment?
3. Give a detailed description of the original Minnesota Multiphasic Personality Inventory (MMPI)
4. What are the methods of studying adjustment?
5. Explain the basic assumption of the humanistic perspective on personality development
6. Explain alternative societal approaches of treating adjustment failures

7. Everyone faces life challenges but the ability to handle them successfully varies from person to person. Describe the three theoretical explanations of adjustment success and failures among individuals
8. What is the relationship between personality and adjustment ?
9. Briefly highlight the psychological manifestations of the stress response
10. There are many stress related diseases. Briefly explain 2 diseases in each of the following broad areas:
 - a. Gastrointestinal Disorders
 - b. Cardiovascular Disorders
 - c. Respiratory Disorders
11. Briefly describe the DSM V diagnostic criteria for adjustment disorders.
12. Explain the relationship between adjustment and wellbeing.
13. Define Stress pointing out the cognitive appraisal model by Richard Lazarus
14. Critically explain the relationship between socioeconomic status and chronic stress. What are the consequences of chronic stress?
15. Explain in detail two sources of stress.
16. Discuss exhaustively the behaviour therapy method of treating adjustment failure
17. With practical examples explain two ways of coping with stress highlighting the cultural influences on coping.
18. Explain two theories of personality vis-à-vis their adjustment view
19. Explain the Psychoneuroimmunology concept of physical effect of stress.
20. Briefly explain Hans Selye's (1976) general adaptation syndrome

ODD NUMBERED QUESTIONS	EXPECTED ANSWERS
(1.) Define the term personality and identify the three categories of personality assessment methods	Personality may be defined as the unique and consistent characteristics of individuals that distinguish them from others. The categories of personality assessment methods are: <ol style="list-style-type: none"> i. Observational method ii. Personality inventories iii. Projective techniques
(3.) Give a detailed description of the original Minnesota Multiphasic Personality Inventory (MMPI)	The description of the original MMPI should include: <ol style="list-style-type: none"> i. The history and description of the MMPI ii. Description of the 10 subscales of MMPI and the 3 validity scales iii. Creativity and practical understanding of the MMPI are expected
(5.) Explain the basic assumption of the humanistic perspective on personality development.	The humanistic perspective to personality development assumes that all humans are innately good and striving towards self-actualization. However, this good nature becomes disrupted only when the individual experiences major constraints in his/her pursuit of self-actualization.
(7.) Everyone faces life challenges but the ability to handle them successfully varies from person to person. Describe the three theoretical explanations of adjustment success and failures among individuals.	A detailed description of the theoretical explanations of adjustment success and failures among individuals to include: <ol style="list-style-type: none"> i. Medical-Biological Model- Emphasis on the functioning of the brain and genetics ii. Sociogenic Model: emphasis on cultural contexts, beliefs and values iii. Psychogenic Model: emphasis on individual experiences particularly during childhood
(9.) Briefly highlight the psychological manifestations of the stress response	Explanation of the fact that acute and chronic stress episodes are implicated in the development of both diffuse anxiety, and manic behaviour patterns that are without defined direction or purpose, relationship between stress, depressive reactions and schizophrenia
(11.) Briefly describe the DSM V diagnostic criteria for adjustment disorders.	Description of the DSM V diagnostic criteria for adjustment disorders as the development of emotional or behavioural symptoms in response to an identifiable stressor with symptoms of marked distress, significant impairment in social, occupational etc, stress-related disturbance does not meet the criteria for another mental disorder, specification of adjustment disorder comorbid disorders like anxiety, depressed mood, disorder of conduct etc.
(13.) Define Stress pointing out the cognitive appraisal model by Richard Lazarus.	Definition of stress as a negative emotional state occurring in response to events that are perceived as taxing or exceeding a person's resource to cope. Richard Lazarus emphasized the role played by a person's evaluation or appraisal of events in the experience of stress.
(15.) Explain in detail two sources of stress.	Explanation of any 2 of the following: life events and change, traumatic events, daily hassles, work stress and burnout, poverty, acculturative stress.

<p>(17.) With practical examples explain two ways of coping with stress highlighting the cultural influences on coping.</p>	<p>Explanation of problem focused coping as coping efforts primarily aimed at directly changing or managing a threatening or harmful stressor and emotion focused coping as efforts primarily aimed at relieving or regulating the emotional impact of a stressful situation. Individualistic cultures (e.g. America) emphasizes personal autonomy and personal responsibility in dealing with problems while collectivistic culture like Asia use social support, family and community toward seeking help with their problems.</p>
<p>(19.) Explain the Psychoneuroimmunology concept of physical effect of stress</p>	<p>Explanation of Psychoneuroimmunology as an interdisciplinary field that studies the interconnections among psychological processes, nervous and endocrine system functions, and the immune system.</p>