

Human Adjustment Processes
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Module - 1
Lecture - 2
Understanding Adjustment

(Refer Slide Time: 00:23)

Adjustment Process

Today what we are going to do is we would be initially talking about the whole process of adjustment. What the challenges are before as has human beings and how we very nicely make a balance between all types of demands that we experience in our life. And finally, we would also be trying to look at things from the view point of normality verses abnormality.

(Refer Slide Time: 00:47)

Adjustment Process

- A process wherein one builds variations in the behaviour to achieve harmony with oneself, others or the environment with an aim to maintain the state of equilibrium between the individual and the environment.
- Encourage certain changes in order to optimize relationship between self and surrounding.

Yesterday what we did was we try to look at the fact that there was a heavy dominance of the biomedical model in terms of analyzing the human behavior. And because of the over emphasis on certain scientific temperament at the cost of the social context the biomedical model was supposed to be rethought of people did revise it and towards the end we did discuss that even the practice within the medical fraternity as well as within the behavioral sciences did accommodate certain things like preventive medicine, holistic medicine in the medical sciences and positive psychology, health psychology in the behavioral sciences. Today we are going to talk about the adjustment process and as you know that discourse is primarily about the psychology of adjustment. So, what would do is that you would try to understand the ingredients of the adjustment process then you would be looking at how people are defined with respect to certain parameters and they are designated as normal or not normal or abnormal or subnormal. And while doing that you would also try to take a couple of extremely socially relevant examples and there after we would flow to the whole dynamics of the adjustment process.

Now, adjustment is defined as the process where in one builds variations in the behavior you need to breakdown this definition into multiple components. So, this process requires you, that you should be looking at the variations in the behavior means; the

behavioral keep on know changing it will keep on know a showing certain level of dynamics. And why such type of changes are needed, because you want to achieve a harmony with oneself, remember one thing this is not harmony with know the involvement others, but it is the intra individual harmony. So, you want to maintain harmony with oneself or you want to maintain harmony with others that is the other possibility or you are trying to maintain harmony with the environment. So, three major factors, intra individual harmony, inter individual harmony and harmony with the environment. And then these harmonies maintain with certain goal and the goal is to maintain the state of equilibrium between the individual and the environment. The primary responsibility of all human beings interms of know delivering the best possible response that is needed environment is that you try to strikes certain degree of equilibrium means; things would be at normally state and then the movement there is a need a situation demands it to do something, you simply know look at the task analyze the task, you know would perform whatever is expected out of you.

So, that you and the environment both remains in a balanced order, if you do not perform what is needed out of you, the system will know further put demand either on you or on others enhance the whole harmony will get disturb for certain period of time. To strike that harmony individuals do try to know built variation within their own behavior and striking variation within their own behavior would mean that you in the similar type of situation you come forward with multiple type of responses based on your own judgment of what would be the most prudent activity to perform in this vary situation. Smaller example you can take like say, you come to the class, you are trying to a look at the projection and mean while the person sitting next to you whisper something in your ear. Now, there is environment here the environment demands you to attend to the lecture imagine a case, when the instructor is too harsh or your neighbors are too harsh interms of telling you that you should not disturb us.

Now, you will try to achieve harmony in that types of situation. So, even though you heard somebody whispering in your ear, you do not respond to it, you do not respond to it or the second situation could be that, you do whisper, but you make a vary delayed type of response. So, you put your hand like this and then you whisper in a delayed fashion and in a much more slower fashion. Third variation you prefer not to talk instead

you write something know on the sheet of the paper likewise there could be know multiple, multiple variations and all these variations are primarily you know intended to strike that balance with the environment. Now, with all your life experiences that you have till now you know that besides maintaining equilibrium with the environment one important task that all of us perform and we are suppose to perform is to maintain that degree of balance with others also. You want to maintain relationship with the others also in the society in a very, very balanced order and when you do that you again had to come forward with multiple types of variations in your response.

Now, psychologically many a times it might be relatively easy to maintain that degree of equilibrium with others, but it is extremely difficult when you find inconsistency within your own self means; an example could be that something that does not fit your own value system, but the situation expects you to do that. There is a disharmony between your own to inner construct, something that you feel doing, but your know moral code of conduct that you invites from your culture from your family tells you that this is not worth to it. Such type of conflicting situation can know put heavy toll on the adjustment process and it is know much more difficult handle situation like this compare to when you are trying to strike balance with others. So, inter individual know situations can be handle relatively easier compare to when you have intra individual problems. Now, adjustment process also know encourages certain changes in order to optimize the relationship know, you have certain degree of relationship, but then you would try to optimize into the maximum possible extent.

(Refer Slide Time: 08:21)

Adjustment Process

Example-

- Someone diagnosed with terminal disease

Possible reactions-

- Tense: Anticipate imminent death
- Denial: How can this happen to me?
- Anger: Why me?

One of the examples we are taking now, we took the example of know somebody whispering in your ear, we take another example; of somebody who visits consultant physician and he is diagnosed with a terminally ill disease, he is told that you are suffering from this. In some cases doctors are modest not to tell you the time frame that they expect of your survival, at time doctors tells the know caretakers that perhaps he would survive for three months, six months in certain types of diseases situations works like this. What could be the possible responses? You are suddenly told that you have been diagnosed with the terminally ill disease, one option that you become tense and becoming tense simply means that you now consider that death is inevitable it could be today, it could be tomorrow, it could be day after tomorrow, it could be after month, but then it is inevitable. So, you start counting your days now and this makes you extremely tense, the other response that we simply deny it and you can say that how can this happened to me, I have say for example, starting we were taking example of somebody who develops HIV infection. And we were talking know with respect to the comparison between certain types of medical diagnosis, which has greater social acceptance like diabetes, compare to something like HIV infection is does not have social acceptance ok.

Now, you become an individual who starts know denying the diagnosis and said that how can this happened to me, I cannot develop HIV infection, I never had blest blood

transfusion, I never know had displayed a rampened type of sexual activities, I am not one who have abuse the drugs. So, all the causes that you know can lead to infection of this virus you said that I have not involved with the any of this and hence you deny it or you simply say that fine others can acquire it how can I, means there is a difference between me and others in the society or you turned extremely angry. You do not show your anger to others might be that you include with you know, one form of aggression is that you explode you show your aggressive worst to others. Other could be that you boiled within, you are not expressing yourself and but you still think at why me know there are millions and millions know in this country who burst things the way, I have done. So, why only I should be penalized for it? Why have I been know chosen to become and HIV infected patient.

So, these are interesting dynamics know and in life you would realize in reality, if you see know how people tend to expecting how people tend to deny things, how people respond to different things you would find huge variations and that shows how people are different from each other and a what type of strategies are being used interms of know adjust into the type of challenges that life has put then in front off. I will take two interesting examples, two of the field experiences; one the case of a mother, I do not know about that father, but the mother who was a too sensitive interms of knowing a how psychologically sound her daughter is, the daughter who I guess was too young perhaps eight or nine years old and the mother was know too desperate to know about the IQ level about other, other psychological parameters as if you want to have a psychological profile of the child.

A majority in our society never knows many of these characteristics this states, we do not even think of getting a measure. And then she did consult couple of people she did asked me also and then it well to the extended she finally, went to a psychiatrist asking at finds she wants, certain test to be administered on her daughter, certain clinical examination to be performed on a daughter, because she wanted to know how sound her daughter is. But took place was that uniformly everybody whom she consulted simply denied saying that why do you find there is a need for it there is no need for your young daughter to undergo this tests and assessments know, or any type of clinic observations there is no need for it know. Let her lead the life the way she is leading off, and there is

no reason why you should be worried about know a young baby out of no reasons. Now, you suddenly know you have a daughter and your parent would propels you know to become over agitate interms of know identifying certain problems that you might be a aware of. Second situation and a sad situation, this was experienced, I had long back around ten, twelve years back, with the help of one of the nationalized banks a mental health check up program was organized.

And this was organized in a locality which was basically, locality predominated by the viewer community and community, which are into this type of the start know, if not into viewing then coloring or know middlemen who were involved in selling this products. So, it was basically of a lower socio economics data and that locality was deliberately identified for this camp, because it was realize that this locality has the highest number of intellectually disabled children. Now, intellectual disability has nothing to with socio economic condition, but it is just chance factor that many families there were know, identified to have children with intellectual impairment. This camp was organized and there were know, couple of doctors who were administering one or the other type of test they were few psychologist trying to administer psychological assessments.

There were also some officials from the sponsor who were primarily know distributing medicines, which the doctors prescribes free of cost or in certain cases were know training was a possibility they were promised that you will be giving given a (()) machine, so that you can know work at your home and you can hand break for yourself.

The posters the banners they were displayed know ten fifteen days in advance and, but there was a very thin appearance, not many know children came not many parents came. So, although this full teams act for the full day there was a very thin population given the fact that there was an inside report that this area has a large number of intellectually bared children. Now, one this free medicine were distributed and certain other, other stuffs were distributed and promise of machine was made by evening by the time this whole team was about to leave a large number of know people started boring in. And they were interested know off getting what so ever is available free of cost. And this was to my atmo surprise, that what you are interested is not in the welfare of your own child, but you are interested getting is whatever comes to you at minimal cost or at zero cost,

minimal cost because you would be living some of the task that you otherwise would I performs. So, you left that activity and came to the site of the camp and the staffs are being given free of cost therefore, you start demanding for it. And the field workers later on told us that know for two three weeks they had a tough tuff time going to the field, because every time people will catch hold of them and asked when is the next camp going to be held.

This is very amazing type of experience, but the reason why we are discussing these two examples here is that, in one case situation does not exist, but then you try to know make a microscopical analysis of the situation and you try to extract, things before it can occur, in the other case symptoms are glaringly visible and you show tendency to detailed. Let me tell you another interesting story a similar type of story, when the data for the senses was being know taken you know that senses data are collected every ten years. So, last time when the senses data was being collected a government has been struggling to get accurate data of people with different types of problems know right from physical disability to intellectual disability.

And the tendency has been found that people would simply say that, even though they have children with one or the other type of disability in their house they would simply denied at, I do not have any child that like. From the primary source means from the parents mouth you here at I do not have a child like that from the neighbors from other key resources you come to know that yes there is one child you will heard of hearing, there is one child who is know physically crippled, there is one child who is intellectually disabled, but the primary source is will always try denied at. I am if you talk to them in person they will give you n number of reason why they do is, one another issues, which has to do with it and that has to be do with everybody know, who is the member of the society in that a good number of people in our community either they show the tendency to denying the diagnosis all to all has been found at know you delay either treatment process or the prevention process.

For example, it has been observe the doctors will tell you that it has been observe that many women once they conceive they report to the clinic much later. And therefore, the first few months goes waste, even though you have certain things, which are suppose to

be delivered to these women free of cost at the local by the local medical authorities, they do not get this benefits, because to do not report to the health centers at proper times. Second, which has both the sides know, the tendency of denial, we were talking right now, that very fact that you diagnose with one problem and then you just tell the doctor or you cons know tell others that fine I will go for second opinion. So, you meet a doctor, the doctor diagnosis you with a one type of a problem and then you seek opinion from the second medical expert. Similarly you go for a psychological assessment, you are diagnose with something you go for a second this assessment by some other consultant, which is fine. Problem comes when you come to know the diagnosis, but then you show extreme of denial you do not accept it common, common I have well many children develops like this know, mean time it will happened, gradually it will happened, one day it will happened and that day usually they were comes, mostly it will comes.

We have alternative type practices. So, it is not only that you denial know the diagnosis made by some experts rather you go in some other interruption. I will give you a true example; a family which had two consecutive child with speech and auditory problem. So, they could neither hear they could not speak, both the parents they know put on denying it saying at there are children who developed disabilities little late in their life. So, the critical period was gone, they went to the doctor and the doctor know told them that fine the circumference of the head of the babies are know much more smaller compare to what the normal heads circumferences.

And therefore, there seems to be some neurological issue behind this, which should be deeply examined, mean while the parents come to know from some source that, if you and this is all false type of things I must tell you right in the beginning before I tell you what they were prescribed, they were told at you, go to a banyan tree, early in the morning pluck one leaf, green leaf from the tree, cook small amount of pores of this size, which can be in gulf in just one go put it on the leaf of the banyan tree and then make your child eat it. Now, completely from neurological examination too poreg on a banyan tree its completely bared type of combination, but these parents know they delayed neurological examination for more than two years I know this case very closely, but for these two years they did use the banyan tree leave. So, banyan tree lost many of it is leaf, but see this parents, but the child never got the know the medical assistance that it should

have got right in the beginning the when the parents were advised to undergo certain neurological tests. So, know we could you will find hundred types of examples in around you where you would realize that there are no hundred types of possible reaction and know we do give many, many type of responses some responses which can be classified to be perfectly ok, minus the fact that it has a know wider range, some type of know reactions which are very difficult to accept it does not see rational.

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Adjustment Process

- Psychological adjustment is the critical processes that will help the person achieve harmony with his/her current state, thus also leading to acceptance.
- Satisfaction of psychological needs through social networks facilitates social and cultural adjustments.
- Human beings learn the dynamics of the network from these experiences.

Now, psychological adjustment is the critical processes that will help the person achieve harmony with his or her current state ok. Now, the example at we took up terminally ill disease and three possible response reactions that you denied you x or you do not denial then you become tense.

(Refer Slide Time: 24:16)

Adjustment Process

Example-

- Someone diagnosed with terminal disease

Possible reactions-

- Tense: Anticipate imminent death
- Denial: How can this happen to me?
- Anger: Why me?

If you do not become tense or denial then you turns to be angry whys it me, process of psychological adjustment demands that you should finally, achieve a harmony with your current state. So, if the truth at this time is that you have been diagnosed with the disease developed at know grand feeling with new to accept whatever decision. So, finally, the at the outcome of the adjustment process would be that it will allow you to accept things the way they are having said that it will also tell you that all though you have accepted the current state there is always a possibility of matins.

Satisfaction of psychological need is through social networks have also been found to facilitate social and cultural adjustment. Now, you tried to satisfy your psychological leads not through in your own inter wards, but also through your social networks know family as a unit, friends as a unit. There are several, several types of other institutional mechanisms of know deriving such type of psychological needs the whole literature in psychology is full of nowadays with research on spiritual inclination or spiritual practices, which works as healing forces, which you will find good number of researches we talks about, your community involvement that acts as a the buffer when you are yourself in a great amount of distress. So, you involve with the community task and that know subs another type of psychological need, you get involve with some type of spiritual activities is an it start serving satisfying your psychological need. And then

there are certain social and cultural issues that also you need to take into account when you are trying to adjust will take many of these examples in the coming days ok.

And human beings learned this old dynamics of the network from these experiences know, you have your cultural baggage, you have your social thoughts, you have your family system and there are good networks that you develop know friends with whom you love to play friends with whom you want to share your brief remorse or you fantasies friends with whom you attend to share your academic enterprise. If did not be an animate body, but say consider a know your care, your fashion for some bigger cause say you are involved in saving the trees, you are involved in planting in planting new trees, you are involved in watering the trees, which are know put in your area, your are involved in many, many types of things, you have developed couple of hobbies that you find very, very fashion ate about. Now, all these things know they develop a network around you and this network works as consolidating force, which strengthens yours know need for satisfying some of the issues that bothers you it also provides with the strength to face certain adversities that you might in count of in life. It also gives you certain guiding principles, which you can take forward when you are thinking of a possible reaction in a given situation.

(Refer Slide Time: 28:02)

Adjustment Process

- Changes in the environment triggers the interpersonal activities that can help achieve the needs.
- This serves two purposes— meeting needs in the changed environment and increasing expectancy of meeting needs in the future.
- Thus, adjustment process engages inner-inner as well as an inner-outer relationship. This relationship could be harmonious or conflicting.

Now, changes in the environment regarding the interpersonal activates that can help achieve these needs know and this search two purposes meeting need in the change environment. So, you once you have manipulation in the environment there is a new demand that has been put forward before you. So, you tend to meet these needs and at the same time it increases the expectancy of meeting needs in the future know. So, if a new demand has come in front of you and you have been able to satisfy it, then besides fulfilling the need you also know that next time similar type of challenge comes or even if little more severe challenge comes in front of me, I am capable of handling it. And therefore, adjustment process engages both inner inner as well as inner outer relationship. So, inner inner is you and say your willing system, your value system, your thoughts, your feeling those are inner inner relationships, as well as inner outer relationships you know. So, you and people in the environment and this relationship interestingly can be both, it can be harmonious, it could be conflicting ok.

And this is know the whole know propelling force that makes the whole adjustment processes extremely dynamic. In psychology we talk about three core issues know, cognitive, conative and affective. Cognitive is your thought process, the way you think, the way you know derive information from your past experiences means memory dependent activities. Your affective processes, affective is your feeling component. And conative is your action. So, cognitive conative and affective all these three pillars, they should know work in harmony with each other, means; you do what you feel, you do and feel what you think. So, all these three things this synchronize, problem would come when you have know disharmony between one or two of this components, means; you do something that you do not feel doing. Like you are given this course in a chases lottery, although you hate this course like anything, so you are made to do something that you do not like ok.

Similarly, there could be a know all types of permutation combination know, when you feel something else, but you do something else, you feel and think differently your thought and your feeling does not match together many of times it happens in lifes. So, those are those conflicting situation, which will know always make your whole adjustment process extremely dynamic and the best part of it is that with little effort and with time most of us in most of the situation succeed maintaining that harmony.

(Refer Slide Time: 31:17)

Adjustment Process

- The harmony and conflict within and among one's behaviour, value-belief systems, affective reactions, etc. works as major determinants of adjustment.
- The very understanding of this process also makes us appreciate whether the other person is adjusted or not.
- Discordance and inconsistency within and among these determinants is interpreted as maladjustment.

Now, the harmony and conflict within and among once behavior value believe system affective reactions and so forth, they work as are major determinants know. So, unless you have know harmony between them, your adjustment will be at stake and the movement you have conflict between them again your adjustment will be at stake. And hence it is know, something like walking on tight rope, you must have seen people know with stick in their hand and then walking on thin rope, when they try to strike that balance adjustment can be to a greater extent equated with that type of situation know.

That is situation always demands you to strike a balance and you always try to do it most of the times success, sometimes have be might fail, but remember one thing that success interms of coming forward with the response, if is largely achieved, because there is a possibility of wide degree of response no there is great variation. It is not that you have to the first step has come here, so the second step also has to come at the same point, it is not like that know, it can deviate and two certain degree deviations are accepted.

In the next topic after with discussed normality, we would be talking about know this type of range know and the possible aviation. The very understanding of this purpose also makes us appreciate whether the person is adjusted or not. Discordance and in consistency within and among these determinants is interpreted as maladjustment. So,

once you have know inconsistency between your say behavior, believe system, affective reactions. So, basically the cognitive, conative and the affective components, those are likely to be interpreted as indicators of maladjustment that you are not able to adjust.

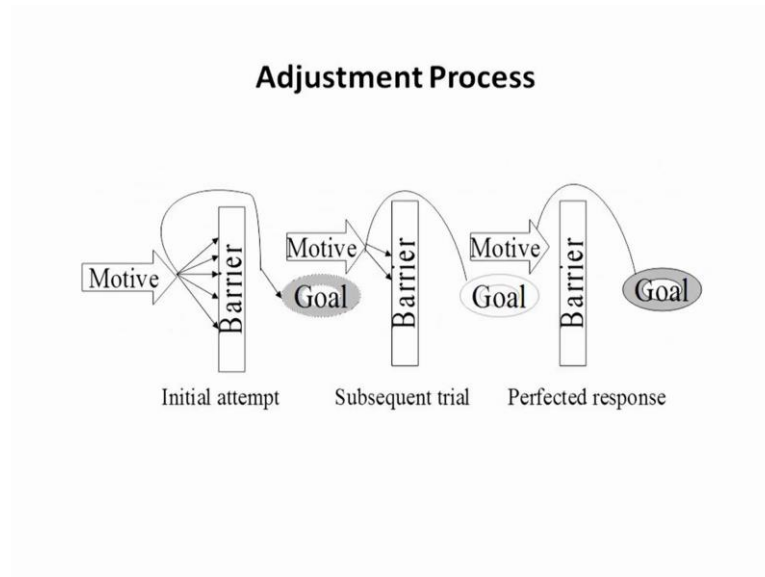
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Adjustment Process

- Adjustment involves an inner-inner as well as an inner-outer (individual-environment) relationship.
- Adjustment also demands that one should strike balance between needs and environmental obstacles.

So, adjustment involves an inner inner as well as inner outer relationship, this we have discussed and adjustment also demands that one should strike balance between the needs and environmental obstacles.

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So, it can be understood like this that you have certain motives and in your initial attempt you experience a barrier. You can take any type of example; a small child trying to get a chocolate and there are hundred barriers in front of it they holder sibling does not allow to have the chocolate, parents advise at no no you eat too much of chocolate and it will know developed cavity. So, parent becomes an obstacle, the shop is closed third obstacle, a parents do not give you the money forth obstacle, you are two young to go alone to the shop fifth obstacle, you go to the shop with somebody and it is closed sixth obstacle, you can think of hundreds of obstacles for any anything in life, the smallest of the activity and you will have hundreds of obstacles. Now, at the initial step is what happens once you have barrier that experienced for a given motive, you learned that this does not succeed, that succeed, third also, forth also, but one or more than one will succeed and then you know, so rest are the know endeavors that does not leads to success this succeeds.

So, next time onwards once you have a motive, you know that five of the behaviors are not to be donned behavior. So, you do not replicate them, behavior that does did not lead you know attend the goal, you stop doing that repeating them and therefore, you minimize the time involve, you also minimize the energy involve and in that process you also minimize the conflict involved. So, if I cannot surpass the advisory of my parents

there is no point negotiating with my parents, if my father is the every time going to tell me no no no no more chocolates, you will have cavity, look at your older sibling, you know what is the point in talking to the father, go to the mother. So, you know how to bypass the obstacle, mother in front of father again might sided no no no father has told know to you, so please go, but mother in the absence of father might allow. So, you know there is a variation in their response know mother can be approached, but not in presence of father. And then certainly you come to know that mother and father you were struggling with them for a chocolate, but then the grandfather comes with chocolates and tells you allow better and then you say ok, grandfather can bypass both of them. So, you know how to know encounter the barriers that you experience in life.

In initial attempts, we struggle more subsequently we struggle little less, but with more and more of experience of life are responses gradually becomes much more perfect. And hence know one or two strikes and we finally, attain our goal, but again I would said that adjustment process has been oversimplified when we say this. There could be situation were extremely difficult, take your own examples; you are I am taking a hypothetical example, may be some of you might fit to this, I do not know; say you are borned down south.

So, you are borned in Chennai, studied in Chennai and coaching in Hyderabad came to IIT Kanpur, you never got a chance to have known the type of food that are provided in this mess. Your hostel mess provides a food that you never tasted in your life, the roommate you got work somebody who you have never interacted with say your friend comes from extreme north, north eastern part of the country, you realized that both of you does not match interms of your language, you extreme difficulty understanding both English and Hindi, you having difficulty having all types of chappathi, rice, dal and vegetables full of potatoes served in the hostel mess. You have extreme defaulting know coming to eight o clock class in the chilled winter morning and then you said at I never ever had a bought of swatter, because there I never experienced that chilled winter, I did not experienced winter at all here, the winter is much more than what we usually think of winter. And overall the institute ask me to come at eight o clock and this chapter says you have to sign this paper, which is a documentary evidence whether you came to the class or not.

There could be many, many such situations were initial or subsequent barriers you do not know how to handle him. So, people know at times you come forward with issue like this, imagine situation you completed in your B Tech, you now go to Europe chilled winter say for example, you went to Sweden, you went to Norway, to Finland countries, which are otherwise extremely cold around the year and what is usually summer for as is sorry, winter for as is summer for them. And then know you have to accommodate now the weather is not bad, but it is horrible throughout the year, there is a foreign language that you are minimally aware off or not at all aware off there are food practices that you are you again find very veered. And then you have limited money with you, your passport says single entry with visa know. So, you cannot even go back to Chennai have some food and come back, you do not have a choice and then you have limited money your scholarship considered only these many Euros per month. And above on you realize that there are several things that are completely know incompetent, incompatible interms of your cultural acceptance, interms of your value believe system accommodation.

For example many people will share this shock with you, waters are much more expensive compare to beers in many of these countries, you can afford to have beer, but you cannot afford to have water every day. And you have limited money; you have single entry visa what to do? And it means what I am trying to say is at you have to adjust than the situation are know, becoming much and much difficult for you know and whatever you try, it is very difficult, the good point of it is that usually human beings are when much more intelligent interms of finding out the way out.

I can give you true example minus the name and the details a person know who was borned in one of the southern states belong to certain type of family, which was completely, completely, completely know against know the non vegetarian food and alcohol and stuff like this. They had different proto called that was supposed to be followed every morning when you leave your bed he was born in that type of an environment. And finally, when he had to stay for couple of years in Europe, he had extremely tuff time and the intelligent compromise that came forward with was once I am in the flight once I have taken off, so then I can have whatever is served in the flight, once I am in Europe I will behave the way Europeans do, but once my flight touches the own, the Indian soil, I am as pure as I was know, according to my family value, belief,

practice patterns. These are intelligent compromises, because you have to finally, strike a balance between what your immediate environment demands you to and you also have to take into account your own behavior, your own value believe system, your own thought processes all of this has been to be taken to account and then adjustment has to be made. So, this was all about the adjustment process. So, will stop here, tomorrow when we meet, we would be talking about perhaps an interesting topic. I am do not know whether the earlier to discussions were equally interesting or not we would be talking about normality, how do we defined normality?

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Adjustment: “The Normality”

And we would be talking about some, some, some type of social practices that usually we ignore or many of us are not aware of or we do not see it happening in around us very frequently. So, we would be no talking about how norms are derived? How behaviors are fitted into those norms? Who decide the norms? Who it the suppose to complaint to those norms? And then finally, who defines what is norms? There is a interesting possibility in this case know what we would do is that? We would take scientific view point, we would take of course psychological view point, you touch upon the sociological view point, we would also touch little bit about on the legal view point, but you can also take it to a philosophical discourse. Who is sane? What is sanity? What is insane? Who is not sane? Who is normal? Who is abnormal? Who defines sane? And stuffs like this, this we will

be taking up tomorrow.