

**Human Adjustment Processes**  
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**Module - 10**  
**Lecture - 01**  
**Take home from the course**

Any enquiry expect the format of the end some exam that will discuss with the end. So, if you want to ask anything, discuss anything this is the best time. No questions, nothing to be asked. Then I will switch over to teaching something know. So, this is today is the day when we are only going to have clarification of doubts or further enquiry in to concept any construction in theory.

Whatever we have discussed or you are contain the labor to you are going beyond the usual course structure, something that we have not discuss. But you on go to discuss that, even that is say goal relevance basically refers to the fact that the goal that you have set for yourself that the goal that you are trying to how relevant you find it for your own self. The importance of this concept basically, a lies in the fact that there are several things that we tried to achieve in life; which might not be extremely relevant for once own self.

The very fact that we are social being, in sure that we will have know several factor that would moderate our behavior, that would influence our behavior. In life many time you might go ahead doing something that actually is not your aspiration, you did not think of achieving it. But there are certain circumstantial demand that forces you to move in that direction.

The concept of goal relevant basically, explains that find the target at you are trying to achieve in your life, how relevant do you find it. To and much more important also is the fact that when you are trying to attain a goal, we will have multiple intermediate targets to achieve. Say if you thing that tomorrow I will be a big successful entrepreneur of this country, it is not that you think of it today and the next target is being a extremely successful entrepreneur here.

So, will have to set intermediate goals and you know that all these intermediate targets finally, lead you to achieve whatever you are finally aspiring for. Now if you are doing an exercise like that, dismiss that you are setting all the intermediate target in such a

wave that cumulative effect of this intermediary targets would be the final goal at you are trying to achieve.

Now you make it you arrange all this targets, the intermediate and the ultimate goal into synchronous fashion fine. But remember 1 thing that this is, the rider to the concept of know congruency of intermediate targets and the ultimate target. Usually, the target set is set in life from time to time it might get revised; what you consider to be worth achieving today, may be 10 years down the line you do not find it worth achieving at all.

Therefore you would realize that, in the latter half of their life you would realize that people know start thinking in terms of goals at had they had not thought of. So, it is not being a successful entrepreneur or when you said know that my target is to be remembered after life. Then you understand that, fine all these are not so important what is important is, and the new redefine the construct. So, that is the importance of goal relevance and goal congruence with respect to adjustment process yes.

Sir, if the serotonin levels both related to 2 points the person shows adaptation to the existing value at the same time he personally ensures aggressive behavior. So, how can these 2 things work together?

See that would basically depend on the level of the Neuro transmitter that is available to you. And understand 1 thing you remember, had talked about the whole issue of how frustration finally, leads to an aggressive behavior. So usually what would happen, once you have a situation at hand; you would try to have a control of it. Aggressive retaliation starts coming only, when you realize that things are going beyond your control.

Or you are put in state for long; where you realize that situation has been extremely know agitating for you and therefore, in the new situation by default you show an aggressive outcome; that could be a possibility. But that would come only when you have a sustain exposure of a situation like that. But in individual episodes what would happen is, that you try to first have a control of the situation and the higher is the realization that you the situation is not under your control; higher would be the chances of showing an aggressive outcomes.

That is like say the final results know. Because, all other strategies are not working so explode and people will then keep quite calm they will surrender and that that is how you will have a control over them that is the final goal. Yes, any other question?

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See hostile aggression is an act where know certain degree of violence is in built into the act. Whereas cultural aggressions are basically, an attempt by a group of individuals; so that, they can manipulate the behavior of others; modify the behavior of others. Take an example not a good example to quote specially early in the morning, but say 1947 communal riot when the partition of the country took place.

Now you force somebody to leave 1 geographical boundary and move to the other site and the cost of movement is very high. The cost of the movement includes that all your properties, all your relatives, they are left behind; you have to move on a war footage. So, whatever you can carry just take it and move, many of the people did not get even chance to carry whatever they wanted to along with them. You are forced to surrender to the group.

If you read books the literary description, the historical description and there is a fantastic work by a very famous psychologist professor Ashish Nandi. On this whole partition issue, how it finally relate to the change in the psyche of the individuals on both sides of the boundary with him he also has a Pakistani collaborator, who is in the West.

Now this whole dynamics if you looking to the details of it will find exceptional type of descriptions like, people being force to change their religion, people being force to marriages, people being kept has keeps with the dominant once in that violent groups. Now when you as a group starting forcing that find you have to surrender to my religious belief, you have to practice my faith. That is an example of cultural aggression.

As an individual, I am not's asking you to surrender to know my faith, my belief, my way of life. But when as a group is start pressuring the minority to do that; that is an example cultural aggression. Violent aggression is usually, an act were an individual shows an act of violence against an individual, the position of the individual or towards other member of the group to which this individual belongs that is example of violent aggression.

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More than the group, it is basically the final goal that suggestive act is trying to accomplish. The goal is to modify behavior, the goal is to control behavior, the goal is to manipulate the behavior. This is not the target in the case of violent aggression; in violent aggression what will happen, say you are angry at somebody you go and shout, you go and slaps you go and slap, you go and shoot, this is the violent aggression.

You are not trying to modify manipulate the behavior, but in cultural aggression you do not do these things know; you pressurize, you threaten. But the goal is to manipulate, the goal is to modify ok. So, that there is a big contra between the 2 types of aggressive acts. Yes, any other question?

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Say if I compare it with immediate family member and chimes. So, immediate family members would be both your parents and your siblings; that is the immediate family. And chime ship is no uncle, uncles and children. So, the core of members are your visit family members, the extended family is what you call as secondary or a pleasure process; primary, secondary that is the difference.

I would not go any orderly fashion, but all ids collect now is the self assessment throughout the course I did of myself for example, whenever we are told diagnostic criteria any disorder or any mental illness. So first thing I would do is, to check that on myself for example, I take younger management issues. So, if it is told that the person, who has younger management issue, would do these, these, these things.

So, first things I would who is, to check if I have those. So, that was the best things for me in the course that's it.

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It helps to somehow their and next time if I am having those, I am coming under those criteria. So, I might has some control over me, might happen; there of a chances for that also that's it.

For me started with from family domains for may metical model and when the course moved on it got down to some of the various concept like, psychological disorder an everything. For me the course let me to reevaluate and re rationalize my ideas about, how the individual about their about they desire and how they compelled to compelled to behave.

The way they behave, in certain situation it also let to me let me to think; how what is the importance of an environment place on the society 1. A particular individual opponent grows, moving on I found few concept for example, if you talk about the psychological disorder for me I think was bit adulated. Because I believe that people when in certain times people do face problems, but they can be basically due to their impulse reaction can be of the hast nature of the society to treat all the strong once.

And weak once alike and to have psychological disorders, because whenever going through it certain time I found it I have this, I have that I have this. So and moving on I believe, I am completely normally individual. So, I found that psychological disorder is bit adulated.

I had never done a psychology course nor I have done a sociology course, but what I felt was, psychological of adjustment was more society oriented. Because, we are mostly talking about norms and that deviation from norms and whatever rules as society I mean made. The dominate people or the psychiatrist whatever people have made, where are always going on the same lines we are talking what all people are deviating and.

So, we gone to classified them as disorder. So, I felt that this of more of sociology related course and not psychology course I felt so. And then, one interesting thing was that even like, I found that even very common experience is, very common behavior that people show. And we feel them to be they these behaviors are they can be disorder at a time like, the range of reaction that we were talking about in here taking the example of, women who had not given birth to a child.

So, they were very I mean a few trades that we get to see in the neighborhood of ours, but we never think that they are disorder; we always take them to be accepted. But they were disorder and apart from that, the burnout was an interest thing because it happens to also and it was very much and apart from it there were very... a few examples taken;

which were very practical. And that they could be tested with our common life experience also whether they hold true or not, so it was like that.

And 1 more thing like, as a course means suggest psychology of adjustment I always so that, we will be studying; how people adjust to environment. While it was not so, I mean we studied also like how people behave in aggressive way means, subjected to certain condition. So, it is not always adjustment that we studied it was also the retaliation in the people that also.

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But adjustment I mean what the...

What the word suggest that, we are always I mean giving up to a something adjustment I mean I use to feel think of adjustment such way like, we all giving up or we all putting all the weapons down and we are saying that, I cannot coop up, but it was not show I mean.

Before taking a course, I always felt Sir.

In this course I feel that, what we what I actually learn was something that I could use in my daily life I like for example, now whenever some somebody reacts some un unwanted situation; I act first thing I think about it was using the also it has using also it has also help me, address my various reaction to various situation.

For example, addressing things like tress or procrastination or for that matter even avidness I tend to often I am I sit at in a group and when I when people are discussing actually think that, how people are putting across their opinions. And what is the think that motivate see other person to talk in certain manner. So, this has actually like, analysis certain situation and look at it in very different way.

Like what in1 word I could describe from the course is, that it is all about understanding and this like what are the reactions of the people in different circumstances. And what I find most the fact that a particularistic, once it is expect is not a prove other cultural setup. And then, again there were lost which type's need of people like and the different from show different mechanism that they adopt.

All this is going to help mean the long run, because as say lot things has been talked about the burnout issues. It often find that when we do there is difference in opinions. So, if you could pin what is, the main basis or intension behind particular view point. This will help me in sorting out the issues and an ensure the better coordination with other PS. Apart from that I find that, that we discuss I think a traces of everything is present in almost every 1.

But earlier do not think that I was so much careful about issues that if something is happening to me, I have to go to have to go and visit a psychiatrist. But again I now I know that if it process of particular value I have to meet a psychiatrist and sort out the issue. So, I think that this is very important thing which evil in corporate in my life that is, to ensure that if something that that happens I should take necessary precautions in advance.

Certain form of behavior which is consider to be excel 4 for example, association, but believe the you have there of this called as... critical behavior is very much accepted in the cultural. That cultural if cannot consider and 2 everything you had know that, there are 9 feet degrees, 8 feet degrees. Then one thing and what we did not exploders criteria that if you so, this behavior. But if you want to diagnose these, these, these, these then you did not you only refer there are 2.

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What I learn from this courses basically I it this course help me understand myself better whatever we do in the daily life we do, we cannot actually we do not actually. See take fear actually following this out of pattern what enjoy do was the. Firstly, we talk taught about maintenance needs we and 1 I side and I understood; while I if I am talking to someone and you approval am not there.

So, it is somehow some thought of miss adjustment is there ourselves and this also from maintenance, need I thought this yes. These all strikers in the daily life and if there is not in balance between or maintenance needs it actually disturb. So, adjustment level then I when my behavior patterns, whenever I used do something about my reaction, I always use to think this sort of damage repair mechanic.

So, or which thought of reaction formation or what defense mechanic I am following in my life. Whether I am using reaction formation or some thoughts are suppressed. Because that, the danger situation which I am following. So, I actually realized this sort of return pattern in my daily life. So, that actually help me understand my self's that what kind of person I am, I am more aggressive and I am more withdraw type of person that I understood.

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Somehow yes, it increased.

Actually...

It gave me some...

It gave me some sort of self satisfaction about me. Yes, I am this kind of a person.

That the course starting from it tells about adjustment and it is important to maintain the equilibrium. So, starting from that in both I personally sound interesting was, this stress and the positive and negative impact of stress. And I was able to relate to related to my own life stress, which came out to be positive and the outcome of positive and some negative.

Also now, when a think about some peculiar behavior of others, I think what drives I try to think; why drive, what is the... why their doing it; earlier is to react, over reactor like, what the hell or why this happening. But now, I think what motivate them, what are the driving forces behind that. And also that psychiatrist is removed; as an earlier I use to think it is someone considering a psychiatrist. Then, it is consider taboo in the society; why it is, but now I think I am more open to it.

On this after doing this course, I was able to define myself on basis of daily activities. Means, what steps I take like after reading 6 dimensions I could make out, which extent I like. Means; which corner on that basis an what all damage repairing mechanism I takes when I do anything and after in difficult situation, what I do avoid or I could make or that all things and body function changes when I get stress and all.



This was my first psychological course and previously I had done once sociological course in that course, what I thought after doing this course; I thought that I start to analyzed at what to... how society works. Similarly, with this course I started to do it I started to analyzed, how the behavior of people change with certain situation with certain incidents.

And there was 1 more thing that, I really like the part of defense mechanism and mechanism and this was 1 thing; which I started to use in daily life incidence. I started to analyzed at, what person will try to do in order to safeguard ego and ego. And I did not agree with results of I think it did not replicable my behavior.

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Sir, actually this course was definitely useful. I would like 2 point this course help me; help me in self realization and awareness of were we in the stand in the society, how normal we are and also basic idea of about the like, what is the line abnormal. Sir, this course help me in seen things throw clear point of you like wave do you use rationalization and projection or other defense mechanism in our life.

Then, this course helps means; inter understanding the interdependence of individual with other and the environment. And I began to look things in a different prospective like, I have habit of stones like you one of lecture and it is also psychological importance. And basically on the whole I can recollect now where did I use adjustment in my life. Where did I optic for adjustment different situation.

Sir, all probably we this, but all probably have more clarity regarding is question for the after instance after the, but any wave. So, I done psychological for before this I do not psychology 151 before this. So, frankly this is not relit done anything life changing or changing the philosophy of my life at all mean it is nothing to do that. But something it always like about psychologies act for example, you I mean... so much work done actually on is defying human nature.

So, I had actually that lot's lot on things that country second world war, but actually when looking had had made psychological profile of many world leaders, important world leaders I am sure.

So then I actually got then I write about all this I would actually impressed by the science of psychology. So, this course basically got me 1 step user to actually realizing it. In sense how... when you put person under different situation, an under various effect how can they react. I probably took 1 step to words understanding and 5 a probably up to officiate psychology 1 step well.

I may not be the right person to assess this class, I had miss most of the class after the mid sem. But before the mid sem, I had attended many of the class and my suspended of this course was like this course was really not meant for me. Like, I being computer science student wanted everything like nothing to we wake. So, while many of the concept of this course, I was really confused like how to treat other people; like, when I read sub concept I was like this.

Whether to assess this be assess this person who is standing right different me or like treat him has he is like I was really confuse. Like we are like and whenever you use to if for example, i was like why he is this example. I strongly decided active with you example and I was like, I cannot. Now will like the who will classmate would say at me, why he is giving this example I had like.

So, the idea was like while some concept share well, but this course for really not meant for me. In this course, I learn about human behavior and I was at times when we proved in to the ensconces mind. My fevered part in the course would be defense mechanism, because it something that it would do every day and still not completely aware of that. And also the disorders, because I wish to would myself in that place and it is really confusing at time, because whenever you stood show at 10 points. And you say that, if you have more than 5 and I had matched more than 8 or 9. So, it was very confusing, but still I like the course.

And this is my second psychology course and first one was introduction psychology. While it was quite different from that 1, that was mostly critical it was more of practical kind of course, but equally in trusting. And although, also I have lot of departmental staff are in this semester. So, it was really go to in have course, where you learn something very different from you are major. And it was really practical course, I know I analyze behavior of people is very different perspective.

For example, normality we till now I just to be for granted that whatever most people think is normal, but if you really think about it is just social constructed there is nothing to be taken graded for in that. And also the reaction from, the reaction mechanisms I thought there really interesting. And of course, now I know diagnostic criteria for various disorders. So, because it is we just take it for granted that we want see anything of like a social disorder in our life, but this is quite from can happen to anyone. So, it is really useful.

But it is like more of conclude remark what we have done throughout this 40 days in the semester; 1 you have to stables distinction between the whole nature of sociology and psychology as discipline. Sociology would always talk about group, where as psychology largely talks about individual. So, it is like say the function of camera were you zoom in and focus on individuals.

In especially 2 branches of psychology: community psychology, social psychology. Where you realized that what psychology do is it zoom in and again this zoom outs. So, when they zoom in you have individuals, group of individual in the zoom out it becomes basically group of individual. So, and they again there find steps being talks about, which also talk about in sociology. But then it is zoom in, zoom out process at gets involved.

Sociology does not zoom it, the nature of discipline is set that it will be no look at the collective function that is performed by a group or sub group. 2 an interesting thing that psychology is supposed to perform is to know more of making you, reflective individual and exceptive individual or critical individual. So, you become critical of self, critical of others.

But this criticism is not to make you largely drive negativities from life, but too appreciate self's as well as others, except others as well as self's. So, largely when you considered at people deviate, you accept the deviance; when you realized at I am deviating, you accepts you are deviance. You are critically focusing on your own self and there could be instances, where you deviate and after some time you come back. And when you come back, you accepts that yes I had deviated.

1 important thing also in life is that, life is not computer science were you have all binary codes, life cannot be know 0 down to 0 and 1 code, that is not possible. And interesting thing that you find also in the life of people who have contributed cross disciplines; you

realized at we you could be computer scientist, you could be somebody you its specialization artificial intelligence, scientist you could be anything, you could be doctor, you could be a micro. But ultimately how you behave and how you are accepted by other and how you accept other is ultimate.

We are no artificial intelligence, sure naturally intelligence, no expression it's your subjective experience, subjective expressions, no binary things would be multidimensional. And you will have to interpreted that way, most interestingly this course loved at do that, but you will find that people in various disciplines who have excelled like anything in certain disciplines have finally, heavily contributed to the growth and development of psychology.

Somebody when you we ended with psychological disorder, but somebody like asked at know about is logical trades and he said that do not you think that this pathology as done a great service to me. Somebody like, creek from that double structure finally, becoming. so much to words consensus know. And talking about all behavior, which is guided by a electrochemical process.

The list is very long, very long you will find know thousands and thousands of people who have done exemplary work in their respective disciplines. Finally, find human much more interesting. The ultimate aim of this course was to make you familiar with things which are important for the adjustment of an individual, in terms of understanding self's, in terms of understanding others. And also accepting self accepting others, an acceptance does not mean surrendering know. Acceptance does not mean that, you make other surrender, but to collectively we all too collectively growth. So, that was the ultimate goal of this course.