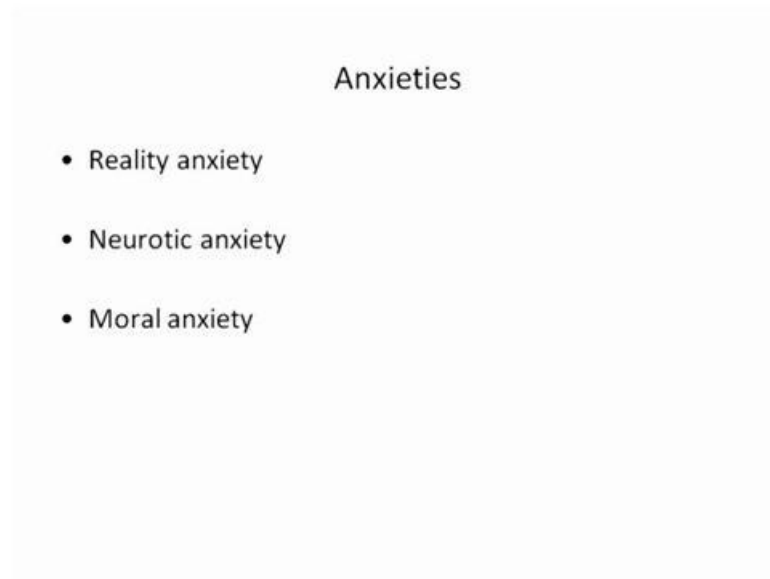


Human Adjustment Processes
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Module - 4
Lecture - 5
Human Adjustment process-II

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So, last time we were talking about defense mechanisms, with respect to anxiety. And primarily trying to see how reality, neurotic and moral anxiety, they play important role in terms of, posing different type of demand on us to adjust. Today, we would know continue with again the whole process of adjustment.

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Neurotic nucleus	Feeling of inadequacy & anxiety
	Avoidance instead of coping
Neurotic paradox	Rigid, ego-centric & self-defeating behaviour
	Blocked personal growth
	Neurotic clings in behaviour
	Immediate relief from anxiety because of avoidance
	Varying degree & combination

But today what we would do is; we would look at certain minor abrasions that might be visible in people who are trying to adjust, in a given situation. Given the fact that, we already know now, that how self plays an important role, how certain assumptions play important role and how different types of anxieties, know gets provoked within the individual. After discussing this, then we would come to the fact that, how are certain types of defenses used. And then we would be coming finally, to task oriented reaction pattern and defense mechanisms. 2 important constructs we need to understand now. 1 is called neurotic nucleus, the other is called neurotic paradox.

Now, you all must have heard this word neurotic know or neuroticism. We are primarily trying to make a distinction between 2 types of know behavior that might be visible in certain set of individuals 1, where 1 by default knows has certain degree of inadequacy, the feeling of inadequacy as well as anxiety. And this makes the individual decide that, he or she should award the situation rather than coping with it.

The standard template for the normal human being would be that even though you are in a given know troublesome situation, finally, know you should try your best to cope with it. You use certain types of resources for coping; that we will come know little later in our discussion. But then, if you start realizing the fact that, I am inadequate know, my skills are inadequate, I am incompetent to handle a given situation, which actually might happen to many of us in certain type of situation know. Say for example, I have never

been into say rock climbing and suddenly you tell me that, know you have to do this. It is impossible.

Now what happens to me, when I have situations like that, where I realize that my resources; does not know provide me the support to go with it. And by whole sense of inadequacy and anxiety finally, makes me decide that I should avoid such situations. If you take examples like this; the example that I coated here that, you are not trained into it and then you are told that there is a possibility of rock climbing and I want you to do this. Realizing your limitations, you simply accept that; fine I cannot do that and hence you sees to participate in that activity fairly normal behavior.

But imagine a different situation, where repeatedly you come across situations, where you decide not to go with it and in turn you decide to avoid it. Rock climbing was 1 situation. Say in your hall of residence, your gymkhana unit decides to start a say allocation competition, debate competition and say you stammer. This in turn could be a great source of discomfort for you, an anxiety for you and you decide that, no what will people think of me, what would my batch mates think of me and hence I would not participate. There could be a possibility that, you know you are not know good at sports and then you are told that, we are falling short of 1 player.

So, just join the team. Several such situations you must have experienced know and many more such situations will come. Usually human beings are capable enough, as we discussed earlier that, it you that could be a know source of 1 or the other form of anxiety for you.

But given the fact that, you also have certain assumptions, you would try to explore the possibility that, how far could I stretch my behavior in this type of situation. And hence, you try your best to know acclimatize according to the demand of the situation. At times, some of us decide that I need not participate in such events and hence I will withdraw. Situation is just specific withdrawal, tendency to avoid confronting the situation rather than coping with it and the whole exercise being propelled by the sense of deeper sense of inadequacy and anxiety.

If it gets over extended to good number of situational demand that you encounter, then this is defined as neurotic nucleus that your pattern of adjustment in the given situation,

now starts showing that, you are predominantly using a particular style of reacting to the situation. And this is an indicator of neurotic nucleus.

Now, we come to another very interesting dynamics in this; what is called as neurotic paradox. Now in neurotic paradox, first look at the characteristics. There is an element of rigidity; there is an element of ego centric, but self defeating behavior. Self defeating behavior would be where, there was a possibility for you to explore the situation to exploit it for coming forward with the given behavior that you are capable of, but you did not do that.

But most interestingly look at the third characteristics, that you pragmatically do your work, yet you have some neurotic cling in terms of your adjustive behavior; means that pragmatically doing things would be that, a the action that you demonstrate in a given situation is all rational based. So, you have a justification for coming forward with an action. So, the world by and large will know look at your behavior where, as if this is a very know justified act that 1 can think of this individual.

But then what happens is; that you show great degree of rigidity in your behavior. This rigidity gets combined with that ego centric tendency and rigidity and egocentric tendency, they combine together making you go for behavior, which does not allow you the opportunity of personal growth and hence you are basically falling in the trap of self defeating behavior. All you gain out of showing that extreme degree of rigidity is; that you get some immediate relief from the anxiety provoking situation, because you have basically awarded it.

By being very, very rigid by being very, very egocentric, all you do is that, you reflected to the world that see my act of not participating in a given situation is very, very justified, it is pragmatic. But actually you got relief out of your own anxiety because; you successfully tried to avoid that very situation. Now, avoidance if you see; it is basically seen in both the sides. Neurotic nucleus also has avoidance behavior and here also you find that know avoidance is used for immediate relief.

The distinction between the 2 would be that, here for immediate relief you use avoidance as a mechanism, where there what you do is that you start extending this avoidance tendency towards different types of know situations that you encounter. But neurotic

paradox can be seen in multiple types of degrees and then know multiple combinations can be visible.

Now once you have a variable degree; this means that at times you would have very strong justification for a word in something, or at times you could have know, just know some type of a logic, that some where satisfies you that this is the reason why I did not participate in this. Different types of situations you would find where, a normal people you would find that they show different type of either tendency. And that neurotic cling that you find minus this cling if you look at the behavior of the individual, the individual is perfectly normal.

Except when such type of situations comes; when the student the person concerned starts showing, that fine I while I am trying to adjust, I show some peculiar type of things know. And this peculiarity, if you watch the individual very carefully, you realize that this is the peculiarity that is embedded in this behavior of the given individual. Otherwise people with know this type f clings, are does not have much of a grave problem minus the small cling that, they repeatedly show in their behavior. Now, 1 possibility we saw was that, you show the tendency; the characteristics of neurotic nucleus to, you demonstrate the characteristics of neurotic paradox.

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Transient situational reactions	Catastrophic experiences
Biological defenses	Immunological, homeostasis
Psychological defenses	Coping patterns & Self-defenses
Sociocultural defenses	Group resources

The third could be what is classified as transient situational reactions. Transient situational reactions basically, refer to extreme form of behavior that you see in people

when they have extremely catastrophic experience. For example: if you have, say you were in a house and suddenly there was a massive earthquake and know good amount of buildings in your locality collapsed. There were several casualty; 100s and 100s of people are missing. And the type of behavior that you see in people who are stuck in that type of a situation; is usually extremely different from what such type of people usually, were doing in their regular life. And that is, that type of situation is considered to be transient in nature, because they are not stable.

Because there is a extreme situation therefore, the reactions that the individual is giving is also extreme in nature. Hence they are classified as transient situational reaction. Unlike neurotic nucleus and paradox, which you start reflecting in your behavior as a module of adjustment and in 1 case you try to get immediate relief. In the case of neurotic paradox, you try to make your behavior very, very pragmatic, you show neurotic cling, you show certain degree of rigidity, you show certain degree of egocentric behavior.

Finally, you do not allow yourself to grow. In the case of neurotic nucleus, your anxiety does not allow you to participate in an act and by default you start know using avoidance as a mechanism of handling the situation, rather than confronting it, rather than coping with it. Here also you show extreme behavior, but such extreme behaviors are looked as transient behaviors. So, they aren't stable in nature and hence are not a cause of concern.

I would just know digress a bit here and then come back to the remaining set of defenses. If, you look at the psychology literature, especially literature that has to do with a mental health or trauma psychology, you find great deal of discussion on something called acute stress disorder and the other is called post traumatic stress disorder. We are not referring to know p t s d or post traumatic stress disorder here. We are simply saying that given a catastrophic experience, very very high intense type of a situation and because intensity is extremely high in the situation itself. And therefore, certain degree of extremities is also visible in the behavior that the individual shows in that situation, in order to cope with it, in order to adjust according to that situation.

Here we are not referring to p t s d or acute stress. Little later in another module, we will be talking about stress and there we would also be talking about a acute stress disorder. And the end part of that very module will be where we would be talking about post

traumatic stress disorder. And again there also, we will take 2 contrasting views. 1 the dominant view, that this p t s d involves set of symptoms and therefore, qualify is to be classified as the disorder.

And the contradictory view point which is not the dominant view point, but gradually becoming stronger saying that, because this is an extreme behavior in extreme situation, therefore, it cannot be classified as a disorder. And that where what refers to transient situational reaction that, this a situation, in this situation because of the volatile nature of it, the behavior is also extreme, but this is not the stable form of behavior. Hence individuals behavior should not be analyzed only looking at this frame.

So, if you run the full frame, then you say that fine know this was the normal set of behavior, this is what had happened during the situation and this is after the situation. Then 3 important types of defenses: the biological, the psychological and the socio-cultural defenses that are available to us. Biological defenses basically refers to the whole immunological balance we try to strike and finally, trying to make our entire physiological system come to its baseline level. That is the achieving basically the state of homeostasis.

Great deal of research you would find know that pertains to immunological defenses. And in fact, we would just know touch that issue as the last module, somewhere in the second last or last week of the semester, where we would be talking about psychological disorders and we will just we won't go into the details, we would just touch upon 1 set of psychological disorders, what are called as psychosomatic disorders. And whole psychosomatic disorder has to do with immunological system, because what happens in the case of psychosomatic disorder is; the origin of the problem is psychological in nature, the manifestation of the symptom is biological in nature; somatic in nature.

So, say for example, development of rashes; for example, in a very localized area in the body, could be usually perceived. It is it would be by and large perceived as if it is a some type of eruption on the skin, reflecting a certain type of infection. Usually we will never interpret it that fine, because this part of the body was to be used in this situation. Therefore, deliberately the way you have thought of the things, your psyche has led you to develop rashes exactly on that very area of the body.

The very common psychosomatic disorders are say ulcer for example; although ulcer has been attached to different type of work style and eating habit basically. There is a jokingly told proverb that, if you want to avoid ulcer; avoid 3 things in life: hurry, worry and curry. So, if you run a life which is full of hurried activities. So, basically you make your entire physiological system; go highly above its baseline level of functioning. And therefore, you have several types of a know biochemical changes that takes place, during that period, which in turn makes you pay the price for it, because there was an excessive secretion of it.

Similarly, if you are extremely tensed, extremely worried, again your neuron transmit are generously secreted. And therefore, you have predominance of once type of neuron transmitted in your brain compared to the usual balance that is seen in the normal people. And third, if you are prone of that know, that highly spicy food, that also can know make certain changes. Curry we are not touching as this part of this course, but yes hurried way of leading life and worried way of sustaining life. Hurry and worry combines together and you can find great degree of immunological research in that.

So, basically all you do is that, your immune system initially, will try to safe guard you against the adversity that you experience, from the local environment in your surroundings. And given the fact that, the situation demands certain things from you; your biological and the psychological system should ideally know work in coordination. And that is the attaining the state of homeostasis. If it fails to certain extent, then you have know those psychosomatic disorders coming up.

Then we come to the psychological defenses. Psychological defenses: here basically refers to the whole ability of the individual, to revert back to the original state, where 1 is able to cope with the adversities that 1 has been experiencing. So, you have a situation at hand, you realize that know this is too demanding, to taxing for you. You use certain resources. It could be your individual resource, individual resource would be something like your ability to think, your ability to contemplate, your ability to plan, to execute your ability to terminate the action, and your ability to think of the assumptions what could be the possibilities. It could also be group resources which would be the part of the socio cultural defense. And because individuals cannot be thought of lead leading life in isolation, hence these 2 resources will always be available to you and you can use them.

But then finally, at the end of the whole exercise, you are capable of coping with the adversity that you are experiencing. So, that is the psychological defense.

What happens if you are not capable of doing that? That could also be a scenario no, where you try and you fail. You try again for the second time; in the second situation again you fail. And that is where know if this defense fail, this is where you develop some or the other psychological problem. Those problems we will discuss know at the end of the semester, when we would be talking about the psychological disorders.

The last defense is the sociocultural defense where you have certain group resources available to you. And usually you will find difference between individualistic versus collectivist culture, where the group resources usually is available in abundance and at no price usually, price means the financial component of it. Some other type of price, we do pay for everything knows and that constitutes the group resource.

For example: in a culture like ours, say if you look very sad, you look in a very say; your facial expression, your entire behavior is reflects as if you are in a very pensive state of mind. Many people will ask you is everything ok? I think you are disturbed, I think you are in trouble. And many a times you would realize that, even strangers might ask you this, usually strangers not of your generation; 2 generations above.

I will share with you a very interesting experience. Just in this December, as a part of some project, some work was going on some there and an accident took place. The person concerned was brought to hospital here in Kanpur, was admitted after minor operation; was admitted in a room and that room was a twin sharing type of a room. So, already an adult an elderly patient was there on 1 the beds.

Now this young boy goes to the other bed. And lot of people were along with us, because from the given site because that was there was a big team there. So, all good number of people was there in the hospital. So, this patient was very elderly, was retired person from the armed forces. He just woke up to go to the toilet and the person sitting just in front of him, he was a patient know the elderly man. And he asks the younger man sitting on the opposite side... Ideally it should have been the other way round; means I as a normal individual who is not admitted in a hospital should have asked patient everything is ok, but the reverse took place. And is an interesting example that, it is not only a those who are related to you, they provide the resources to you in terms, if you need how many

shoulders to you if you need in a given type of scenario, but strangers can come to this row.

A great deal of literature you will find on, other types of cultural resources. For example, religion and spiritual engagements both have been studied extensively in psychology, in terms of their role in facilitating, in maintaining, in helping the individual regain; proper framework of mind. Mental health literature you will find, if you just go to any of these research searching, not the Google searching; Scoopers Thomas writer. There you would know if you type these keywords; know mental health, spirituality or religion, you will know great number know degree of study that has been devoted, with multiple types of psychological variables. And that makes you interestingly realize, that certain type of group resources, in the collectivist form of our society, works like anything.

Usually in day to day scenario if you find, people who do not have proper houses to leave in, can go and know sleep on the veranda of a temple, or any religious place for that say. You have the loungers; any 1 can go and have meal. You are not asked whether you are seek or a non seek. Simply you have come to pay your ardas, and therefore you can go and sit in the lounge and have food both the times.

There are n number of temple distributed throughout the country, where again meals are provided to poor people both the times; 2 meals a day every day, every day you will find that. And there are people who take pride in getting engaged in such activities. Now this type of a group resource works both ways; those who are deprived, those who does not have a resource can come and have food, their basic necessity is fulfilled. Those who are, those who have the resource and pump apart of their money for creating this type of a system, also take pride in doing that. And they say that, fine it makes them feel humble, it know makes them find tune themselves much better as a human being.

Therefore, in the whole process of their engagement in such activities, they evolve as a much better human being. Not many a times, but couple of times there has been judgments passed by the courts of different lower courts in India, where somebody who has been found a culprit of a small type of a crime, has been asked to do certain type of services in a religious place. I remember 1 court in Delhi sentenced a young boy, to serve in a temple for certain period of time, I do not remember the time period; it was 1 month or something like this a small period.

But instead of sending to the know special houses, where they are considered to be on probation, in it is supposed that they I will get reformed, in turn the magistrate declared that fine that you should go and serve in a given temple. And all he did was, simply know in front of the temple you have 1000s and 1000s of visitors, you have to know take care of their slippers. In a temple that is also very interesting dynamics know where you will find good slippers missing, once you come out after praying your go to the God.

And here was a case know where, somebody who starts, who is involved in a small act of stealing, is made that to know safe guard slippers in a temple. And because it is an auspicious place, because of your certain values that you have cultivated, you know adhere strictly to the guidelines that fine none of this slipper should be misplaced. 1 month you dedicate for such type of a service and you find that some change takes place within you.

Many many Gurudhwara's, if you visit, you will find people cleaning the floor. Of course, their famous the famous golden temple, you will find many, many people there. And that is the time, where you realize that a why you will find it know people who are otherwise well off. In professional terms, in terms of their financial know earnings, they are very well off, there was no need for them wipe the floor in the golden temple. But then, you take pride in doing that and you say that this is a humbling experience.

Now, here group resource what I was trying to show was that, group resource can help both ways; somebody who was deprived, somebody who is affluent. Both of them are engaged in with some type of group resources and it helps both of them. The very system of a what you called as confession box in the churches, something that you cannot share with anybody, you can go stand in the confession box and then talk about it know. And it is there an anonymous priest basically listens to you. This is again a great degree of service that is provided by the society, that something that is still extremely troublesome for you, it creates some extreme degree of moral anxiety within you and you know that it cannot be shared by anybody else, go on to the church and share it in the confession box and you are relieved.

Great deal of research has also gone into a what type of engagements people show when they have catastrophic experience. And as a part of their group activity what do you see in them? The negative side of it if you see the darker in a sense that it has certain

pathology involved with it, but not so well researched especially in the eastern part of the world is know the concept of mass esteria.

There was an earthquake even say the Ahmadabad earthquake in Gujarat. And after every earthquake, have recurrent seismic events. For long people lives to and that was a chilled winter morn night, early January. And people use to sleep on the roads; on the highway living their houses deserted, because they thought that there could be another set of seismic events and they could also lose their life. Now this is an example of mass esteria, where you see that the whole society starts behaving in a particular way, something which is not justified.

The other side of it, the brighter side of it in a sense that, once you have people who have suffered out of it, who have lost a many many members of their family or the full family in this thing. And then you realize that you know large number of them, they come to the temples and they get engaged in Keerthan, Keerthan you know what is Keerthan. So, basically you worship god you sing louder, you play some instrument or you know use both your palm for that. And basically it is a very very intense engagement with a religious prayer. And this has been found to be very, very generously used in our culture. Large number of sufferers and you start people doing this.

So, a group resources, constitutes all of them. And these resources are basically the biological, the psychological and the sociocultural defenses, all of them they are basically geared towards, helping you maintain your mental health so that, you do not start sinking down. And the phases of life where there are certain gulfs, where you can just go deep down. You have your own resources, you have your own defenses, whether it is biological psychological or sociocultural, let us extends a helping hand that come on you have fallen in gulf.

Now I am providing you this helping hand, you can come out of it and regain your baseline level of activities. In case these defenses fail that is the time when 1 becomes a victim of 1 or the other type of psychological disorder. We are deliberately going very close to the line, where we could now start with the abnormal behavior, but we are again know we are just touching that line and again we come back to the brighter side of life. Psychological disorders we will touch only as a part of our last module, not before that.

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Task-oriented Reaction Patterns

Attack	Removal of obstacles
Frustration & direct action	Increase in activity & variation in response when encountered
Conflict & choice	Analyzing advantages & disadvantages of options for making informed decision
Pressure & resistance	Resisting undue pressure

Now, we come to 3 different types of reactions. First the task oriented reaction patterns. There after we would talk about the damage repair mechanisms. And then finally, we will come to defense mechanisms. What is the difference between the 3? First task oriented reaction pattern, basically means that, you have a task at hand you are supposed to adjust according to that situation. You are supposed to come forward with the behavioral outcome, you have to react to you have to response to that situation. There could be a set of behavior. They are called task oriented reaction patterns. While executing this task, your ego has been hurt. What do you do then and that is the whole know process.

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Crying
Talking it out
Laughing it off
Seeking support
Dreaming & Nightmares

We would be talking about with respect to damage repair mechanism. The ego has been hurt, now I am trying to repair the damage that has been caused to my ego. What if the damage has been not been caused, but I am apprehensive that this might happen, and then we use the defense mechanisms. The distinction between the 3 would be that defense mechanisms are unconsciously used know mechanisms.

So, you use it, you have it in your behavior, but you are ignorant about it, because it is unconsciously know utilized, where as the remaining 1s you are aware of them. The first task oriented reaction pattern is; attack, where individual tries to remove or to surmount the obstacle. You are heading towards a direction, there is a certain barrier and you have to basically overcome the barrier. There could be multiple ways of doing that. You take another route, you try to slide the barrier to 1 side, so that you can make your way or you just jump away of the barrier. Parallel example could be from the track and field events, where you of the hurdle race. In the athletic competition, you must have seen the hurdle race, where you are supposed to run fast and there are hurdles of a similar of a particular height that is put on the track. All you have to do is; that you will keep running and once you have the hurdle, you have to jump and cross it. Attack is a situation similar to that.

Examples could be, say you feel hungry, you feel hungry what to do. And all you know is that, I have to know vigorously search for a location, where I could find food. If you look certain programs of discovery or national geography, where they show that know

these are the set of people who were lost in certain situation, what they do and then you realize that again you take a different mode of a tag, where you know that the readymade stuff is not available. And therefore, you go searching for hunting for food that can help you survive.

So, attack would be know or say for example, you know that tomorrow is the quiz. This is just hypothetical example, that tomorrow is the quiz and therefore, tonight you will definitely turn the pages of your note book. That is the attack process. I know the target that has to be achieved and I know what has to be done and I directly do exactly what is needed. That is what attack is. This is the first form of task oriented reaction pattern.

Second: frustration and direct action. Now this is based on the tendency towards increased activity and variation in the mode of response, when responses are encountered. I am coming forward with a response in a given situation and then you encounter me, the fact that you have encountered my response and I am supposed to gain the target. It invokes certain degree of frustration because; you are the source that is not allowing me to achieve my target. That leads to sense of frustration. And hence all I do is that, I will know get engaged in a much more vigorous activity know.

So, I increase my activity or I go for variation in the pattern that I have adopted to encounter it. Take the same example, you have quiz tomorrow, you are trying to turn the pages of your note book to realize that the person just next to you, in the adjoining room know plays a music at the loudest volume, something that distracts you. Now it is a great source of frustration for you, because you know that I have only these many hours left now. Tomorrow morning 8 O' Clock quiz, so what do I do now? You know, you are the 1 who would know usually very silently read the text, suddenly starts know reading it a loud. This is an increase in the activity. Or you go for adopting variation in the style.

So, you know that this song will be played till say 12 midnight. So, I will study after 12 or I will till this know music system is switched off; then I will study. Even though I have to compromise with sleeping tonight, I will compromise with it. I would not sleep tonight. Another variation could be that, you go confront the individual, make him switch off the audio system; come back to your room and then study. There could be know multiple types of variations. You can move to another location and read there. So, frustration and direct action reflects to this type of a task oriented reaction pattern.

Third type of situation where you have conflicts and you have to choose, in conflicting situations one can attack problems by analyzing the advantages and disadvantages of the options. You make your objectives and then you take an informed decision. There could be different types of conflicts known. You could have approach conflict for example. There are 2 things equally attractive, but then only 1 can be approached at this time. What do you do now? I am not advertising for any company, but say you have 2 films coming at the same time on 2 different channels. And of course, you do not have Tata sky, you cannot record 1 of the movies, then what do you do?

Imagine a situation known, when you have 1 attractive and 1 repulsive type of a situation. You are not well prepared for the quiz and you know that you are probably going to get 0 if the instructor has not put a negative mark. Again it is a hypothetical example, now what happens in situations like this; where you know that, if I participate in the act, then I might have a negative score or a 0 score. But if I do not participate then, it can again be very detrimental, because I lose 10 percent or 20 percent weightage from this whole scoring system that will give me a grade.

You want to move to the next semester. You do not want to have any backlogs, you do not want to be retained for summer courses; you do not want a p or warning categorization. This is what is called as approach avoidance conflict. You want to approach something, but there is a price that you have to pay for it. That price you want to avoid. Likewise there are couple of known types of conflicts that 1 encounters in life.

But once you have known situations like this in your life, where you have known certain conflicts all we do is that we would weigh the option. So, what is it that I lose out of doing it or what is it that I gain out of doing that. And if I do not do it, then what is it that I am going to lose. For example: the instructor tells you that fine by Sunday, you should be submitting the second assignment as email. After Sunday the lines would be closed, even if you submit, your submission will not be accepted. There is a price now that is put.

If I say that, all of them who respond to different assignments on due time, the weightage will be computed and this will be taken as your class participation score, will be generated out of it, because you are participating in assignments, which are given to the whole class. The moment you realize 'oh' it also is finally, going to add to the grade.

You know that there is a disadvantage in not participating in it. I do not know how many of you have sent mail after last afternoon. The last time I checked mail was last afternoon when I saw 4 or 5 mails, not more than that. We are 59 registered students in this course, 4 mails for the second assignment.

Now you weigh the option. The conflict would be; should I do this or should I think of the possible scenarios in as part of the dimensions of subjective adjustment and give examples, what do I do. So, say playing futsal in the hall of residency is important than thinking and writing, you evaluate. Every time we do that, know small of the activities of life as well as for the biggest things in life, we will always be like that. And then, you have certain objectives in mind; I want to attain this level.

Very interesting example, it is not related to this course, but I heard it from some other instructor. Student who was doing exceptionally good in a course, suddenly told the instructor that I am sliding below in some other course. And in this course because I will manage with a B, I need to pay more attention into that course, because I have been compromising. And if I do not perform well in that course, then my overall c p I will go down.

The person concerned declared that, now onwards I will devote less time to this and more time to that course. And the instructor told me that, concerning student would definitely have got A, but later on because of certain things had a know got B in that course. But then the student concerned was very happy, because got B in course where, she would have definitely got a. But in the course where she was contemplating, she will get C or D she could manage with the B now this is certain type of objective that, you know decide for your own self and then you try to attain it. And all of this is based on certain informed decisions you make know that, if I do this, then this will happen. If I do that, then that will happen, what if I do this, what if I do not do this. This is how we try to resolve conflicts in our life.

And the last 1 is; when you are under a tremendous pressure and you have to resist to it. Now usually people will resist to undue pressures know, especially when you consider that this an arbitrary and this is not warranted, then you try to resist. But there are certain types of pressures where you are helpless. I should not give this example, but to help you relate it much better. Say end semester schedule is declared and you are told that you will

have 2 exams on the same day. Somebody told me I do not know how far this was correct, that 3 in 1 day for 1 student because of the courses that he had ...

Now there is a great degree of pressure on you; because you have 2 exams or 3 exams in a day, that you do not have a choice. So, there is a great degree of pressure on you and you simply have to know you have no choice, but to accept it, you cannot resist back. There could be certain types of pressures on you, which you can very easily resist. And there are certain types of shuttle pressures, which you take time to understand that, this was also a form of pressure.

Such are the pressures say for example, you come to a hostel and say good friend of your mother tells her, that you should certainly keep an eye on your son. He is an adolescent boy going all at 1, will be a free bird. Then your mother probably says I am proud of my son. I am very sure, he will never do anything wrong. I have nurtured in this way. Now if your mother tells you this type of statement couple of times, this is basically a pressure on you, which usually in the fast go you will never realize that this was a pressure, because she is all she is saying is that I have drawn certain unseen lines and you are supposed not to cross it. And repeatedly saying this; that I believe in my son, I have faith in my son is basically a form of pressure, which gradually you realize that this is a know format that is being prescribed and I have to adhere according to it. So, these were the 4 task oriented reaction patterns. Tomorrow when we will meet, we will talk about the damage repair mechanisms.