

ADJUSTMENT : -

Adjustment

the concept of adjustment is originated from the biological term **adaptation**.

But psychologist use this term for **varying conditions**

adjustment means the reaction to the demand and pressure of social environment imposed upon the individual

Definitions

James Drever

Adjustment means the modification to compensate for or meet special needs

Shaffer

Adjustment is the process by which a living organism maintains a balance between its needs and circumstances that influence the satisfaction of these needs.

Adjustment is the interaction between a person and his environment .

How one adjust in a particular situation upon ones personal character and also the circumstance f the situation

Psychologist have viewed adjustment from two important perspective –

Adjustment as achievement – means how efficiently an individual can perform his duties under different circumstances

Adjustment as process – it explains the ways and means of an individuals adaptation to his self and environment without reference to the quality or it outcomes



Adjustment :-

Allport 20 1954, "It is the dynamic Organisation of those psycho-physical systems of the individual that determine his unique adjustment to his environment".

James Doreen 20 1950 - Adjustment is the process of finding and adopting modes of behaviour suitable to the environment as the change in the environment".

** Adjustment :- It is the process of finding and adopting modes of behaviour suitable to the environment as the change in the environment".

160 people's reactions to a crisis

purpose of Adjustment :-

- (i) to find a suitable environment,
- (ii) to find a suitable person,
- (iii) to find a suitable situation,
- (iv) to find a suitable time.

① Characteristics of Adjustment:-

1. It is continuous process.
2. It is two way process.
3. Adjustment in work place.
4. Adjustment in environment.

② Stages of Adjustment:-

- ① नया परिवार ,
- ② नए शहर में आना ,
- ③ नए लोगों से मिलना ,
- ④ नए काम में लगना

TECHNIQUES OF ADJUSTMENT

সংগতিবিধানের কৌশল [Techniques of Adjustment]

প্রত্যক্ষ কৌশল
[Direct techniques]

পরোক্ষ কৌশল বা
প্রতিরক্ষা কৌশল
[Indirect techniques or
Defence Mechanism]

উন্নতমানের
প্রচেষ্টা
[Improvement
of effort]

মেনে নেওয়ার
ক্ষমতা
[Compromising
techniques]

আত্ম-সমর্পণ
[Surrender]

উপযুক্ত সিদ্ধান্ত গ্রহণ
[Making suitable
decision]

(1) অবদমন
[Repression]

(2) প্রত্যাবৃষ্টি
[Regression]

(3) পরিপূরকতা
[Compensation]

(4) অপব্যাক্ষ্যান
[Rationalization]

(5) অভিক্ষেপণ
[Projection]

(6) অভেদীকরণ
[Identification]

(7) নিঃসঙ্গতা
[Seclusiveness]

(8) সহানুভূতিশীলতা
[Sympathism]

(9) উন্নীতকরণ
[Sublimation]

(10) প্রতিক্রিয়া গঠন
[Reaction
formation]

(11) দিবাস্বপ্ন
[Day dreaming]

(12) প্রতিস্থাপন
[Replacement]

② Techniques of Adjustment :-

[A] Direct techniques :-

1. Improvement of effort :-
(ସମ୍ପର୍କିତ କାର୍ଯ୍ୟ)
2. Compromising (ସାମନ୍ତ୍ୟ ନେତା)
3. Surrender (ସମ୍ପର୍କିତ)
4. Making proper decision -
(ସମ୍ପର୍କିତ ନିର୍ଣ୍ଣୟ ନେତା)

[B] Indirect technique :-

1. Simple denial (ସମ୍ପର୍କିତ କାର୍ଯ୍ୟ)
2. Aggression -
(ସମ୍ପର୍କିତ କାର୍ଯ୍ୟ)
3. Sublimation (ସମ୍ପର୍କିତ)

4. Compensation (ପାତକସ୍ୱରାଜ) :-

- Direct Compensation
- Over Compensation.
- Substitute Compensation.
- Indirect Compensation.
- Negative Compensation.

5. Identification (ସମ୍ପର୍କୀକରଣ) :-

6. Projection (ସମ୍ପର୍କୀକରଣ) :-

7. Rationalisation (ରାସନାଲିଜେସନ) :-

- ସଂସ୍କୃତି ଘଟଣା
- ସଂସ୍କୃତି ଘଟଣା

8. Repression (ସଂପର୍କ)

9. Reaction formation (ସଂପର୍କୀକରଣ)

10. Negativism (ନେଗେଟିଭିଜମ) :-

11. Fantasy (काल्पना)

12. Regression (पुनरावृत्ति)

- 0 -

❏ Criteria of good adjustment ❏

1. physical fitness

2. Self analysis

3. सामाजिक शील, सदा सहाय अर्थात्

4. Presence of reliable person

5. Activeness.

6. Participation in constructive activity,

7. knowledge of psychology.

8. सामाजिक भागीदारी,

9. सकारण भावनाओं से लैस,

A well adjusted person consider every new situation as a challenge and meet it with intelligence, courage and wisdom

Characteristics of a well adjusted person

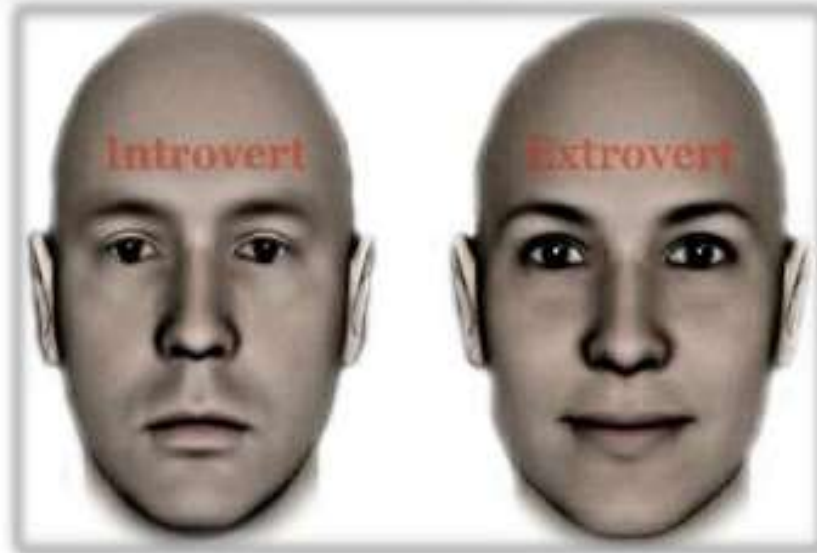
1. Aware of his own strength and weakness
2. Respecting himself and others
3. An adequate level of aspiration
4. Satisfaction of basic needs
5. Absence of critical – faulty- finding attitude
6. Flexibility in behaviour
7. The capacity to deal with adverse circumstances
8. A realistic perception of the world
9. A balanced philosophy of life

Characteristics of Maladjustment :-

Characteristics of the maladjusted person

- 1 withdrawn and timid- frequent withdrawal from difficult situations make individual timid and weak in facing real life situations
- 2 shy and self conscious- concern with their negative evaluation
- 3 fearful- unpleasant agitation – hide from meeting students of higher class
- 4 Anxious –anxiety describe the individuals level of emotion
- 5 Delusions- it is irrational belief –ie god responsible
- 6 extremely aggressive- leads to tendency to dominate in the class- hurt herself - kick dogs, child beats her doll

Characteristics of Maladjusted Children



Withdrawal, depression or self-injuries, obsessions(mania), school rejection, drug and substance abuse, destructive, uncooperative and violent behaviours

- 7 tension – person does not feel inner freedom – strains leads to muscle contradiction
- 8 high aspiration - person with high hope over future life –when not achieved become unrealistic in life
- 8 Felling of inferiority - arising from the sense of imperfection and incompleteness –each time strive for higher level development – adverse condition
- 9 emotionally disturbed
- 10 isolated
- 11 sensitivity – maladjusted children are sensitive
- 12 Tamper tandrum- when there is a bad tempered outburst is known as tamer tandrum- if a child does not get fair treatment , sympathy , freedom within a reasonable time he feels maladjustment.

Causes of Maladjustment

Family

Social causes

Economic causes

Psychological causes

Personal causes

School-related causes

Teacher-related causes

Peer-group related causes



Prevention & remedies of maladjustment :-

① Prevention of Maladjustment -

— 'Prevention is better than cure'

- (i) Good Home Environment
- (ii) Good School Environment -
- (iii) Good social Env.

② Remedies of Maladjustment -

1. Cognitive Therapy -
2. play Therapy - by Melanie Klein
3. Psycho-drama -
- by J.L. Moreno
4. Occupational Therapy -
5. Narco Therapy -
6. Behavioural Therapy ← modelling
Providing Reinforcement
7. Psycho-analytic Method
by - Sigmund Freud.

Maladjusted Behaviors :-

4. Stelling :-

କାରଣ

- (i) ଅସମ୍ଭବତା ,
- (ii) କ୍ଷତ୍ରିୟତା ବିଚ୍ଛିନ୍ନ ସାମାଜିକ
- (iii) ଅସମ୍ଭବତା ସାଧନ ,
- (iv) ଅସମ୍ଭବତା ସାଧନ ,

ପ୍ରଭାବ

- (i) ବାକି ସମସ୍ତ ସାମାଜିକ ସମ୍ଭବତା
- (ii) କ୍ଷତ୍ରିୟତା ବିଚ୍ଛିନ୍ନ ସାମାଜିକ
- (iii) ଅସମ୍ଭବତା ସାଧନ ବିଚ୍ଛିନ୍ନ ସାମାଜିକ
- (iv) ଅସମ୍ଭବତା ସାଧନ ବିଚ୍ଛିନ୍ନ ସାମାଜିକ

[1] Lying :-

ଦାବନ - (i) କିମ୍ପାସନା ସାବିତ୍ତାମ୍ବ
ଅଭିପ୍ରାୟ ।

(ii) ଅସତ୍ୟତା ସାବିତ୍ତା **କାବିତ୍ତା**

(iii) ଅସତ୍ୟତାମ୍ବ ଯାହା

କାବିତା - (i) କୃତ୍ରିମ କିମ୍ପାସନା ଅସତ୍ୟତାମ୍ବ
ଅଭିପ୍ରାୟ / ଅସତ୍ୟତାମ୍ବ / ଅସତ୍ୟତାମ୍ବ ।

(ii) ଅସତ୍ୟତାମ୍ବ ଅଭିପ୍ରାୟ ଅସତ୍ୟତାମ୍ବ
ଅଭିପ୍ରାୟ ।

[2] Treachery :-

ଦାବନ :- (i) କୃତ୍ରିମ
(ii) ଅସତ୍ୟତାମ୍ବ ।

(iii) ଅସତ୍ୟତାମ୍ବ ସାବିତ୍ତା ।

(iv) ଅସତ୍ୟତାମ୍ବ ଯାହା ।

- [ସଂକୀର୍ତ୍ତନ]** :- (i) ଦୀର୍ଘ ସଂକୀର୍ତ୍ତନ ମଧ୍ୟ (ଦୀର୍ଘ)
- (ii) ସ୍ୱଳ୍ପ ସଂକୀର୍ତ୍ତନ ସଂକୀର୍ତ୍ତନ ସଂକୀର୍ତ୍ତନ

[5.] Anxiety :-

- [ଲକ୍ଷଣ]** :- (i) ଲୋଭାଦି ବିଚାରଣା
- (ii) ଆତଙ୍କ
- (iii) ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି
- (iv) ସଂକୀର୍ତ୍ତନ/ଅତ୍ୟନ୍ତ/ଅତ୍ୟନ୍ତ/ଅତ୍ୟନ୍ତ
- (v) ଅତ୍ୟନ୍ତ ବିଚାରଣା

- [କାରଣ]** :- (i) ବିଚାର ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି
- (ii) ବିଚାର ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି
- (iii) ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି
- (iv) ଚାନ୍ଦି, ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି ଚାନ୍ଦି

5. Obsession:

1. Obsessive Compulsion - Obsessive Compulsive Disorder
2. Compulsion - Compulsive Disorder
3. Obsessive Compulsive Disorder - Obsessive Compulsive Disorder
4. Obsessive Compulsive Disorder - OCD, PTSD etc.

6. Phobia:

- (i) Negative Phobia Disorder
- (ii) Specific Phobia Disorder
- (iii) Agoraphobia Disorder

7. Fobia:

— Phobias Disorder Disorder

8. Anxiety:

- (i) Generalized Anxiety Disorder
- (ii) Specific Anxiety Disorder
- (iii) Agoraphobia Disorder
- (iv) Obsessive Compulsive Disorder

Phobias :-

1. Agoraphobia -> Open spaces phobia
 2. Claustrophobia -> Closed spaces phobia
 3. Zoophobia -> Animals phobia
 4. Acrophobia -> Heights phobia
 5. Arachnophobia -> Spiders phobia
 6. Microphobia -> Small things phobia
 7. Claustrophobia -> Crowded places phobia
- © NIMH -> Specific Phobia (18.17.18) 8.7% (18.17.18) 18.17.18
Generalized Anxiety Disorder -> 6.8% (18.17.18)

Treatment :-

(i) Psychotherapy, CBT, Exposure therapy

- (ii) Medication -> SSRIs, SNRIs, Benzodiazepines, CBT, Desensitization.
- (iii) Medication -> SSRIs/SNRI, Benzodiazepines
- (iv) Medication -> SSRIs, SNRIs, Benzodiazepines
- (v) Medication -> SSRIs, SNRIs, Benzodiazepines
- (vi) Medication -> SSRIs, SNRIs, Benzodiazepines

* SSRI - Selective Serotonin Reuptake Inhibitor.

- வினா :-**
- (i) அறிகுறிகளில் என்ன (2) குறிப்பிடுக.
 - (ii) இது (என்ன) மன (2) அறிகுறிகளில் என்ன (2) குறிப்பிடுக. CBT / SSRI
 - (iii) அறிகுறிகளில் என்ன (2) குறிப்பிடுக.
 - (iv) அறிகுறிகளில் என்ன (2) குறிப்பிடுக.
 - (v) அறிகுறிகளில் என்ன (2) குறிப்பிடுக.

9. Depression :- அறிகுறிகளில் என்ன (2) குறிப்பிடுக. இது (என்ன) மன (2) அறிகுறிகளில் என்ன (2) குறிப்பிடுக. மன (2) அறிகுறிகளில் என்ன (2) குறிப்பிடுக. அறிகுறிகளில் என்ன (2) குறிப்பிடுக.

- வினா :-**
- (i) கிழக்கு (2) குறிப்பிடுக. மன (2) அறிகுறிகளில் என்ன (2) குறிப்பிடுக. மன (2) அறிகுறிகளில் என்ன (2) குறிப்பிடுக. மன (2) அறிகுறிகளில் என்ன (2) குறிப்பிடுக.
 - (ii) அறிகுறிகளில் என்ன (2) குறிப்பிடுக. மன (2) அறிகுறிகளில் என்ன (2) குறிப்பிடுக. மன (2) அறிகுறிகளில் என்ன (2) குறிப்பிடுக.

(iii) විසඳනය ඇතත් ලබා ගත නොහැකි අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීමට හැකි වීම,

(iv) ජීවිතයේ, ස්ව-නීති මගින් වැළැක්විය නොහැකි අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීම.

- ලකුණ** (i) වැළැක්විය නොහැකි අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීම,
(ii) ජීවිතයේ, ස්ව-නීති මගින් වැළැක්විය නොහැකි අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීම,
(iii) අනිවාර්ය අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීම.

සාරාංශය :- (i) අනිවාර්ය අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීම.
(ii) Stop medicine.

10 Suicidal Tendency :-

— ජීවිතයේ අවසානයට පත් වීමට හැකි වීම.
අනිවාර්ය අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීම.

- ලකුණ** (i) විසඳනය ඇතත් ලබා ගත නොහැකි අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීම,
(ii) ජීවිතයේ, ස්ව-නීති මගින් වැළැක්විය නොහැකි අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීම,
(iii) අනිවාර්ය අවස්ථාවකදී ජීවිතයේ අවසානයට පත් වීම.

ଅବସ୍ଥା :-

- (i) ନିୟମିତ ସମୟରେ ,
- (ii) - ସାମାଜିକ ସମ୍ପର୍କ, ଅନ୍ୟ ବ୍ୟକ୍ତି ସମ୍ପର୍କରେ ସମ୍ବନ୍ଧିତ କିମ୍ବା ସମ୍ପର୍କରେ ନୁହେଁ ।

11. Substance Abuse Disorder :-

ଅଧିକାଂଶ ସମୟରେ ସମ୍ପର୍କରେ ନୁହେଁ ।
 ଏହା ସମ୍ପର୍କରେ ନୁହେଁ । ଏହା ସମ୍ପର୍କରେ ନୁହେଁ ।
 ଏହା ସମ୍ପର୍କରେ ନୁହେଁ । ଏହା ସମ୍ପର୍କରେ ନୁହେଁ ।

ଅବସ୍ଥା :- (i) ସ୍ୱଳ୍ପ କ୍ଷମା ସହିତ -

- (ii) କ୍ଷମା ସହିତ କ୍ଷମା ସହିତ -
- (iii) କ୍ଷମା ସହିତ କ୍ଷମା ସହିତ -

ଅବସ୍ଥା :-

- (i) କ୍ଷମା ସହିତ କ୍ଷମା ସହିତ -

[12.] Anti-Social Behaviours: -

- କ୍ଷେତ୍ରୀ ଏ ସାମାଜିକତାକୁ ସମାଜରେ
ଆଣ୍ଡାଏଡ଼ କରିବାକୁ ଆରମ୍ଭ କରିବାକୁ ହୁଏ ।

[କ୍ଷେତ୍ରୀ] - (i) କ୍ଷେତ୍ରୀର ସାମାଜିକତାକୁ
କ୍ଷେତ୍ରୀରୁ ଅଧିକାଂଶକୁ ଆଣିବା ।

(ii) କ୍ଷେତ୍ରୀରୁ ଅଧିକାଂଶକୁ ଆଣିବା ।

(iii) କ୍ଷେତ୍ରୀରୁ ଅଧିକାଂଶକୁ ଆଣିବା ।

[କ୍ଷେତ୍ରୀ] - (i) କ୍ଷେତ୍ରୀରୁ ଅଧିକାଂଶକୁ ଆଣିବା ।

(ii) କ୍ଷେତ୍ରୀରୁ ଅଧିକାଂଶକୁ ଆଣିବା ।

(iii) କ୍ଷେତ୍ରୀରୁ ଅଧିକାଂଶକୁ ଆଣିବା ।

Study Materials For G.C

Check Your progress.....

- Q What is Adjustment? What are the technique of good Adjustments?*
- Q What are the Maladjustment Behaviors? Discuss any type of Maladjustment Behaviors. Mutation The Symptom of Phobia.*
- Q What are the Causes of Maladjustment Behaviors? States different types of Mechanism of Adjustment.*
- Q What is Rationalization? Discuss of OCD.*

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