

**Human Adjustment Processes**  
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**Module - 4**  
**Lecture - 2**  
**Human Adjustment Process – 11**

Today we would continue with the human adjustment processes where, we were talking about the maintenance needs, last time we had discussed 4 maintenance needs you know curiosity understanding order and predictability.

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Maintenance Needs

- Curiosity
- Understanding
- Order
- Predictability
- Adequacy
- Competence
- Security
- Love & belongingness
- Approval
- Values & meaning
- Hope

Today, we would continue with the remaining main 10ance needs. The next most important maintenance need is adequacy which, basically you know is somewhere greater source of information for 1 self in terms of helping you go for auto correction mode, also in terms of you know realizing what would be sufficient for you. Given you know particular type of situation that, you are experiencing and particular type of or a set of expectations that people have from you.

So, adequacy that way you know somewhere, plays extremely important role as to make you realize that, fine what you have d 1 is adequate enough. Or you need to do more also in terms of say not only complying to the need of the external world, but even in terms of satisfying once own need, you look at what you are what you have achieved, what were

the expectations from you what had thought of your own self. And then you try to you know finalize whether, it is a whatever, you have experienced in life whatever you know you have finally, achieved in life.

So, based on your past experiences what do you consider are your achievements you know sufficient enough or do you want to need to move ahead. Usually in life you know once you achieve a target and usually, in most of the cases it would be when you are about to achieve the target human beings have a tendency of sliding the bar little higher ok. You must have seen you know in the track and field events for jumps specially, you know high jump long jump pole vault for example, you know where once you have crossed a limit then you again make successive attempts just for the sake of record.

So, you slide the bar little higher and you again retry to see whether, you know you have achieved that level or not. Now, there is a certain level that you have already achieved you slide the bar and in case in games it happens you know in case you are not able to do that your earlier level will be considered good enough for giving you medals. In day today life many of us are like that you set an intermediate target for yourself. And while you are able to you know approach your target, when you know that its coming your way where is soon it will be there you just slide it little higher ok.

This basically is a situation where you put yourself under tremendous demand not only the demand that the environment puts on you, but at the same time you also you know expect more from you think that probably you are able to achieve more and hence you know you should be trying more and more toward that direction. With respect to adjustment this whole you know dynamics plays interesting role because, it gives you a reason why to get engaged with the only things.

So, there is a certain degree of feedback that you take into account, there is certain degree of self appreciation that you take into account, there is certain degree of deficit that you also fine I was not able to achieve things this way or up to this level and then all these engagements help you grow in the process, it also keeps you engaged in the process. And therefore, it plays good role in terms of maintaining your mental balance in terms of helping you out leading a healthy mental life.

Then comes you know the whole sense of competence how competence you are. Now, again in the previous case also you know we found that many of these constructs were

interlinked you know they were too close to each other. So, is the situation here, when you know you realize that you are competent enough to do something and hence 1 level again would be that when you realize that you are competent enough to do something and second level where the your people in your environment the other stake holders we consider you to be competent enough ok.

The more and more you know is the sense of competence you know you are full of you know that self esteem, you consider that these are things that certainly be achieved. Specially in certain cases you know I am again trying to now look at couple of situations where the examples could be you know 2 you know apart in terms of their whole nature, but we are trying to look at it from the competence perspective and how these things finally, effect the psychological adjustment.

If you look at the different the life of different heroes the war veterans, you would realize you know that many of them did things which there were not actually expected of things which their own teammates did not think of, but then and you never, thought that you know you are competent enough to do that. But somewhere, at a given point in time suddenly there is a self realization that, perhaps things can be done like this and I can certainly do that and finally, you achieved that level ok.

Today, you have war veteran coming for a talk in the evening, if you read the description you would find you know that type of a situation there, you know something that the rest of the teammate did not think of ok. Now, you think of climbing that you know hill top from the most steepest side and then finally, even though you are short with you know certain bullets you would still you know keep on keep on doing what you had planned of ok.

Now, certain sense of realization will come half way when you are trying to achieve a target and this makes you realize that fine I am certainly competent enough to do this. Bullets are not going to stop me even in 1971 war, there was similar type of an episode do we have somebody here from Jharkhand you are from which place Hazaribagh. Hazaribagh very close to your place you know in Ranchi, you have a very great war veteran coming from that region you know have you heard this name Albert Ekka ok.

Now, Albert Ekka was the man similar, type of situation he had experienced during the 1971 war. And all he did was you know that there was you know face to face exchange

of fires between the Indian army forces and the Pakistani army forces. And then this team decided that there could be a possibility of following a longer way out reaching the Pakistani post from the back and then hitting them. Because you know this team could realize that there was 1 central point from where all these fires were coming.

Now, this man you know went ahead with that plan in terms of executing it. And while he was about to enter that post and there was only 1 survival as there was only 1 survivor there in the Pakistani post also. So, the person sitting there with the machine gun could realize that somebody is entering from the backside. So, he you know turned his gun towards Albert Ekka.

Now, Albert Ekka got multiple shots, he was already exhausted of his bullets. So, he attached his cookery you know that sharp edged weapon that you put in front of the gun. So, he attached it now you can imagine that you are you know completely wounded, you are been you know shot with bullets, but then you attached cookery go and finally, he is stabbed that person with his cookery both of them died in the process, but then the Indian army the remaining forces they got the chance to move ahead.

What I am trying to say is that there could be situations that you would have never anticipated in your life, you will never thought you are competent enough to do that, but then the situation provokes you the situation makes you realize that you also have the competence of performing something ok. In terms of competence if you drag if you drag you know history from mythology when Hanuman was you know ask to go and search for Sita his team came to you know came close to the sea shore and people were lost they did not know what to do.

Then, there was somebody in his team Jambavanth, who made him realized that you have the competence of flying in the air you know. So, there could be situations like that also in our life, where you are told by others that you are competent enough to do this. There could situation like these 2 war veterans that, you yourself realize that I am capable of doing that and you execute the task ok.

From a psychological view point the at completely, diametrically opposite side of it would be. A situation what is called as learnt helplessness? This is a very common term used in clinical site of psychology, where you deliberately develop a behavior which is

self defeating, but that makes you realize that you are helpless. You cannot perform now, you cannot do anything given the type of situation you have been put in.

Now, this is basically extreme end where you start compromising with what you are actually capable of. So, we have seen you know again 2 extremes of it, 1 where certain things that you had never thought of in your life situation comes, you encounter it, you try to face it head on and then you plan the strategy you execute it, you showed that the you are competent enough to handle the situation.

Second case where you are not willing to look at your own capabilities and hence you are compromising with your competence, but by and large the very feel that you know I am competence enough to do. This or even many a times you know realizing and accepting that, I do not have the skill to perform this is perfectly it helps you draw lines in your life, to say that fine these are the things that I will do and these the things that I am you know not capable of ok.

Say for example, if you are good at sports you play badminton very well, you play football very well you are very good at cricket you know that fine. These are my strength, but say if there is a music competition. For example, and you know people are searching for somebody who can play Tabla from this hall, of a residence and you simply you know accept that fine I am not good at it. Such type of you know realizations also make you draw lines that I am not competent for task x, but I am very much competent for task y.

So, discriminability you know that, index increases in terms of what, I can go ahead with and what are things that I should I can appreciate, but fine I cannot get involved into doing it. Now, the more and more you know you have the sense of adequacy; the sense of competence higher would be you know the rate of perception of security you feel you are far more secured. Security you know from a different point of view, if you see the search in the area of mental health, where the studies have been you know carried out in a disturbed areas you know like, where some type of civil war is taking place constant social disturbances different type of discrimination taking place within the society.

If you look at, you know the research psychological research on mental health coming from that z 1 s. You would realize that human beings they pay a heavy price for being into situations which are not providing them a sense of security even otherwise, if you

look at the brighter side of our social achievement say literature music and dance forms. All types of creative outcomes you would realize that, those societies have really come forward with stuffs like, this which was at peace at a given point in time you know.

So, more and more peace and harmony you know remains in the society, you find more and more people are engaged in this things compared to when the whole society is put at war or the whole society is at unrest and during unrest you do not find you know creative outcomes coming in you have the full long engagement of Vietnam with the u s forces and you could see what happened in those 10 years in Vietnam. The whole conflict the continuing conflict between south and the north chorea for example, and you could see how much price 1 has to pay for it.

Now, in the gulf you have you know few countries, who have certain degree of instability and you would realize that more and more unstable the social structure is less. And less is the creative outcome coming out of the culture and when you carry out you know research pertaining to certain type of behavior elaborations or pathological behavior would realize that the number suddenly increases. There are several search such research which proves that, the this is how things happen human beings have to pay a price for you know being in such situations.

So, sense of security certainly plays a very important role in terms of helping us maintain our level of adjustment helping us maintain our level of mental balance. Another interesting thing is you know the sense of love and belongingness, you know you remember last day also we had talked about security sense of affiliation, when we were talking with respect to the Maslows need hierarchy theory you know that, we have the biological needs first then the need for security need for affiliation self esteem and then self actualization.

So, there also we had the need for security and the need for affiliation love and belongingness represents, the same thing that you to love people and you also want that people should love you love and belongingness basically, you know makes you also feel secured you know that there are people who belong to you and you also know that there are you know certain things. If you fall in those types of situations then, there are people who would definitely come to your rescue ok.

So, great degree of you know insolence is there, you can very easily you know sense in your life that fine there are people in and around me and in during the time of need I will certainly have certain number of helping hands that will be extended to me. And this is a reciprocal process, you also you know think that fine if there is somebody in need who belongs to me I would also take pride in extending my helping hand to him or her ok.

So, you do not feel you know that you are completely isolated love and belongingness plays that, important role love and belongingness you know also helps you learn several social skills which also have high degree of you know evolutionary need it satisfies to. For example, the basic feeling of love for human beings will always you know help you know take care of people who are not capable of taking care of them; for example, you know rearing a child for example: you know when you have very small babies, who cannot do anything on their own this.

It is this very tendency that helps you take care of a human baby ok. Later on when you become parents you would realize you know that, there is certain degree of price that you pay for doing that, it is not that you only love the baby or you only take you know pride. And you derive pleasure in terms of interacting with the baby you know, the baby would urinate, the baby would defecate, baby would need all types of attention things; which are not pleasant you know, but you performed that act and the whole act is driven by these whole sense of love and belongingness that, because I love you because you belong to me and I belong to you hence I provide this care to you.

Extending it to the to somebody in the family, who is at the terminal end of the life somebody, who is extremely old now. And is on the death bed again you know provide all type of care you are concerned about him or her you take care of that oldest family member of your. So, is about to die again, it is driven by the same sense of love and belongingness that you are my so, and. So, and I am you are so, and.

So, and hence I provide this care to you because now you have come to a point where your body system does not support you ok. Love and belongingness again you can extend it to the completely another sphere where you show not only love and belongingness to somebody or for somebody who belongs to your own family, but it could be more and more of a generic type of a love when you say that I love the mother

earth for example, when you say that I have a great passion for I love this cause for example, ok.

There are even in our own country there are communities who had shown extreme degree of love and belongingness for certain cause for example, you know Uttarakhand the whole Chipko moment was you know if you analyze it from this point of view it is you know great degree of love and belongingness for those green trees and you say that fine we would not allow these trees to be cut I we want to maintain certain degree of green tree around us and we love these trees as much as we love anybody else in our community ok

There are very interesting dynamics here, you know when you look at love and belongingness from that extended view point the very fact, that you are being loved you belong to people will certainly you know act as a deterrent in situations when you are about to sink, because the moment you are sad you are depressed you would realize that there would be people who start humming around you will tell you that fine. I do not know why you seem to be in trouble you can share it with us. And especially collectivist culture like ours also you know is a collectivist culture where even strangers can at times you know you know show certain degree of love and belongingness to you ok.

So, that is an interesting side of it in social psychology people read these things from much detailed view point, where there would be comparisons between individualistic and collectivist culture, where you know the whole approach of human beings towards the fellow person in the society will you know definitely get moderated because you love and you belong to some people in the your society you also seek approval from them ok. The whole dynamics of human development is somewhere, guided by this whole sense of seeking approval again look at a small baby growing in a family who is instructed to do something

The baby would seek approval of their elderly members of the family, I am sure you must have seen the small babies how they interact with older members in the family say a small baby, who for the first time in his or her life is able to stand up holding some object. So, a baby who was just crawling suddenly holds a chair and with great effort is able to make his or her body erect stands you know on his or her own foot and you



approve of this behavior you say great you clap you admired that behavior somewhere the human child realizes.

This is a worth doing act the child will try to repeat it more and more and more and usually you know this behavior such behavior would be a repeated in front of other. So, that every time you approve of it ok; similarly, you know when you know advance in your age a bit you go to formal schools and then you are told that these are the doable behaviors you know you to comply to it, because you want to get your behavior approved ok.

Remember your earlier days in your schools, when the teacher would come and all of you would be expected to stand and in a very you know very rhyming form you say good morning mam, you know there is a pattern of it you know and very religiously, as a new child you just enter the room this is your first day you do not know what happens when a teacher comes. And you see oh this is what happens you know you did not know what to do. And therefore, you kept sitting on your desk on a chair and then the teacher looks at you, you do not know what has to be d 1 and next day you know ensure that the moment that a teacher enters, you would certainly stand up joint.

This whole crowd in the class and sing the same way you know good morning, this is again you know seeking approval in life Goes to the when you come to class 9<sup>th</sup> and 10<sup>th</sup> and your friends your parents friends of your parents some of your teachers tell you, that how what the it is for you to prepare for the joint interest examination many of you who would have otherwise, you know not thought of j e or would have thought of something else prepared for j e. Because parents wanted some I am sure in many of these cases you know this is the truth ok.

You thought of something else and even after coming here, you know many of you plan things different way, but j e was basically, you know not your dream, but the dream of your parents or say you know implanted dreams implanted dreams means; you see Verma, you see Sharma, you see Singh, you know their kids have d 1 this. So, this is an implanted dream therefore, you could not think what to do therefore, you start looking at others and because you see other children doing this.

So, this dream you know you graft on yourself and you say my son should also do this my daughter should also do this. Poor son and daughter they do not have any choice you

know, but to accept that fine. So, if not this then what and you say I do not know I am only in class 9<sup>th</sup> I do not know what are the possibilities therefore, I am saying do this and you gradually move in that direction, but approval from very different view point if you see you know it plays a very interesting role I am taking a completely different stand now.

Think of a situation where, you love somebody and hence you do not you know seek the approval of that individual can that be a possibility in life till now, what we have been saying that approval is something that we always looks forth. We always look forward for a we want you know that other should approve of my behavior and I would also take pride in a approving behaviors of other you know the whole social system has you know been developed like that.

If I extend it from individual to a systemic level say, there are organizations which are headed by group of people, who have the whole responsibility of approving something. Say for example, you know food and drug administration you know is supposed to approve certain types of you know drugs and foods whether it is good enough for consumption by civilians or not. You have say d g c you know the directorate general of civilaviations you know there supposed to regulate the whole you know moment in the Indian sky for example, you know there are all types of authorities, which are simply supposed to approve 1 thing.

Or the other there are committees in your own hall of residence you have committees you know which is supposed approve something. So, we have you know systematically you know very much appreciated this whole process of approval. Now, let us make a mix I give gave you an example that I am I might be good at badminton I might be good at football I might be good at cricket, but I might not be good at singing I might not be good at say other performing arts ok.

So, I realize that my competence has certain degree of restriction, I am mother of a baby and I love my baby like any other mother fine I am not competent enough to sing I have a bad voice, but if you ask the mothers and they will say that they have been singing for their kids all mothers do that and all babies love the song by their mother not by mothers of others.

So, basically as a grown up individual, I do not seek approval from my baby or they are just my voice is the sound level ok. Is my voice quality? Is it melodious? Does this song is this song or is that song mother never seeks approval from the baby out of that great degree love and compassion you sing for your baby and your baby loves it. So, this is an interesting dynamics again you see you know that at certain point you realize that you do not seek approval at all and you do not even you know look at what you are competent of and you are not at just the fact that you know there is a requirement that I should sing for the baby which will make her pleased before she sleeps.

Therefore, I do not relook at my own voice quality and my other qualities which will prove me to a great singer I simply sing for the baby that you know you can look at human adjustment from this point of view also you know that for certain segments you realize that I need not seek approval ok. Now, the fact that you are driven by certain degree of curiosity in your life the very fact that, you understand certain stuffs in life your curiosity helps, you understand based on the fact that you have understood certain things.

You are able to put things in order in your life more and more orderly your life is greater is the degree of predictability you derive a sense of adequacy that, I am adequate enough to do certain things my achievements are adequate enough to fulfill my dreams. you see in yourself that you are competent enough to certain targets all these things makes you know feel secured you know you are loved by others you do have people whom you love in your life people approve of your behavior you also approve of them all these thing happens in your life and then you derive value out of your out of this human survival ok.

You feel how valuable it is to lead life like this, you see meaning in what you are engaged in psychology there are you know good amount of literature on deriving meaning in life or deriving a sense of meaningless in life these would be you know completely opposite phenomena, we would always you know like to have an engagement with things which has certain degree of meaning.

Now, what I find meaningful need not be meaningful for you that would be also a situation and hence even though I might be engaged in it you do not approve of such type of engagements, because you do not find it meaningful, but then there would be certain things that as a you know at a larger level the social system you know values them and

therefore, people anticipate that you should certainly you know have these things in you should certainly try to achieve these things because these are value oriented things from, the social view point there would be things that you value personally.

Hence you would certainly like to achieve them, but this whole engagement in this life should have certain degree of meaning at least you know you should have come to a point where you say that even though a segment of people do not find meaning in doing these things they consider this to be worthless I still find meaning in doing this ok right. Now, we will come to it when we would be talking about this whole you know value oriented you know systems and how they become extremely stringent in terms of evaluating you.

Therefore, many a things many problems that later on we have in life they basically evolve out of the fact that you consider, that your behavior does not fit into the value system that you have been you know grown with there is a certain degree of incompatibility between the 2. During second world war a news appeared in the British newspaper that, there is a great degree of viscosity of milk for children in Germany and therefore, many children are starving the next day, there was a brief add in the newspaper the British newspapers seeking donation that please donate will buy milk and then export it.

For the German kids who are not getting sufficient amount of milk and this raised the eyebrows of many Britishers, you know they said that how can you know you ask for donation for serving children of the country with which we are fighting war and the man who had given this advertisement came in front and said that fine, I have no enemy below 16 remember that, I am asking for a donation to serve human babies you know not to serve German babies whether you know they live or they die finally, you know they have they, are actually they are human babies you know late we have divided them into German babies you know, British babies.

Then we are engaged in war, but these babies they do not know what, we are engaged in they are having in adequate supply of the milk for them and therefore, as human beings we it is our responsibility to show charity to this extend that, we you know collect stuff for them and then send it back to them. So, that they get the chance to survive in terms of value in terms of meaning you find people who have contrasting viewpoints ok.

Now, in Allahabad this Kumbh is going on and if you look at the whole set of behavior that people are displaying their many people might not find it meaningful, many people find it extremely meaningful. There is phenomenon that you know that people follow their they call it Kalpvaas is basically, for the full month you go on the banks of river Ganges and you stay there you are can understand, in this chilled weather when the temperature had g 1 up to 3 point 5 and 4 degree.

There are set of people, who would certainly we living in, but they go there they live there for the full month because they find it extremely, meaningful that their life has you know being blessed because they were able to complete this full month of Kalpvaas during the Kumbh ok. Morning 4 o clock and you realize that people will go and take a holy dip right. Now, from which is going on it will continue for some more time you know people who derive extreme degree of meaning.

Because in doing such things because you know they find it value oriented taking a dip in Sangam great value attached to it and therefore, the whole engagement that you show it has highest degree of meaning. For many of us it could not be have that value and this act might seem extremely, meaningless at many places you know most of this religious places you would realize you know that people perform certain act for example, 1 such act is before the sun rises you turn towards the east you raise your hand worshipping sun you lie down on the ground from your starting point you extend your hand draw a line.

So, that would be exactly your you know full length body length plus the raised hand you know. So, you put a mark there again you stand there again you worship the son again you lie down on the ground and you do it till, you reach the banks of the river you can understand bear body chilled winter morning in this 3.5 degree temperature 100. And hundreds of people doing it you know you come to the river bank you take a holy dip and you stay with folded hands still the sun rises you worship.

The sun and you come out you say that, I have you know d 1 the highest service that I could have thought of in my life you show it to somebody who does not value such type of practices will say what type of nonsense is this you are putting your life at stake you are you know engaged in meaningless act you know because you know these 2 set of people have different type of value orientation and therefore, somebody who finds act extremely meaningful somebody does not find it meaningful at all ok.

So, these are again interesting dynamics you know of human adjustment and remember 1 thing that, it is always good as human beings when you look at others behavior try to understand behavior before you judge them in its own context you know if you take any behavior out of context it might look extremely meaningless ok. Say for example, if I am looking at the behavior of this individual who lies down on the ground draws a line covers a distance of few kilometers reaches a river bank takes a holy dip and stands you know like that, with wet body in the river folded hands waiting for the sun to rise.

If I take it out of the context and I say what type of act is this even, if you would not have followed this ritual even, if you would not have stood with folded hands, would have still you know come in the east, because this is a pure geographical phenomenon, it is nothing to do with your you know your behavior of worshipping the sun, but if you look at it from the social context point of view then you realize oh there is a culture where sun is worshipped where sun is worshipped in 3 forms.

This is 1 of the forms of worshipping sun and then there are you know this is say 10,000 years old ritual that people follow. You say oh good this is a living culture where tradition lives for 1000 and 1000 of year you start appreciating such behavior. And therefore, many a behavior which is otherwise classified as meaningless behavior and hence can be used as an indicator of your mental health which can be you know use to as a denominator to say that you know you fall short in terms of that level of mental health that, you should be having it is always important to look at all behavior from its social context point of view.

So, do not you know take an individual or the behavior out of the context otherwise it is completely meaningless. Even say for example, right now I am taking about it standing in front of you it if you look at my behavior in this context it makes a sense, but imagine a situation when nobody is there in the room I come here open my laptop and then start talking to the chairs it has no meaning at all you will certainly question my mental health you know that will certainly you know that my mental balance has now g 1 in the advanced direction ok.

The moment these chairs are filled with you people it derives a meaning all human engagements have this thing you know that therefore, it is always suggested that do not take you know any behavior out of the context otherwise you are committing a great

mistake and then the most positive thing that I am always supposed to have in life that you always you know have a hope and this is again an interesting propeller it is a fuel that keeps on keeps on you know making you move ahead in your life ok.

Even though you value certain things you have not been able to come to that level even though you find certain things to be meaningful you have not been able to do things that way, but then you are still hopeful today, I have not been able to do that tomorrow definitely I will do it I have not been able to do this my children may certainly be able to do that we all have failed, but the next generation you know, I will certainly be able to do that these you know these are you know certain hopes that you know keeps bubbling within all of us.

This helps us you know whenever, we are in negative mode state we you know just remain in that state for smaller period of time, but then we again regain our energy and we again getting engaged in meaningful acts because we are driven by you know this hope that 1 day this will certainly, come and you can have any number of any number of real life stories you know where you would realize that people did face the most adverse situation in their life, but they were very optimistic.

Because they were optimistic therefore, things succeeded further 2 true stories 1 story I think it has to do with some war which war, I have forgot 10, but some war perhaps it has to do with again I won not make prediction it has to do with some war that was a situation of pilot belonging to the naval forces you know. So, pilot with naval forces means they that they will take off and they will finally, land on a deck of a ship ok. So, this man you know took off from 1 of the air carriers that their naval force had and midair the he was attacked and in that process he lost his eye site.

So, midair you are flying a jet and you are blinded that was a situation that he experienced he was constantly given command that you still your holding that button. So, just press it from the top and your seat will eject out because your flight the tail of it has caught fire your life is in danger and he said that I am blinded I cannot see. So, the commander said that nothing you know simply press that eject button because you are still holding the throttle. So, press it your seat will come out and you know do not worry we will you know save you and this man said that I am still you know in hold of everything.

So, keep giving me you know precise suggestion and I can still land the plane for few seconds this exchange took place when the commander on the ship realized that this man is not going to eject. So, it is better to give him precise instruction. So, that he can land on the deck. So, they kept on giving him instructions and this blinded pilot could land on the deck of a ship which was in the sea your hope can play such dramatic roles another interesting type of a situation, you know when I think you know if you read the stories of people who are into adventure sports many of them will tell you know that I would not have survived.

If I would have left my hope at that point in time you know you are caught in snow cloud mountain and you have no other life support system available to you lived in that situation for 2 days when you saw a helicopter you know searching for you and how did you survive for those 2 odd days and you say that there was still a hope you know that some 1 will come interesting things you realize you know even in comic representations theaters movies you would realize you know that 1 generation coming to an end with the hope that now the next generation will certainly do that ok.

Come to 1 of the hard social realities of our country, I will end with that in many places in our country you look at the houses and you will be told that you know this house was built by mister x and you know throughout his life he lived in a house like this he could you know not make a concrete house for himself and his family after retirement he had some m 1 y and whatever, was left after you know marriage education and things like this he could make this, but then you know he could not complete the flooring plaster also he could not get it d 1.

Now, his son is into job I hope 1 day this floor will be you know will be d 1 now this cementing of the walls will be d 1 and you realize I am sure you must have seen people like that who would tell you the stories you know that this house was completed out of the full struggle of 2 generations you know 2 generations 3 generations and you would still find people who are still struggling to have house of their own ok.

For generations together they had been you know on payment they had been in small huts, but interesting part of it is that you decide to migrate from 1 city to a strange city most of our you know our development pattern has been such you know that you know



the opportunity of growth the opportunity of higher income has been very squeedly disturbed you know economic student will know it much better ok.

So, even if you try to work very hard in such an geographic location you do not have the opportunity to earn whereas, in some other geographical location with little effort you can earn more and hence people have you know developed this tendency of migrating to such places where there are more opportunities you can earn more, but then you realize that people are living in the slums for generations together first generation second generation third generation.

Then you say my grandfather came here long back 60 years back and my father also was in this slum it is now that I have bought a plot for myself I have bought a flat for myself you would hear several several such stories. Couple of years back I think 7 8 9 9 years back I read in 1 of the newspaper 1 person who had qualified the civil services examination that year was from the Dharavi area of Mumbai the slum area of Mumbai and he said that my family had migrated long back to Mumbai for decent source of earning we lived all together for generations.

In this slum area when finally, my family could make a small room for themselves this very child who was the youngest child of the family I do not remember now how many brothers sisters he had, but he had few. So, out of all those you know siblings he was the only 1 whom the family realized was intelligent enough and therefore, what they did was that the family had 1 room. So, they had put some barrier you know in the air within the room. So, that they create a double Decker room type of a thing this boy was always ask to go to the top.

So, that he can you know completely be involved in his studies and while he used to study on the lower side of the room everybody used to keep silent no cooking no television nothing the whole family for hours all together will keep quiet and sit there as if they are mourning this boy when he finally, qualified the civil services exam he said that it is not me who has qualified the exam it is my family who has qualified the exam for years can you believe that a whole family a set of 7 8 members keeps quiet for hours and hours because 1 member of the family has to study ok.

Now, but this is the hope you remember you know this is a collective hope of the whole family that this boy will certainly knows change the whole way of our life and therefore,

we all he can study therefore, allow him to study we can keep quiet. So, let us keep quiet and facilitate his studies our hope within that you know love and belongingness angle people whom do you love you belong to you think you know that you can share certain hope and therefore, the whole behavior that is displayed within the family within the society can get taped. So, with this we have completed our discussion on main 10ance needs tomorrow when we meet we will be talking about some other process which is important for human adjustment.