

CONCEPT OF ADJUSTMENT

1ST SEMESTER/PAPER CODE-103

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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

Psychologists have viewed adjustment from two important perspectives –

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 individual's adaptation to his self and environment without reference to the quality or its outcomes

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