

Adjustment

Renuka Kumari

Research Scholar, Radhagovind University

ABSTRACT

Success in life comes only when we learn to adjust. Different situations emerge in front of us every day. We keep trying to adapt ourselves to these situations. You are not able to mold yourself when we have to face many kinds of problems. Every person tries to be comfortable in his environment and tries to fulfill his needs through social means where he lives in the person's life. Many times such situations come in which a person experiences difficulty and is not able to fulfill his desires, needs and desires immediately, but the person tries to move forward keeping in mind his fundamental goal. Adjustment takes place in both physical and mental forms. Individuals who are mentally healthy adjust themselves with the environment, as well as overall healthy individuals also adjust quickly with the environment. It teaches to adapt to the environment through initiation, a person learns not to adjust to the environment, self-adjusted person develops self-confidence and the person is satisfied and concerned. Unable to adjust, due to which the person is always stressed, there are many types of people in the society, everyone's thinking is different, due to the diversity of thoughts, sometimes our thoughts are not found, if we get entangled with each other, the tension stops. and we are unable to adjust with the environment. It is necessary for the development of any child and person that they should be trained to face the problem as well as motivated to face disappointment and failures. The goal of life and what to become in the future should be clear and parents should also be informed about how children should be treated. If the relationship between parents and children remains satisfactory in the family, then the child remains happy and adjusted in the family. Similarly, if the mutual relationship between the child and the teacher remains balanced, then the child gets adjusted favorably in the environment in the school. Each person sets his goal according to his needs. Circumstances come due to which we are not able to achieve our goal, then we get stressed and find it difficult to adjust with the environment. To avoid such stress, it is necessary to change the goal or reduce the goal. By doing this, an attempt can be made to satisfy the mind by adjusting it with the environment.

Keywords: Success in life, learn to adjust, Different situations, comfortable, fulfill desires.

INTRODUCTION

Education is the basis of human life. Through education, a person incorporates qualities adapted to his environment. Education only teaches a person to adapt through his own circumstances and environment. Self-confidence comes, many types of favorable and unfavorable situations keep coming in a person's life, which he tries to adjust in his environment, the person who adjusts himself to the environment and circumstances, remains happy and the person who adapts to the circumstances. Unable to accommodate you, he becomes a victim of dissatisfaction, frustration and tension.

We live in a society where we are surrounded by different types of people. In which everyone's thoughts and attitudes are different, due to these differences, our thoughts are sometimes not found, due to which we get entangled on small things, which can cause stress for us and others too. We try to adjust to avoid when a person goes to a new situation, the child tries to adapt himself to that environment. The child tries to maintain peace with his environment. Self-satisfaction is difficult in the initial days, but gradually the child adapts to that environment. tries to adapt so that the child gets internal satisfaction by adjustment as we adjust in our society we learn how to adjust to the changing conditions when individuals learn the art of adjusting to society If they are there, they develop a positive attitude towards their life. In adolescence, there are mutual conflicts among children who hurt them. Very few of us are the ones who accept our mistakes. To make mistakes is human nature. Can't always be right so sometimes it is necessary to accept your limitations and adjust with people around so that children can correct their own mistakes.

Meaning:

Adjustment means changing oneself according to the circumstances so that one can live without conflict in that environment. Adaptation was the ability to survive in the special conditions of life. In fact, adjustment is a very broad term which does not only talk about physical characteristics but also internal characteristics that affect how a person lives, behaves, interacts with others, etc.

Adjustment is made up of two words Sama + Shankha meaning well or equally and organization is done by economy the person adjusts to his needs in the environment

According to the definition of Skinner, "Adjustment is meant to participate in group activities in a healthy and cheerful manner, and bear responsibility to the extent of taking the burden of leadership when the time calls for it, and above all, any kind of self-deception in adjustment." trying to avoid giving

According to Gates, the term adjustment has two meanings. In the first sense, it is a continuous process in life by which a person changes his behavior to maintain a balance between his environment. In the second sense, the adjustment state is that of a balanced individual. is the condition of what we call a well-adjusted person

Characteristics of an Adjusted Person

On the basis of definition, the following characteristics are seen in an adjusted person.

1. Adjusted person is one who has knowledge and control of the environment and circumstances and behaves according to them.
2. Maintains balance between self and environment
3. Takes advantage of your needs and wants environment
4. Does not obstruct other people of the society for the fulfillment of his needs
5. Under normal circumstances, he does his work by being satisfied.
6. Has a clear objective and is problem faced

Adjustment required:-

1. To keep loved ones away from mental distress and stress
2. To maintain concentration of attention
3. To take an active part in various activities and activities
4. To develop a healthy attitude towards your work
5. To be optimistic in life
6. To achieve maximum achievement in every sphere of life

Development of adjustment: It should be the duty of every school to maintain the adjustment in its students, for this the following works should be done by the school

- Should be given training to face any kind of problem
- Should be trained to face disappointment and failures
- Guidance should be arranged for proper solution of individual educational vocational concerns

The purpose of life and what you want to become in future should be told so that the feeling of insecurity goes away from his mind.

The knowledge of how parents should behave with children should be explained from time to time through teacher-parent meetings so that they can better understand their duty towards children.

Adjustment process:- Adjustment is a continuous process with the help of which a person tries to make a relationship with the environment, sets his goal according to devotional disabilities, there are some obstacles in achieving the goal, which are related to personal or environment. A person tries to overcome obstacles to achieve the goal, if he achieves the goal, he remains happy and satisfied and when he is not able to achieve the goal for some reason, the person becomes frustrated.

Level of Adjustment:- It is not possible that all the needs of the person are fulfilled, there are some needs which are anti-social or beyond the capacity of the person. fails in need to know about the forms of adjustment

Accommodative Reactions: There are such reactions of the person which are expressed in conjunction with the circumstances. When the person wants to act and the obstructing circumstances hinder that work, then the most common way is to work with more effort and intelligence. By doing he gets success thus he remains satisfied in his motivations

Disturbed Adjustment: Not all motivations prove to be fully accommodative, some desires which are partially accommodative are called turbulent adjustments.

Maladaptive reactions:- When Bhakti is not able to adjust his motivations with the circumstances, then they are called non-planned reactions. As a result of being a social and intellectual animal, a person does many types of activities,

there is a problem of satisfying different motivators in front of him. If a person continues to do such things that interfere with the adjustment, then it is called maladjusted response.

Disadjustment Reactions: In this type of reactions, those reactions come which are wrongly adjusted, in this type of adjustment, society is harmful for both, so it is called dis-planned reactions. There is criticism in him, his behavior gradually becomes different from normal, this type of person is neither able to progress himself, nor does society and the country progress through it, his social relationship gradually deteriorates. Neither the desired goal is achieved nor it helps in solving future problems.

It helps in the solution itself, due to which the person wastes his time by getting engrossed in self-help.

TYPES OF ADJUSTMENT

Self-adjustment -: Self-adjustment means making adjustments in oneself, sometimes such problems come in front of the child, due to which a situation of conflict arises in his mind with opposing thoughts, which has to be removed during adjustment. |

Social Adjustment: Under social adjustment, a person tries to stay adjusted by maintaining harmony with family, friends, relatives and neighbors while living in the social environment.

Professional adjustment -: Under this, a person gets respect by behaving appropriately with his colleagues in his professional work area and gets satisfied with his business and tries to stay adjusted in his business.

Substitute adjustment: When the aspired goal is not achieved by the efforts made by the child, then the child tries to adjust himself by substituting the restricted goal.

Constructive adjustment -: The child solves his problem in a creative way, such as increasing the efforts to achieve the goal, considering the problem from different points of view, taking proper advice from other people, etc.

FACTORS AFFECTING ADJUSTMENT

Stress- When a person is not able to do any work on time, then tension arises in him, due to which he is not able to adjust with the environment properly.

Pressure-: Devotion thinks about its result or respect, then there starts feeling pressure from other people's thoughts, in such a situation the person does not feel like doing any work.

Conflict-: When devotion gets trapped in two different situations, then a mental conflict arises in it, whom to do and whom not to do, in such a situation it becomes necessary for a person to choose one of the two situations.

Anxiety-: When a person's unconscious mind comes to the conscious mind, then devotion starts remembering old incidents and starts arising in his mind, due to anxiety, the person is not able to adjust with the environment properly.

Frustration -: Any person expects the completion of any of his work, then the person waits for its result, but sometimes he does not get positive results, due to which the person becomes frustrated, his hopes start breaking. behaves differently from normal starts behaving like a lunatic

ADJUSTMENT MEASURES

Obstacle prevention-: Whenever a person thinks that there is an obstacle in his work, then the person finds a solution to remove that obstacle, which is in the form of superstition, but to take such measures, the person Calms his mind and tries to adjust with the environment.

Path change-: When a person wants to achieve success in some work, he tries for it and due to some reason he is not able to achieve success in his work, then he chooses another way to complete the work and gets success. gets it

Goal Substitution: When we want to achieve a big goal and are not able to succeed in it, then we try to satisfy the mind by reducing or changing our goal and adjusting it with the environment.



CONCLUSION

Adjustment is a special process for the individual, which affects their lifestyle and educational processes in one way or the other. Mental health helps in all types of adjustment and to make emotionally valid behavior in accordance with social norms and beliefs in different situations. By this, he can achieve his goal easily. Through this, the person expresses lack of tension and establishes harmony between the internal organs and the external situation. Harmony is called adjustment. Adjustment helps in the control of opposing desires and Ethical action tries to behave according to ideals.

REFERENCES BOOKS

- [1] Education psychology, Agarwal Publication Agra
- [2] R.A. Sharma, Value Elements of Educational Psychology, R. Lal Book Depot
- [3] Pathak P.D, Education Psychology, Agarwal Publication
- [4] Kulshrestha S.P. Education Psychology, R Lal Book Depot ,Meerut
- [5] Sharma Kumari & Saxena Vandana, Education Psychology and Measurement, Radha Prakashan , Agra