

Present Scenario of Students` Life In Relation To Their Adjustment Problems

Mrs. Shilpa Sharma

Research Scholar
Department of Education
Sunrise University
Alwar (Rajasthan)

Dr. Sunil Kumar

Supervisor
Department of Education
Sunrise University
Alwar (Rajasthan)

INTRODUCTION:

Man has the distinctive capacity to be aware of him and to understand himself. Besides, he has the unique position of living in a formal society. Both these facts raise question of attaining degree of inner harmony and competence in interpersonal relations. The last quarter of the 20th century has been a period of great development in the field of science and technology. These advances have provided men with all material comfort. Inspire of all these provisions there is restlessness in society. The changes in society have posed numerous problems and tensions in the minds of young and old. A tense mind cannot adjust properly in the society and is unable to develop healthy attitude and to have good mental health. Well adjusted persons are normally able to cope with the life situations in a better way and more confidently than the maladjusted ones.

In case of young learners, if they are maladjusted, they will not be able to concentrate in their studies and hence may find frustration in school and social life. Whereas well adjusted student will work whole heartedly to pursue his/her studies properly.

Adjustment is a process by which a living organism maintains a balance between its needs and circumstances that influence the satisfaction of its needs. But their problems are neither identified nor treated. Adjustment plays an important role in personal growth of children and adolescents.

Meaning of Adjustment

The concept of adjustment is as old as the human race. In those days the concept was purely biological. The concept of adjustment was originated by Darwin who used it as adaptation of survive in the physical world.

When we observe human beings we find that their behavior develops as reactions to a variety of demands or pressures that comes about from the physical environment. Just as an individual adapted to physical demands he or she also adjusts to social pressures and demands. Living creatures like insects and germs income prisons to human being can't withstand the hazards of changing conditions in environment. As seasons change they die. Man among other living beings has the highest capacities to adapt to new changes. Man not only adapts to physical demands but also adjusts to social pressures in society.

Adjustment means reactions to the demands and pressure of social environment imposed upon an individual. Even person has certain needs. Some of the needs are psychosocial physical and physiological. Human adjustment is related to all needs.

According to C.V. Good: "Adjustment is the process of findings and adopting needs of behavior suitable to environment or to changes in the environment."

According to Gate: "Adjustment is a continuous process by which a person varies his behavior to produce a more harmonious relationship between himself and his environment"

According to I. Diever: "Adjustment means modification to compensate for or meet special conditions"

So it can be said that adjustment is a process that provides us a happy and well contended life and keeps balance between our needs and the capacity to meet these needs. It changes our life style according to the demand of the situation.

DEFINITION

Adjustment disorder is an excessive, lengthy reaction to a stressful event or situation. It could be one stressor or a combination of stressors affecting one person or a group of people. This reaction seriously damages social and occupational functioning.

There are several subtypes of the disorder, including adjustment disorder with:

- Depressed mood
- Anxiety
- Mixed anxiety and depressed mood
- Disturbance of conduct
- Mixed disturbance of emotions and conduct

CAUSES

Adjustment disorders develop in reaction to stressful life events or major life changes. Some common stressors are:

- Relationship problems
- Financial difficulties
- Family conflict
- School issues
- Work changes
- Major life changes
- Health problems
- Divorce

In the past there were not such types of major problems of adjustment. But now in this modern and complex world, the adjustment problem is spreading more and more.

Thus we can conclude that the problem of adjustment being faced by our adolescents needs serious consideration.

One of the implications of the present conclusion for teacher & teacher educator is that their curricula, syllabi, text books etc. all should be modeled in such a fashion that they can utilize their energies in right direction. College should organize activities which not only keep students engaged gainfully but which are satisfying to them in relation to their needs. Some of the activities are game, sports cultural activities like dramatics etc. group discussion, debate and declamations.

For intelligence group nothing can beat a good library. Therefore interests in reading should be developed, proper facilities should be provided in the library, and provision should be made to feed the intellect of students with suitable material. Interesting literature should be produced and made available to students.

The teacher educator should employ different method of teaching e.g. project method, discussion method, exercise method and problem solving method. There should be provision for practical activities, teaching through projects and manual work. Such activities give sufficient good to intellect. In order to make it meaningful rather the traumatic experience, proper guidance & counseling should be provided at the opportune time.

Parents should pay special attention to provide healthy atmosphere at home. Parents at home try to join insight in to their children's special needs and help them to satisfy these needs. Both male and female at home, should be provided with rich and varied types of experiences which should stimulate life and widen the range of companionship.

REFERENCES

1. Adams, H.E. (1972). "Psychology of Adjustment", New York , Ronalds, 1972.
2. Aggarwal, M.C. (1970). "Adjustment among college students", Indian Psychological Review.
3. Bhagat, M.M. (1970). "Study of the Problems of school Adjustment and Developing an Adjustment Inventory", Ph.D. Psychology, Punjab University.
4. Chauhan, S.S., (1998), "Advanced Educational Psychology", New Delhi: Vikas Publishing House Pvt. Ltd.
5. Dutt, M.L. (1978). "Social and Emotional Adjustment among Academically High and low Achievers".
6. Good, C.V. (1973) "Dictionary of Education", McGraw Hill Book Co. Ins., New York.
7. Goswami, P.K. (1978) "A study of the self concept of the Adolescents and its Relationship with Scholastic Achievement and Adjustment" Ph.D. Education, Agra University.
8. Guilford, J.P. (1950). "Fundamental Statistics in Psychology and Education". McGraw Hill Co., New York.
9. Joshi, C.Mohan, "A Factorial study of the Adjustment", Indian Psychological Review, 1964, Vol. 1(I).
10. Jourard, S.M. (1964) "Personal Adjustment II Ed." New York, Macmillan.
11. Lata, K (1989). "Impact of Parental Attitude on social Emotional and Educational Adjustment of Normal and Handicapped students" Ph.D. Psychology, Agra University.
12. Lazarus, R.S. (1976). "Patterns of Adjustment", Tokyo: McGraw- Hill.