



Impact of Maladjustment on Emotional Adjustment of an Adolescent

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ABSTRACT:

The present paper deals with the impact of maladjustment in the society on the emotional adjustment of an adolescent. This study is an attempt to know the causes of maladjustment of an individual. It also deals with the emotional characteristics of a maladjusted person. The investigator has tried to suggest to follow adjustment mechanisms to deal with such problems, which can be of a great help to an individual in maintaining emotional balance. This study seeks to outline the basic concept of Adjustment and how the maladjustment does impact the emotional balance of an adolescent. The present study attempts to investigate logical relation between maladjustment and emotional adjustment of an adolescent. The basic aim of this study is academic in nature.

Key Words: Adjustment, Maladjustment, Emotional Adjustment, Defense Mechanism, Adolescent

Introduction:

Today in the world of advancement and technology, every person is running a hard life. Multiple tasks all together are taking a person to the world of frustrations and maladjustment. This problem has been observed mostly in the behaviour of adolescents. There is a need to observe all these situations minutely, as maladjustment has direct connection with the emotional adjustment of any person. Keeping this in mind, the investigator has tried to put efforts to observe the causes and provide some suggestions to come out of these problems and get adjusted in their environment.

Adjustment:

The term "adjustment" originates from the biological term "adaptation". Biologists used the term "adaptation" strictly for the physical demands of the environment, but psychologists use the term "adjustment" for varying conditions of social or inter-personal relations in the society. Adjustment means the reaction to the demands and pressures of social environment imposed upon the individual. The term adjustment refers to the harmonious relationship which comes to be established between the person and the environment. Every individual plays certain position in his social relations. He is required to play his role in such a way that his maximum needs get fulfilled. If not, he suffers and faces frustration, which leaves an impact on his emotional adjustment.

Maladjustment:

'Maladjustment' 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 expectation of the society resulting in the disturbance of psycho-equilibrium.

Maladjustment is usually considered an individual's limitation in response and emotional reactions that can be grouped as undesirable personality characteristics and a negative personality pattern (Kuppens, 2010).

Emotional Adjustment:

A person is emotionally adjusted if she expresses emotion in a proper situation in a proper form. Emotional adjustment is essential for creating a sound personality. It is the roof of personality adjustment and physical, intellectual mental adjustments are possible when emotional adjustment is made. Home, Health, Social, Emotional and psychological problems encountered by a person are all interrelated and for that home adjustment plays the pivotal role. Home promotes satisfaction and security. If one is well adjusted in home, most probably he or she must have been well adjusted socially. Successful adjustment is crucial to having a high quality of life. Those who are unable to adjust well are more likely to have clinical anxiety or depression, as well as experience feelings of hopelessness, difficulty concentrating, sleeping problems and reckless behavior.

Maladjustment and Emotional adjustment of an Adolescent:

There are circumstances when an individual is not able to make adjustments in the environment which lead to frustrations. These frustrations become hindrances. You might have noticed such maladjusted persons around you. At times, you might have even thought seriously of the reasons and causes for their maladjusted behaviour.

Causes of Maladjustment:

There are various causes responsible for the maladjustment of an adolescent:

Social Causes: Socially, children who come from broken homes often are maladjusted in their behaviour. The broken homes can be due to separation or divorce of parents, death etc. Quarrels and fights of parents develop feeling of insecurity and frustration in children.

Economic Causes: Denial of basic needs such as food, clothing and shelter because parents are unemployed or possess a low socioeconomic status or large size of the family also causes frustration, aggression and hostile behaviour in growing children.

Psychological Causes: When the psychological needs of children are not fulfilled, they get frustrated and develop problems and lack confidence. The negative and abusive attitude of parents is directly responsible for the isolated and rejected behaviour of their children.

Personal Causes: Any kind of physical or psychological disability of an individual forces him or her to react negatively even in normal situations. Such children find it difficult to adjust even to minor challenges. This is also the major reason of frustration and maladjustment for an individual.

Educational Institutions: A child has to spend most of his time in an educational institution, whether it is school or college. Sometimes a child is not able to adjust to his teachers, classmates. Even for some of the children, the environment is not suitable. They find it difficult to cope up with co-curricular activities of the school or college, which leads to the frustration and maladjustment of a child.

Characteristics of a Maladjusted Adolescent: Maladjusted persons have some peculiar features and characteristics which can be easily observed in their behaviour. If the internal and external adjustment of a child is not achieved, he loses his emotional balance and reacts through weeping, quarreling, nail biting, thumb sucking, etc. Some of the characteristics have been discussed:

Anxiety: Anxiety results from conflicts and frustrations. It describes the individual's emotional level. Since anxiety is an inferred emotional state of an individual, it cannot be directly observed. It can be measured through psychological tests/techniques.

Aggression: Aggressive persons show energetic tendency to dominate everyone. Sometimes when an individual is not able to dominate in a social situation he or she hurts himself or herself and sometimes shows his anger on other things like beats her doll, kicks the dog, or other objects.

Isolation: Maladjusted children suffer from a feeling of isolation. They do not mix and interact with others. In families where parents are extremely busy and neglect their children, the children develop a feeling of isolation or dejection. This makes them maladjusted.

Shyness and timidity: A shy individual has low self-esteem and tends to avoid hardships. He often keeps silent and avoids eye contact. This shows his timidity in his behaviour.

Fear: Fear is a strong emotion involving perception of danger, unpleasant agitation and such person avoids meetings, gatherings, he likes to be alone in a room, afraid of dark, strange noises etc.

Sensitivity: Maladjusted children are very sensitive. They get hurt easily e.g., on being teased by teachers in the classroom or parents in the family, sarcastic remarks by peers, unwelcome advice by others, etc.

Adjustment Mechanism:

An adjustment mechanism may be defined as "any habitual method of overcoming blocks, reaching goals, satisfying motives, relieving frustrations and maintains equilibrium". Adjustment mechanism helps an individual to reduce his tensions, frustrations or anxiety in order to adjust himself in the environment. These mechanisms help him to solve his problems or to meet conflicting situations and regain his mental health. The conscious and the rational method is known as direct method and unconscious method is known as indirect method.

Need and Significance of the Study:

Need is to examine the problems of adjustment which have an impact on emotional adjustment of an individual. There is a need to discover ways; an individual can take help in making more satisfactory adjustments in problem areas. He can cope up with his problems and maintain balance and poise in home, health, social, and emotional adjustment, so as to adjust himself to the social environment and life in the most productive manner.

Statement of the Problem: Impact of Maladjustment on Emotional Adjustment of an Adolescent

Objectives of the Study:

To understand the meaning of adjustment

To understand the meaning of maladjustment

To understand the meaning of Emotional Adjustment

To understand how Maladjustment impacts emotional Adjustment

To understand how Adjustment Mechanisms help in maintaining balance in Emotional adjustment

Related Studies:

Gerdes & Mallinckrodt, (1994) found that “the shift between high school and colleges can be challenging and many changes occur in emotional, social and academic adjustment. Adjustment difficulties, loneliness and depression are much more common now a day among college students than their peers who are not in college. In the modern society, life is becoming very complex day by day. If a person is well adjusted only then one can survive without psychological stress which may result in maladjustment. Hence adjustment is very important in one's life.”

Kenny & Rice,(1995) Developmental processes for male and female college students may differ, in that women tend to rely on relationships and socialization experiences to aid in adjusting to college more than their male counterparts

Consolvo, (2002) Without a successful adjustment and transition to college, Students may drop out. Nearly 30-40% of college students drop out without obtaining a college degree, and many of these students never return to college to complete degrees. Individuals who are able to succeed at handling their independence and newfound freedoms are able to make new relationships while maintaining old relationships (Holmbeck & Leake, 1999).

Sirohi (2004) conducted a study of under achievement in relational to study habits and attitudes. A sample of 1000 elementary grade students were taken from X composite school of south district, Delhi. The results found that guidance program shall lead to better results, improving the achievement of the students and thus their potentialities be maximally utilized.

Devi and Madhuri (2008) reported that there is no significant difference in social maturity of adolescents by parental employment but significant differences were found in the dimensions such as interpersonal adequacy and social adequacy also no significant grade and gender differences were observed

Primrose C. Nyamayaro (2013) in a study of The relationship between adjustment and negative emotional states among first year medical students, Overall, in this study female students were more stressed and anxious compared to male students.

Rajesh Kumar and Roshan Lal (2014) have suggested that the adolescent experiencing healthy family environments are found to have higher academic achievement in comparison to children belonging to low family environment

Methodology:

This study is psychological in nature. Descriptive method; following Survey method is used to collect data. A questionnaire is prepared by an investigator for parents of adolescents. The questionnaire covers four broad fields; Social, Economical, Psychological and Personal. There are total 20 questions in all covering all the four fields.

Sample: The study is conducted on the parents of adolescents in the age group of 16-18 years. Total 30 parents from District Sirsa of Haryana were taken. The names of parents and their children were kept confidential.

Procedure and Findings: The parents were asked consequently to answer carefully and also within the given stipulated time. They were also told to be ensured that all questions are answered. After the interpretations it was found that the adolescents belonging to poor families or to economically weaker sections have to face many struggles in their lives which become hindrance in their emotional growth. Economical status of any family is also the base of social status. So both play an important role in the psychological and personal growth of any individual. Maladjustment in these two spheres leads to emotional adjustment. There is a need to follow some adjustment mechanisms to have emotional adjustment.

Conclusion:

Adjustment refers to the extent to which an individual's personality functions effectively. It is a relationship which comes to be established between the individual and an environment. Many factors affect adjustment. In every sphere whether it is personal, academic, social, emotional, an individual has to adapt to the environment. If person is not able to satisfy his needs, he is maladjusted. This maladjustment plays a major role on emotional balance of his personality. Adjustment mechanism helps in the process of adjustment and increases satisfaction.

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