

**Human Adjustment Process**  
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**Lecture - 1**  
**Who and what matters**

Professor: Whenever we talk about human adjustment, one of the important things in life is always to identify the issues which really concerns you. Stuff that you realize that they should be given priority in life. And therefore, who are the people who matter to you, what is it that really matters for you, what is it you always take in to account when you have to justify your existence, you have to justify your action. So, these who and what is needs to be identified. Right now we will perform an exercise where in you just have to very clearly spell how who matters, what matters. And if you want to elaborate why it matters that also would be very nice.

Student 1: So, according to me like first of all the what my public image is what how the people think about me that matters to me, I may be willing to do a work, but and I may also started, but I will always end up doing it the way people want me to do it. Even if I am not in the favor of doing that work just because people are willing to would see me do that work in a particular way I may do it. Second is, I am always result orientated; like I never believe, how the task was achieved, what was the difficulties that came that never matters, all you all it matters is was the task completed or it was not. Because it is not worth explaining all the people, what all difficulties came and why you you could not achieve the task, it is always that you have to completed it and then say whether it was completed or it was not. And then third is like self esteem and ego also matter to me, because I cannot do a work in which my self esteem is that stake and like I also said that what people want from me, so I go in a very balance way. Like my self esteem should never be hurt or at stake and also that if the people have willing that I should do that work. So, I will go on with that work.

Again what people matter to me or obviously, my family members my father and brother and I always listen to my friends, but to be frank I never pay much heed to what they think about me, but I never let them know so, so that is the way that I work. And I always maintain a good relationship with people, I never hurt them too much too often

and even if I do I am very frank and and tell them if I was offended with some behavior of theirs. So that is how it goes and I am a bit selfish, so that was all about how and what people matter.

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Student 2: Clear about what actually they think about me not the general public overall sense and what matter is that whether they are believing in me whether they have faith in me they trust me. So, these kind of issues it matters to me.

Student 3: For me most immortally my family matters, and I tend to have a few close friends other than a large group of friends. So, what my family members and close friends think about me, what they want from me is important to me, not what other people like the society or what the world wants from me is not that important to me. Secondly, I believe in doing things in the in a methodical way. So, again if my family wants to me to do a particular thing in a particular way that is important for me and apart from that I believe career important for me. So, I look for a career where I can my potential and something which I will enjoy the doing.

Student 4: Family matters early mentioned; apart from that I also feel that I am concerned about the vexation of the society and as a result I want to know something which would directly impact their life's. So, in a sense not entirely family and friends, but some other sections which I am concerned about like the weaker sections. Talking about even money matters to me, I want a job where not only potential that fulfilled, but I also get sufficient amount of money, so that I could fulfill my future goals and expectations. Regarding the thing that factors I think public image is one thing which I pay more attention to I want that people should think good about me. And obviously, the friends and family, they will love you its fit you what you are, but I think somehow I do things just to get attention from others like you can say that I want to center of attractions some time and money already mentioned that is it.

Student 5: Just for me being happy matters the most for me and my family and whom I care about. And I do not know if it is relevant, I am the weather also matters to me. If the weather is good, my mood is good; if the weather is not it was written what matters, so I was seeing this.

Student 6: To me my family matters, my friend matters and what I care about would be like happiness of people like not only my opinion. So, I would also care that I make others happy.

Student 7: To me family matters, a lot and always want to do work, so that that makes me happy. And I do not care about other people I only care about what my true friends or family thinks about me.

Student 8: Who matters to me I will say probably my loved ones, my friends the people who matter to me a lot. And with that the same time probably the society also what matters a lot to me what people think, general perception what matters to me a lot. Regarding the society like that whom matters to me and regarding what matters to me I think I am a pretty goal oriented and my aim is pretty to be pretty successful in life that is all my aim is. So, one of my main aims in life probably being remembered, so that is even after life. So, that is one thing I really look forward to. So, to do this what really matters to me is how much I utilize my potential, and whatever I do and my aim is always whatever I do, I do it the best I can. So, that I just try to stand out of the world and do something should be remembered for quite some time.

Student 9: Family and friends mostly for me and the happiness, their happiness and my happiness also, and good image, good social image it is matters for me; and what are the challenges in front of me and how should I approach is also important.

Student 10: Family and friends, I want to keep them happy. What matters is the honesty, morality and ethics after breaking one of them I feel self-disguised and guilt. I am little concerned about what you think about me, I am worried about fulfilling the expectations that people around me expect from me.

Student 11: So, what matter who matter it will obvious my family and a very few friends, and I also care about the people which are just live in our society, and what matter it is really my goal I try my best to fulfill my goal, and sometime I get disserted if it is not fulfilled.

Student 12: To me relationships matter be to with people or animals, because if my neighbors dogs is barking then really matters to me, and experience matters a lot to me.

Professor: What type of experience you speaking?

Student 12: Means in experience just means like doing work and all means if I am I have done that work and if I have to do that repeatedly then it is really matter earlier, what did what fault I made that time and ego matters to me.

Student 13: The person who matters a lot my life are my parents first of all and then my friends, parents because they sacrifice a lot in bringing me up and rising me up and friends because they have helped me to improve my nature. Now what matters the most in my life is my behavior with my friends, there have been some incidence where I will harsh to them I don t want to discuss the incidence in on camera, but there have been some incidence, and I really want to control my behavior with my friends. So, what matters a lot in my life is my behavior and also the goal oriented nature I want to achieve whatever I think I can that is within my potential. Secondly, I think that if I am able to do something then people should appreciate it is not that ok, they should let it he is doing this then it is fine, they should appreciate it. So, in someone more in another way you can say that I seek attentions, I want to seek attention, thank you.

Student 14: I think the people who matter are the loved ones, and the things which matter is what you have achieved in life and what you have made out of your life.

Student 15: Well; obviously, for me friends and family will matter, because will be love you and we would glad to return the love, they have represent to you. And next I would like to add that freedom matters to me a lot, because the ability to do thinks that I believe in, and if I am able to do that that is what matters to me. And also the sense of adverseness that that I have.

Professor: Sense of?

Student 15: Sense of adverseness, what I think is like to be able to do that to be able to perfectly people to do that at around me that matters to me. And most importantly learning in life whatever you go through experiences and learn a lot, you change yourself to the for the better of yourself and others and I think...

Student 16: Regarding who matters to me, it is the same like the people who are close to me, but what matters to me is the way people are thinking, their philosophy of life, how

they they take things in their life. So, this is the thing which I would see in a people, in any people. And regarding the kind of work which I would like to do the thing that would matter to me is if feel that I deserve that position then only I will take that position, and otherwise if I feel that if anybody else is more competent then I would not be happy to take that position. So, if I am hundred percent satisfied that yes I deserve the this position then only I will take that.

Student 17: Well each and everything matters to me it is just that the degree to which that effect my life. For example, family is the foremost thing that matters to me then comes the other loved ones, the difference is that I put my families happiness over mine, my personal happiness no matter what happens I am committed to them, for the rest of my life, but in case of other loved ones and friends I most of the times it is my happiness that I rate first then theirs. Then comes the freedom, I prefer freedom in both my personal and professional life and the thing that matters to me is that the I want to respect from my own whether it is mostly the public image that I want, but sometimes and some else I do things that I have not good in public, but I restrain them from others. So, I do not want to be identified as a bad guy, but I do sometimes thinks that times not ethically very good. So, I want a image of my then comes one thing the that mentioned that I want to be remembered after death that is one thing that is my goal. So, I want to make people happy I enjoy with them and I cheer up them just because I want to be remembered.

Student 18: Sir I want to add on to what matters me again. So, one more thing that what matter to me what eventually whatever work eventually I do is something that I really enjoy. So, I do not want to be bog down by work due to some reasons which I want really enjoy in life, so I want to do something which I will thoroughly enjoy. And the same time, what happens is many times in life, we try to look at very short term goals. For example, in the coming four months, six months that is what we look at my aim would be to probably look at long-term goals, and not get bog down very short-term goals in life.

Student 19: I think who matters are my family and my friends, the self which I have my ego and the public image, but what happens in most of the time I think my the way people want me to do a thing and the way my perception if there is a class between them. So, I mostly prefer myself. And what matters is; obviously, that is makes me happy

anything that makes me happy be it ethically good or not, but most of the time it is ethically good. So, happiness matters to me a lot and that is it.

Professor: Now, I was just to be trying to make list of know the things that really matters, and if you really see you can very easily know make broad categories of them now. First and foremost relationship matters, within in the domain of relationship the relationship with whom is important and priority by majority goes to the family. In fact, somebody also mentioned that the happiness of family comes first compare to my personal happiness. friends matter, but they needs again once again it is a selective number of friends, all friends do not matter. But what is very interesting is some of you said that society at large matters, some of you said it directly most of you said it indirectly. When you say that my image matters, it basically means that others matter, because the others are the one who will hold the image for me. So, when I am worried about myself image actually I am worried about others, but then I am only worried about others with respect to how much they satisfy in my goal, my need

Compare to different viewpoint which was that fine I would like to serve others, because I want to enjoy the name, I enjoy I want to enjoy the fame, I want to remembered after death. And many things know the whole construct of whether I am doing something which is ethically correct or not, and interesting view point was that even if things might be ethically incorrect, because I get good image out of it therefore, I will not hesitate doing it. So, what I achieve is something at matters the route I take to achieve it is secondary.

And of course, one very interesting view point was that weather induced mood. It is very interesting in a sense that in psychological literature, you will find description or something called S A D, it is not sad; but it is season affective disorder that there is a variation in the condition, weather condition which actually influences your mood state. So, usually you do not find a S A D being talked about very commonly, but if you go in to the details of the clinical literature, there you will find the details of it. So, it was nice that somebody you know mentioned that also.

And then of course, there were series of things, but primarily identifying my potential, fully utilizing my potential enjoying the sense of autonomy, achieving my goals, once

again route does not matter, final success matters that was very glaringly clear, and then the relationship was something that really mattered a lot, in this description.

So in fact, if you try to understand the whole psychology of adjustment, it is basically know the stuffs that you have shared right now, that these are the primary issues which matters and the whole at dynamics of behavior that you attempt that anybody attempts. To attain your state of stable interaction with the society with the self with the family somewhere you all surround these core issues. So, that way it was really interesting anybody who would like to add.

Student 20: I want to add one point the physical health also matter to somebody, if somebody has some kind of physical problem, he may have to away with the family, friends and many of he may have to sacrifice his happiness, many all points. So, may be that this is the one of point physical health matters somebody, he may of give first preference to physical health and then some other points.

Student 21: Like as most of mentioned that we do things just to get attention or we do good things just to remembered after death, whereas not entirely true many times we do things just for ourselves, because we seek happiness not by getting attention from others or by getting appreciation from others, but from within we get ourselves of sense of satisfaction that we have done something good for the society in general. So, it is not only the the good thing that others talk about you that matters is also something which comes from within that is faction. And as none of us mentioned, but money is also important thing which matters, because in the long term we just cannot leave it just relationship we need something to survive a upon thrive upon. So, money is also important thing that has to be taking to consideration. So, I think that satisfaction is most important thing that you get out of doing something which matters the most apart from anything.

Student 22: Sir to add what I said earlier, it is a honesty matters among others. So, and I want to enjoy my life to the fullest that also matters, and I want to try everything, like you say jack of all trades like after coming to campus I wanted to play every game and I wanted to explore the campus to the full extent, that is the matter.