

Adjustment of adolescents

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Abstract: In adolescent period adjustment is a major challenge, especially those who are studying in the secondary schools. They experience the challenges of their physical, mental, social and psychological to adjust the situations. This paper focuses on adjustment and adjustment areas. Based on these the researcher made suggestions. Focus: Adjustment. Home Adjustment, Health Adjustment, Social Adjustment, Suggestions.

INTRODUCTION:

There are a lot of issues experienced by students, commonly in the adjustment process and adjusting the situations. This creates a major challenge for the students and could affect them physically, mentally, socially and also psychologically. In psychology, adjustment is the top concern among adolescents. This is a common problem that we observe in students usually. They face problems like how to understand different lessons, how to talk, how to ask certain questions to the teacher and how to prepare projects, how to solve problems, how to prepare for exams etc which creates a lot of stress and confusion among the students.

Adolescents are show to a wide range of new situations, such as parties, events and concerts. As a result, adolescents tend to come into contact, not only with friends, but also with strangers, compelling them to learn and develop new social roles without the supervision of their parents it's difficult to handle the situations.

According to Erikson's stage of human development, an adolescent is a person between the ages of 13 and 19. The possession of social skills such as effective communication can lead to a more positive social self-image and may determine the degree to which adolescents are able to succeed in their peer group (Klingman, 1992).

Adjustment:

Adjustment refers to the process of finding modes of behavior suitable to the environment or to change in the environment. It refers to conflict balancing through a behavioral process. The coordinated relationship between the individual and his or her human environment is taken as 'adjustment'.

"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". (L.F. Shaffer, 1956)

According to James Drever (1952) adjustment means "The modification to compensate for or meet special conditions".

Gates and Jersild (1948) define adjustment as "A continuous process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment".

Crow and Crow (1956) define adjustment as "The maintenance of a harmonious relationship between man and his environment." "As the conditions in the environment are changing all the time, adjustment is also a continuous process with his environment."

Adjustment is a universal phenomenon with various dimensions like emotional, health, social, school, home, and professional adjustment. Its measurement is the degree to which one may be described as adjusted or not adjusted is through standardised adjustment inventories. The findings of these inventories ascertain the personality traits and characteristics of a well-adjusted person.

Need for Adjustment:

Adjustment can be very challenging for several students. If they do not adjust properly, they may fail in their life and also in society. Students face various academic and personal challenges in their lives. These include the need to form new relationships, modify existing ones, develop new learning habits for the new academic environment, and cope with the new syllabus. Failing to adjust to such issues appears to be the most common reason for students to leave school in the middle. Hence, adjustment is a very important issue for every school student.

Adjustment is a continuous process in which a person maintains a harmonious relationship between himself and his environment. In simple words, adjustment is the process of maintaining a balance between an individual and the environment in which he lives. People have to change their behaviour patterns according to this balance, but someone who fails to maintain it is called maladjusted. According to Good, (1993), "Adjustment is the process of finding and adopting modes of behavior, suitable to the environment or the changes in the environment." Individuals want a lot; if one need is met right away, another drive (need) emerges. Every person has different perspectives. For example, someone says we need a big house, and another one says we need a bike. According to Froude and Ribble, "When a person achieves his goal and fulfils his needs, it adds to his self-satisfaction."

Human-being needs are three mainly three types :

1. Biological and physical needs
2. Psychological needs
3. Social needs

Our biological needs are air, food, water, a house, rest, man-woman relationships, etc. Biological needs arise again after some time, e.g., the need for food. After having food, a person feels hungry again and wants to eat after 2 to 3 hours. After meeting the biological needs, psychological needs arise. Basic psychological needs are attachment, needs for orientation, control of the need for self-esteem enhancement, etc. Everyone feels good whenever their basic psychological needs are fulfilled. Psychological needs are diverted toward different goals. A healthy personality and its development and adjustment should be satisfied. If they are not, the ego may hurt. A person creates management for protection from ego. We have to adjust to these needs. After meeting psychological needs, social needs arise. These need to have relationships with others. As humans, we need to feel loved and accepted by others. Some social needs are love, affection, family, friends, relatives, etc. If a person's needs are not met, he leads an unhappy and maladjusted life. It is very important and necessary to study how a person adjusts to society.

Areas of Adjustment

Home Adjustment:

The basic unit of society is the home. It is important in every person's life. The functions of the family are to nourish affection and provide support among family members. Adjustment during adolescence can be unpredictable and challenging due to various reasons. Dependence on family is reduced at this stage compared to childhood. Therefore, families play important role in the development of adolescents. Adjustment in the home is a challenge for adolescents because, at this stage, family members' behaviour towards their child is changing over time. Different aspects like home atmosphere, family finances, sibling relationships, the marital attitude of parents, adolescents' social lives, etc. affect their adjustment to home, which influences their personality development. Everyone desires to prosper and excel in all that they do and achieve lifelong success. For some people, success seems to come instantaneously. Many people wait for success, and it falls into their laps to achieve their goals and attain their dreams through determination, hard work, and intelligence. So strong individual makes a strong family and builds up their hope in the darkness. Home adjustment modifies an individual's behaviour toward his or her home environment based on criteria such as the home's climate, the parents' marital relationship, the family's financial status, the relationship between siblings, and the parental attitude toward the adolescent's social life.

Maternal relationships and the idea of the family strategy have an amazing impact on the adjustment process. Home is the main source of security for family members. The way family members behave and their relationships play a major role in the adjustment of a child.

Health Adjustment:

Good health is wealth. It allows us to adjust to our surroundings and achieve our goals. Health plays a major role in the development of one's personality. Sound health is the source of delight and adjustment. A person should always be mentally and physically healthy. A physically and mentally healthy person always feels well-adjusted in society than an unhealthy one. A well-adjusted person always feels physically and mentally healthy. Everyone benefits from good health, whether it is for physical or mental development and abilities. To be strong enough, everyone should be expected to consume around 2400 calories a day. But unfortunately, it is not up to the mark, it is just that they are getting 1000 calories. So most of them are unhealthy, as a result, which has an impact on their adjustment levels. In our country, there is less care for the growth of a person's health. The consideration for school understudies for decent well-being activities, games, and co-curricular activities is additionally critical. These activities consistently help to develops mentally and physically.

Social Adjustment:

Man is a social animal. A well-adjusted individual accepts social rules, traditions, faith, and a set of values that the person survives. Social adjustment examines a person's adaptation to social relationships with others on both sides of the school. The social maturity of the needs influences social adjustment, which is fulfilled with a sense of social

reactions and an acceptance of social responsibility. Establishing good relationships with his family members, peer group and society members is what social relationships entail. Social adjustment is a struggle made by a person to adopt the qualities and necessities of a general person so as to be acknowledged. It can be characterised as a mental procedure. It entails establishing new standards and values. Social adjustment is the achievement of sameness in social connections, generally helped by the suitable utilisation of social aptitudes.

Emotional Adjustment:

It refers to an individual's adaptation in emotional relations within and with other people, both outside and inside the school, as reflected in the individual's attitudes and behavior. It is an effective emotional control and expression of appropriate emotional responses to life circumstances. Emotional adjustment is the degree to which a person is able to change his emotions in correlation to flexible patterns that are purposeful in response to the challenges of his environment. A person is said to be emotionally adjusted if he expresses proper emotions in a proper situation and in a proper manner. An emotionally strong individual is well adjusted in his life because emotions play a very important role in one's adjustment to oneself and his environment. An emotionally adjusted person controls his behaviour in accordance with his philosophy of life. This helps him to overcome a healthy conflict and to lead a healthy social life. For this, we should improve the social circumstances of the school.

SUGGESTIONS:

In adolescent stage adolescents need attention. In adolescence stage development take place at different speeds and duration in psychosocial and physical development. Guidance and counseling programmes need to take into consideration the heterogeneity of adolescents, including the differing developmental stages and abilities of teenagers of adolescent girls and boys. Developmental changes during adolescence have broad implications for their overall adjustment process during adolescence.

Educational institutions should provide clear and comprehensive understanding of the impact of adjustments. Educational institution authorities should ensure a stress-free learning atmosphere. Counselor should discuss the students individually and solve their problems and difficulties. Parents, siblings, teachers, and institution authorities should have realistic expectations about their students with regard to their rank and grades in different examinations. Administrators should take care that the learning atmosphere in the schools is comfortable and democratic. It is the responsibility of the teaching staff to guide and encourage the backward and maladjusted students, which helps reduce their frustration and anxiety. Guidance and counseling classes should be established in every educational institution in order to solve the problems of the students effectively. Teachers should arrange for classes like motivational, yoga, physical exercise, and value education once a week. It is the responsibility of parents to provide a happy, congenial, democratic, affectionate healthy family environment for their children so that they feel stress-free.

CONCLUSION:

In conclusion, it is significant that whenever the adolescent exhibits unsatisfactory behaviour, it is often because he has certain physical and social needs that must be satisfied. Whether they are reckless or negatively idealistic, shy or aggressive, helpful or impudent, these all depends on the needs which are active at the time of such behaviour and how he goes about satisfying adolescents.

Therefore they behaviour always has a desire, the important question to ask in dealing with the behaviour is what need of this particular adolescent is being met by this mode of behaviour? When it identified, the parent or teacher should then help the adolescent to satisfy ought in more socially acceptable ways.

To develop a well-integrated personality and a sound mind among the students, there must be a strong emphasis on teaching adjustment, which is essential to lead a comfortable and successful life. Outstanding and admirable adjustments pave the way for a successful life.

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