

Adjustment: Meaning & Process

Dr. Anuradha Rai

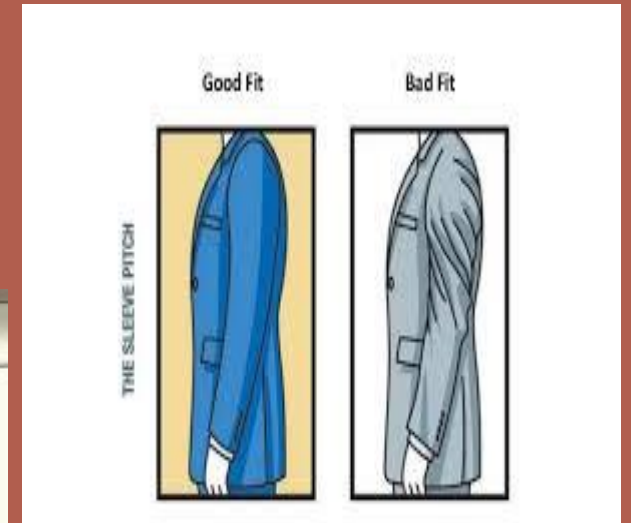
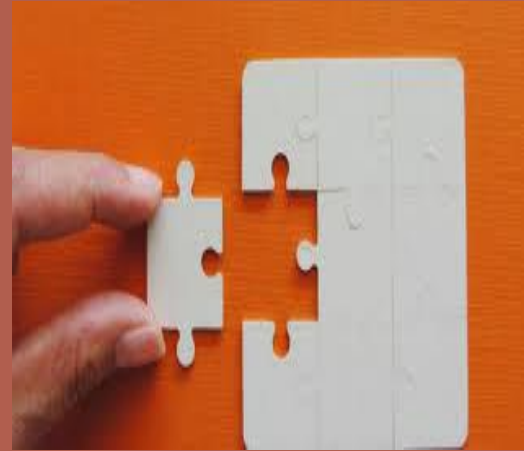
Associate Professor (B.Ed)

Harish Chandra P.G.College Varanasi



Adjustment

- Fit or to make fit
- Suitable or to make suitable
- Modified, or to modify
- Etc
- adjustment is a process and a status of achievement , in terms of above .



Adjustment in psychology: fitting oneself and fitting the environment

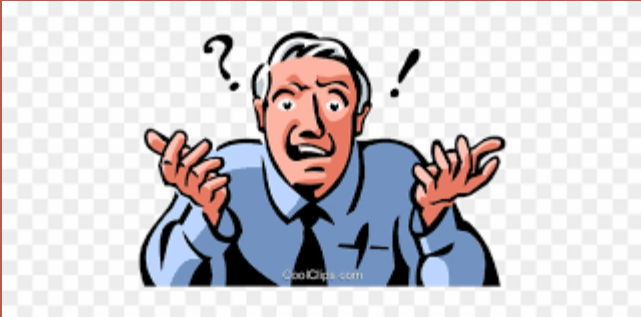
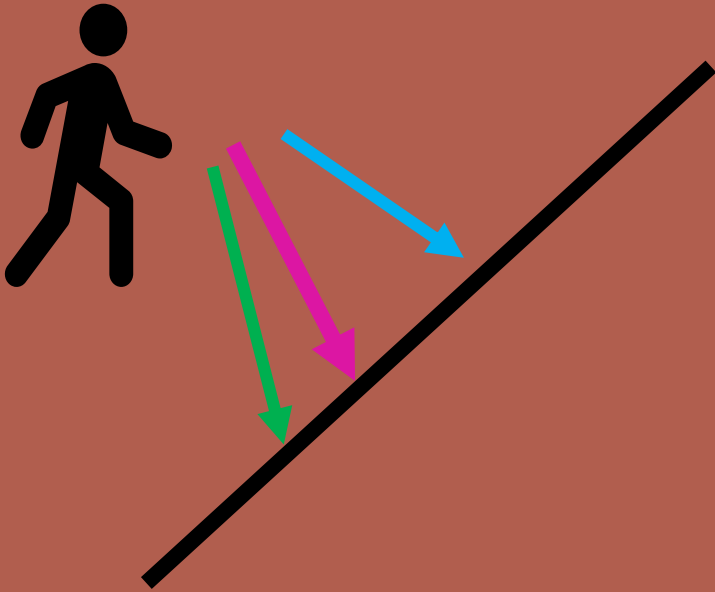


Adjustment and conflict

- Conflict : a situation when one has to decide between two :-
- What to choose
- What to leave



Adjustment and Frustration



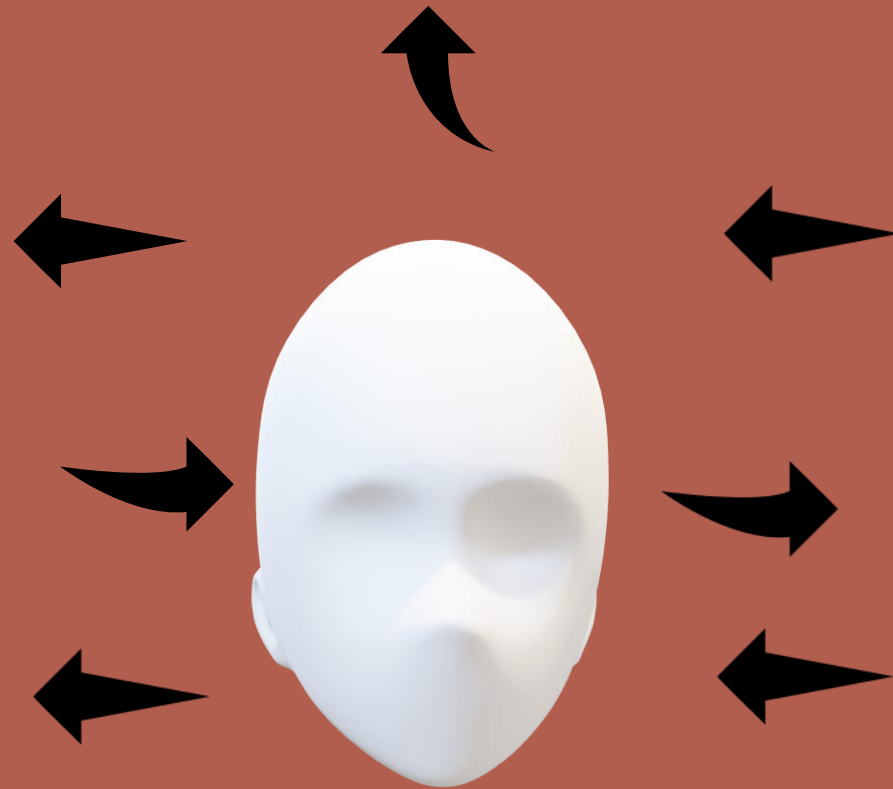
Some Definitions

- **Webster (1951):** Adjustment is the establishment of a satisfactory relationship, as representing harmony, conformance, adaptation or the like.
- **C. V. Good (1959)** Adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes in the environment

Definitions.....

- **James Drever (1952)** Adjustment means the modification to compensate for or meet special conditions
- **Shaffer:** “Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs”

Adjustment is finding balance in the needs and aspirations



Adjustment :Meaning in Hindi

- मनोविज्ञान में, परस्पर विरोधी आवश्यकताओं को संतुलित करने की व्यवहार-सम्बन्धी प्रक्रिया को समायोजन (adjustment) कहते हैं। ... समायोजन का अर्थ है—सुव्यवस्था अथवा अच्छे ढंग से परिस्थितियों को अनुकूलन बनाने की प्रक्रिया जिससे की व्यक्ति की आवश्यकताएँ पूरी हो जायें और उसमें मानसिक द्वन्द्व की स्थिति उत्पन्न न हो।

Hence

- Adjustment is a continual process by which a person varies his behavior to produce a more harmonious relationship between himself and environment (Gates, Jersild and others,)

Adjustments as a Process

- As process it explains the ways and means of an individual's adaptation to his self and his environment .
- **Continuous process(not one time step)**
- समायोजन निरन्तर चलने वाली प्रक्रिया है, जिसके द्वारा व्यक्ति अपने और अपने वातावरण के बीच सन्तुलित सम्बन्ध रखने के लिये अपने व्यवहार में परिवर्तन करता है।"
- **Two way process** :change the environment or change oneself
self adjustment, social adjustment

Process of Adjustment

- **Direct Methods**
- **Indirect Methods**