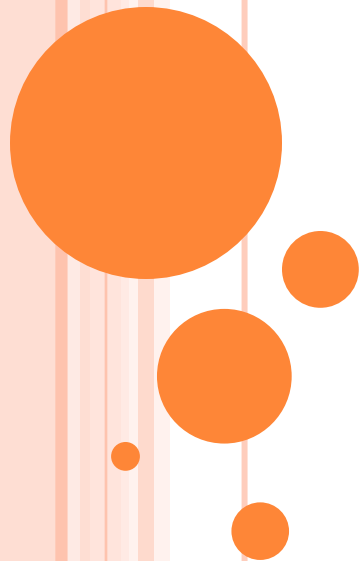# CONCEPT OF MALADJUSTMENT
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Maladjustment

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

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 withdrawn and timid- frequent withdrawal from difficult situations make individual timid and weak in facing real life situations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

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

10 Isolated

11 sensitivity – maladjusted children are sensitive

12 Tamper 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.

Symptoms of Maladjustment

- Physical symptoms: Stuttering, stammering, scratching head, biting nails, rocking feet, restlessness, drumming with fingers and vomiting.

- Behaviour domains: Aggression, lying, bullying, poor school achievement, hyperactivity, negativism, sex disturbances.

- Emotional Symptoms: Excessive worry, fear, inferiority, hatred, extreme timidity, persistent anxiety, conflicts and tension.

Detection of Maladjustment

- Observation and interview
- Bell adjustment inventory
- Anxiety scale
- Use of psychological tests