



Social Adjustment: Human Need to Survive in the Society

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ABSTRACT

Social attitudes are individual beliefs regarding socially significant things. Collective attitudes refer to individual attitudes that are so strongly influenced by group interactions. Within the group, these attitudes are very uniform and homogeneous. Adjustment is the capacity to adapt to changes in one's physical, occupational, and social environment. Hence, adjustment is the behavioural act of balancing conflicting needs or desires that are made more difficult by environmental constraints. Both people and animals regularly adapt to their circumstances. With the help of this essay, we hope to draw attention to the numerous features of a social being and demonstrate how a social being adjusts to diverse contexts while expressing his social views.

Keywords: Adjustment, Attitude, Education, E-learning, Intelligence,

Introduction

Individual attitudes regarding social objects are referred to as social attitudes. Individual attitudes that are so strongly influenced by socialisation that they become highly standardised and dependable within the group are collective attitudes. Although the majority of social views are interdependent and standardised, other perceptions, such as those of the misbehaved and antisocial and those who dwell in the past, are equally significant. Although the attitude is initially a trial reaction, it may eventually become the organism's default setting. The ability to adjust to changes in one's physical, vocational, and social environment is referred to as adjustment. Both people and animals adjust to their surroundings on a daily basis. For instance, when their physiological condition prompts them to seek food, they eat to satisfy their hunger and therefore adjust to the hunger signal. When a person finds it difficult to react appropriately to a requirement or stress in their environment, adjustment disorder occurs. Success in adjusting is a requirement for a high standard of living. The likelihood of developing clinical anxiety or depression, as well as feelings of hopelessness, difficulties concentrating, sleep issues, and reckless behaviour, is higher in people who have trouble adjusting.

Creativity and Social Adjustment

No longer is creativity a biological constant. The quality of human intelligence that is most highly regarded is creativity (Saha, 2013; Saha & Maji, 2013). It is more commonly viewed as a 'variant' that is always changing as a result of environmental, socioeconomic, and cultural factors. Finding and fostering a child's creative potential in the classroom has become more important as a result of psychologists and educators realising the value of creativity in human development. Everyone is creative to some extent, and the concept of creativity is getting more and more acceptance. They can be seen and carefully measured using a variety of techniques. Planning and organising an educational environment that will facilitate the development and expression of creativity can help develop this skill. Finding and encouraging children's creativity is therefore both an opportunity and a difficult duty for educators. In reality, schools are where some concerted attempts can be made to establish the groundwork for fostering in children the fundamental skills, character traits, and motivations required for self-realization and success in the creative realm (Saha, 2012).

Boys are more creative than girls, according to a research, and there are no glaring differences between kids in rural and urban environments. In terms of creativity, there is also no clear relationship between place of residence and gender (Paul, et al. 2017). Another study was carried out in Birbhum District, West Bengal, to compare and offer data on the socioeconomic position, environmental awareness, and creative abilities of higher secondary school students with ages ranging from 16 and older. 300 students from eight higher secondary schools in the Birbhum District participated in a random data collection. The findings showed that there are no appreciable differences between male and female pupils in terms of socioeconomic status (SES), environmental awareness, or creativity (Saha, et al. 2012).

Intelligence and Social Adjustment

Humans use the psychological process of adjustment to cope with or handle the pressures and issues of daily life. It is centred on how a person adjusts to their surroundings and daily needs and has the connotation of conformity. Psychological adjustment helps the body handle its internal and external needs, tensions, and desires as well as external expectations and demands. A survey found no discrepancies in secondary school pupils' places of residence, but

there are notable gender gaps among them. There seems to be a pressing need for reform given that these differences are found to be extremely significant for gender across all spheres of adjustment, including familial, peer, and societal adjustment. Creating plans to encourage secondary school kids' enhanced coping mechanisms must be a top priority for academics, governments, families, and all other interested parties (Pramanik, et al. 2014). Furthermore, social scientists have speculatively proposed that there might be a relationship between mood and physical characteristics like height and BMI. According to a study, there is no significant association between IQ and BMI, although there is a strong correlation between IQ and height, weight, and BMI (Karmakar, et al. 2016). Emotional intelligence and adjustment are linked, according to research done on students in higher secondary schools. This demonstrates how peer, familial, and academic adjustment are impacted by emotional intelligence. So, students with strong emotional intelligence may successfully navigate the problems of life (Kar, et al. 2016).

Using samples from several institutions, a study at Sidho-Kanho-Birsha University in India examined undergraduate students' adjustment skills in relation to gender, study stream, and social intelligence. The study's findings showed that while undergrads in the humanities and sciences did not significantly differ from one another in terms of their capacity for adjustment, they did so in terms of their social intelligence (Kundu, et al. 2015). In the Purulia District of West Bengal, India, there were no appreciable differences in the attitudes towards social adjustment between male and female undergraduate students, rural and urban undergraduate students, rural male and urban male, or rural female and urban female (Ansary, 2022).

Leadership styles and flexibility have really been an issue for leaders, social scientists, and educators. A study on West Bengali undergraduate students looked at the connection between adaptability and leadership style. The findings showed a strong correlation between leadership style and adaptability among West Bengali undergraduate students. This shows that kids with greater flexibility may make better leaders since effective leadership demands both teamwork and interpersonal adjustment (Kar & Saha, 2021).

Educational and Technological Factors

The enormous amount of assistance that the internet has provided is praised by the entire world. Our lives are becoming increasingly limited as a result of all the ways we utilise the internet for communication, finance, education, blogging, and other purposes (Gorain, et al. 2022). One's sociocultural life is stolen by this excessive usage of the internet, which also leads to social isolation and despair. It has been shown that this dependency has a substantial impact on the behavioural, cognitive, and emotional patterns that are initially influenced by biological and environmental factors. Internet use, social isolation, and personality traits are all closely related (Mondal, et al. 2018). The first two elements listed above have both a cause-and-effect relationship and a reversal relationship. Internet Dependence and social isolation are significantly influenced by personality traits. It is commonly accepted that social isolation and reliance are the main factors contributing to altered personalities. As a result, comparing the differences between these three dependent variables to any other combination of independent variables would be more accurate (Gorain, et al. 2021).

Technology has impacted every part of our life as the world has become increasingly globally connected. Modernization is advancing quickly, and thanks to technical breakthroughs, electronic learning is now possible (Kar, et al. 2014). Instead of lecturing to pupils on theoretical subjects, a flipped classroom is set up to enable students build their conceptual understanding. It gives kids the chance to speak with their classmates face-to-face while still learning through technology in a calm setting (Mahato, et al. 2022). The target language learners demonstrate the challenging realities of learning a second language. Each student has a variable capability for integrating learning experiences depending on their level of openness, creativity, and intelligence, which are all factors that influence learning environments (Chakraborty and Saha, 2014).

Women in Society and Attitude towards Society

In light of the last two crucial decades, feminism researchers have permanently protested the way social science has defined men, women, and society. Discussions on the most effective methods to fix flawed and incomplete accounts in the context of traditional analyses have been entangled with questions of epistemology, technique, and methodology from the beginning (Adhikari & Saha, 2021). One needed to analyse the effects of the most evident techniques one might seek to modify the androcentrism of the traditional analyses in order to comprehend the width and depth of the metamorphosis of social sciences required to recognise women and gender activities. Women have been 'added' to these analyses by feminists. We distinguish three groups of women who were inescapable candidates for this mechanism: women who participated in public life and were already the subject of social science research; women who are social scientists; and lastly, women who had been the targets of the most egregious and violent manifestations of male preeminence (Adhikari & Saha, 2021).

Sometimes literature has a big impact on how someone perceives society. In *The God of Little Things*, Arundhati Roy plays the part of a social critic. She does not distance herself from the injustice, brutality, and system in her surroundings. Roy has done this by merging pure imagination, history, and creation to convey the harsh truths of the culture. Occasionally, the taboos that govern Indian society have a tendency to disturb the delicate social balance. Sometimes, politics, political rivalry, and a relentless pursuit of power can make matters worse. Naturally, the outcomes are predictable. The oppressed can be persuaded and ordered by people in higher social positions, which leaves their life open to attack (Adhikari & Saha, 2021).

Attitude towards Environment and Sustainable Development

One of the terms that people use the most these days is sustainable development. Since the publication of *Our Common Future* by the World Commission on Environment and Development in 1987 and Agenda 21 by the United Nations Conference on Environment and Development in 1992, the idea of

sustainable development has permeated society and been incorporated into a variety of daily activities. People are taking more care to address environmental challenges. For us to live a happy and fruitful life, three interrelated factors—our society, economy, and environment – must cooperate. The idea of sustainable development now affects more than just our age. In fact, it heightens our knowledge of what the needs of future generations will be (Saha & Maji, 2013). One of the most delicate and important concerns facing our planet in the twenty-first century is sustainable development (Halder, et al. 2022). We wouldn't be able to decide how to organise their consumption effectively unless we took into consideration the environmental services. If three interconnected traits are used effectively in everyday circumstances, they can build a safe, sustainable world where everyone can succeed. The foundation of sustainable development is the interdependence of society, the economy, and the environment. Information and differences on the state of environmental awareness among teacher candidates in West Bengal, India, were found in a study on the topic. The study found that levels of environmental awareness are not significantly different between male and female candidate candidates, in-service teacher candidates are more aware than pre-service candidates, science candidate candidates are more knowledgeable than humanities candidate candidates, and government-aided colleges and private colleges do not differ significantly in terms of environmental awareness levels (Saha, 2012).

Attitude towards Health and Yoga

Yoga is a long-standing practise that combines mental, physical, and spiritual exercises. Rigveda is where yoga is first discussed. There are assertions that yoga practise can enhance a person's life. Yoga is regarded for its various advantages because it cultivates mental tranquilly and physical strength (Saha, 2021). The students who will most obviously profit from yoga are those who are improving their memory and concentration as well as their physical health and emotional peace. The current study focuses on the views of West Bengali Purulia district undergraduate college students regarding practising yoga. Data If an object set is to be clustered, it must be grouped so that its members are more similar to one another than to members of other groups. Five clusters are created by two-step cluster analysis to undertake the current investigation (Saha, et al. 2021). A study's objective was to learn what undergraduate students thought about yoga instruction. The study's conclusions suggest that male and female undergraduate students at rural and urban universities have similar opinions of yoga education. The study's other finding demonstrated that there were no appreciable differences in undergraduate students' attitudes regarding yoga training between those who majored in the arts and those who majored in the sciences (Khatun, et al. 2022). The findings of these research suggested that a yoga programme might be used by both adults and children as a starting point for regular exercise.

Conclusion

A person's social attitudes are how they perceive social issues. Collective attitudes refer to individual attitudes that are significantly influenced by group interactions to the point that they become incredibly stable and typical within the group. The ability to adjust to changes in one's physical, professional, and social environment is known as adjustment. To put it another way, adjustment is a behavioural process used to control demands or expectations that are not in line with the surrounding circumstances. Pets and people both adjust to their environment. The attitude initially manifests as a trial reaction, which is an interrupted replacement behaviour that emerges inside a mediocre adjustment response, but it has the capacity to develop into the organism's long-term set. The better we treat society and its members, the better and more comfortable our social existence becomes because of the stronger response we get from them.

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