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

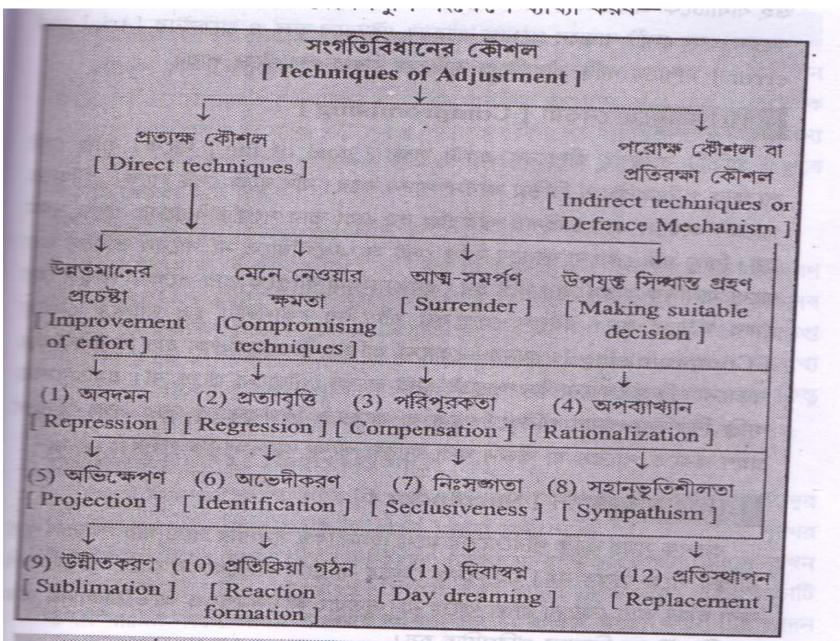
Shaffer

- 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 :-Allpost 20 mgs, It is the dynamic Organisation of those process physical system of the individual that determine his unique adjectment to his environment". James Dreves ve ma - Adjestment is the Process of finding and adopting modes of behavious suitable to the environment to the change is the Enrivonment ! # * MB DASIN SA ENGLAS BAY ENDER SAMPLE BOST DOIL AND BOUNDERS & MODERN PROPERTY OF THE BOST DOIL (6) 41/200 BILGERIERO BILLE OSCITE (6) (ii) mones o ensurator, (10) ALLER 3 EXILAR ELENDAN - - 1000 PALLER S EXILAR (10)

(1) Characteristies of Adjustment: 1. It is continuous process. 2. It is two way Process 3. Adjestment in went place 1. Adjestment in Enviorment. @ Stapes of Adjertment:-I May Parand, [3] sur states over ([3] and sugar of 6188, 1

TECHNIQUES OF ADJUSTMENT



Dechniques of Adjestment :-A Direct techniques :-1. Improvement of effort ?-2. Compromising (2110 (4830) 3. Surrendes (3002/2007/4) 1. Maring prepos decision -(spris surres eset) [B] Indirect technique: -1. Simple beniss englose) 2. Aggression - (entrementes alvers) 3. Sublemention (sopposon)

4. Compensation (NIO ESTAT):-1 Direct Compensation - Over Compensation. - substitute Compensation. f Indirect Compensation. Negative Compensation. 5. Identification (Suspost):-6. Projection (DIBOSTI):-7. Rationalisation (overgrayes):
8. Repression (ovarger)

(ovarger) 9. Reaction formation (DIBIAN 15005) 10. Nedsteinism (CAB alesses) -

11. Fantacy Grano corrsi) 12. Regression (Hgra13) De Criteria of jud adjestment D 1. physical fitness 2. Self onalysis 3. 1200 ploto 516 & 616 820 Decel 1. Presence f. reliable Geosen Activeness. 6. Perficipation in Construction Knowledge of Psychologs. 01/000 6115200001 अक्टिन प्राविक्या ह्यावार द्यार द्यार

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
- A realistic perception of the world
- 9. A balanced philosophy of life

Maladjustment:-

Maladjustment

It is a process whereby an individual is unable to satisfy his biological, psychological or social needs successfully and establishes an imbalance between his personal needs and expectations of the society resulting in the disturbance of psycho- equilibrium

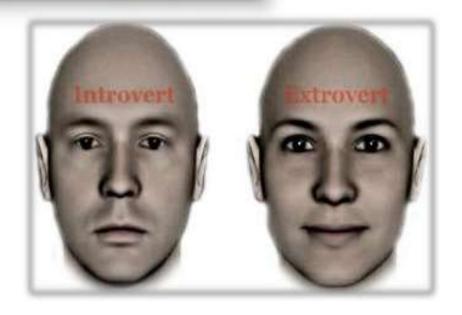
Concept of Maladjertment :-H, N. Bernard 20 Mp, Adjertment or Maladjertment is dependent upon the extent-to which findamental needs of human beings me met or on the way it being met, woms rooms The sale sells see so also of the experiencher 40; BOND 9 ENENT 262 DO 2240 1 - ales eus Euchere (28 Jan 800 de cus ous de

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 incompletion —each time strive for higher level development – adverse condition
- 9 emotionally disturbed
- 10Isolated
- 11 sensitivity maladjusted children are sensitive
- 12Tamper tandrum- when there is a bad tempered out brust 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 :-

@ Cause of maladjestment? (i) provesty (in Illeteracy -(ii) Laen of Swill-(iv) Ignorance -(Demial of oppostunities -(n Unforonsable emisonment: - Telle Salare Dalierme sussino (aux sus) ous seus seus (i) Physical courses _ (ii) psycho-socold causes -(iii) Social causes -(as psnenological causes -(m Teacher related courss -(um) School Related causes -(um classmate/ Individual causes -

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 mal	ladjustment	•-
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therention of Maladjestment -Prevention is better then Cure' (i) Good Home Environment (ii) Good School Environment (iii) Good social Env. Remedies & Mahadjestment -[1.] Cognitive Theraps -(3) PSycho-drama -[1] Occupations Theoaps -(5) Narco Therapy -(6) Behavious of Thesaps & froiding for 17) procuo-analatic method - sigmund treud.

Maladjusted Behaviors:-

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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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