

**Human Adjustment Processes**  
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**Module - 2**  
**Lecture - 3**  
**Dimensions of Adjustment**

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## **Personal Integration**

Today, we are going to begin with the fourth dimensions of subjective adjustment that is personal integration. Till now we saw the importance of selective awareness, tolerance and autonomy. Today we are going to talk about one of the most short after qualities of human beings that is how know well integrated the personality of an individual as how know peoples such for consistence in the behavior of people whom they interact with.

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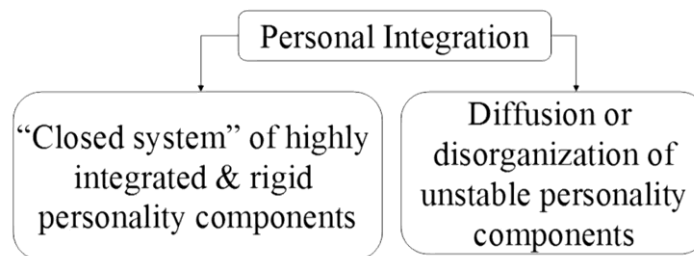
### **Dimensions: Personal Integration**

- Coordination of personal characteristic such as belief, feeling and action.
- It is rather a stable form of behaviour that one reflects.

Personality characteristic, if they have coordination among themselves this is considered to be an indicator of personal integration. So, could believe your feelings, your action, the coordination between these elements are considered to be the indicators of the integration of an individual's personality. And therefore, it becomes rather a stable form of behavior, which gets manifested when an individual responds in a given type of a situation. So, whenever you find somebody known responding in a particular way you can very easily find out that there is a pattern that you can observe in that individual's behavior, if you look at the reputed forms and that also if you see an idea about what this person feels about an issue, what this person believes about an issue and all these things known gets manifested in the action component to...

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### Dimensions: Personal Integration



If you look at the extreme ends of personal integration that could be two possibilities; the first extreme end is that you become a very, very integrated individual, your thoughts believes actions are very tightly synchronized, but then it makes you a closed system, means; there is know that complete lack of permeability your are not open to any new idea, you are not able to accept any other action other than own, you are not even no open to a new form of belief that you have not yourself experienced.

And therefore, you show certain degree of rigid personality components, this could be one extreme end of personal integration. The other end could be that you show great degree of diffusion and hence you show certain degree of disorganization of unstable personality components. So, one end when you are so well integrated at you become close system you do not allow any new idea, any new belief and any new thought, any new feeling to pour in you never ever think of know, revisiting your own components of personality. And then the other end you become know an extremely disorganized diffuse type of a person and others will have great difficulty interms of understanding what your ideas are, what you believe, what you feel, what you whether you will be know, acting consistently your period of time or not, but these are most short after characteristic know.

After this when we come to the third model, it is a very small model within one lecture

will see the whole wide range of human behavior, right from normal to subnormal to abnormal. And when we come to the fourth module, were we would be talking about various components that acts to the adjustment processes, there we would be know, talking about maintenance needs. At that time you would talk about know ten twelve maintenance need for just you tell you that one of the maintenance needs of human beings is the factor of predictability, we all want certain degree of predictability in our behavior, we also want that you should be able to the predict the behavioral outcome others, if not to complete extent at least to certain extent should be able to do that.

And that makes your life much more simpler, why? Say for example, you come at eight o clock in t two zero one, you know that know again to do will have lecture on psychology of adjustment, you come with a particular mind set know, this mental set allows you to maximally know reject all other things that has nothing to do with this course. You sit here for fifteen minutes and there is greater degrees of predictability know, I know that you are come here. So, I should speak you should listen to me, if you have a question you should ask, I should response to you, these are predictable components. Imagine a situation, when I do not know who are the people would come today is there is nothing like registering in a particular course, anybody can know freely move into any course he or she wants to. Imagine a situation like that know, when I do not know who are the students so, would come today, who are the students so, would come tomorrow, you do not know who are the instructors, who are going to come today, when you make the instructor stable you do not know whether these instructor will take up psychology of adjustment or will take up something else or think of more randomness in the situation when you do not know whether the instructor come at all or not ok.

We are type of thoughts, you also come here, I also come here, but none of us interact with each other, we only keep looking at each other that is it. If you think of situations like that, you realize that know predictability is a wonderful component, because I know what I am suppose to perform in front of this very group at this very time you know what your role is and therefore, defining roles of know all stake holders become easier. Therefore, people will always look for predictability component in the behavioral manifestation. Now, if you become extremely diffused this would mean that others will have great difficulty understanding what your intensions are, what your think thoughts

are, what your feelings are. Right now, you express something else one or down the line you express something else or may be every five, ten minutes keep on changing your stand and people will very, very clearly tell you that you are not trustworthy or he or she not very trustworthy. And this whole component of trustworthiness that know denominator has been assigned to you simply because you lack this ability of predictability.

Hence there is always a beauty in terms of know being permeable, in terms of being open individual, open means; you are opened to new ideas, you are opened to the feeling of other or you are opened to the actions that are committed by others. That is perfectly ok, but if you know become extremely diffused and therefore, your feeling, your thoughts, your actions has great degree of freedom of movement. Now, this degree of freedom does not allow them to get coordinated and this will be a problem for individual himself or herself as well as for others, because people would not be able to predict anything about him or her.

Similarly, you have extreme problem know adjusting with people who tend to become extremely rigid in their know day to day interaction. Now, imagine a person who otherwise know has a very clear thought about something his ideas are very clear, his feelings are well expressed, his actions are know completely non ambiguous, but then the person is not know willing to listen any other view point, except his or her own. And hence you should great degree of know, resistance in terms of coming out of the shield that you have created around you. Such people also have great degree of difficulty, because know when you interact with other in the environment there are thousands and thousands types of situations that you will come across. And therefore, if you know tend not to become permeable you will have great degree of difficulty.

Now, say take an example where gradually we have come to a point, I am sure when you are in your school days probably mobile phones were not so popular, this is true? But by the time you came to little higher classes mobile phones became personalized asset, if you look at know the whole history of how telephone sets got distributed in this country and the uses pattern of it know initially just like television sets or refrigerator, telephone also happened to be a common asset in the family. So, you would have centralized

location may be a drawing room or some other place where the handset would be kept those were the days of landline and it was the place of common utility for all the family member. So, if you receive a call then it could anybody you can come and pick the phone. Now, we have come to the point when your mobile phones are personalized asset they are not common assets. So, if you receive a call even your parents can say oh it is a call for you even they would not it attain the call. So, right from the common asset in the family we have come to point where you have know highly personalized assets.

Now, think of a situation say, I am sure when you gave your j e exams, you must have faced these know parents giving you the mobile phones telling you know that know inform us the movement you reach the center, after your first paper inform us how good was the paper, after the second exam, before the second exam or second paper also give a call or I will give you a call, at the end of the second paper give us a call. So, then you have well defined know systematic users pattern that is prescribed to you by your parents, you visit the center in your told mobile phones not allowed. Irrespective of the fact that your indent your admit cards and the instructions sheet clearly mentions that you should not bring a mobile phones to the examination center, thousands and thousands of students who are appearing in the exams they bring. I thing hardly hardly you find couple of students come without mobile phones; otherwise everybody comes with the mobile phones ok.

Now, the fact that you are know not showing that degree of acceptance to the norm could be accepted by the other people who are managing the exams or people might show their displeasure to it. I can tell you for example, most of us have been know going as institute representatives know for these exams and we do not take this as an offence, I do not know what would have happened to the first person, who would have know received the first call that can you know manage this mobile handset for me, because I have to appear in the exam, I do not know how he or she reacted. But now, it has great degree of acceptance people know that student will come with their mobile handsets and you have to preserved it them for certain period of time and then delivered it back. Acceptance increases, but this acceptance has increased, because you show flexibility in your approach, what happens, if the institute representatives of IIT s says, we are not bother about your hand set, my duty is to simple conduct the exam, what happens, if the

principals, the teacher of the school, where the exam is being held, they refuse to know collect your handsets protect them and return it back to you. Simple say it is up to you, if you want keep it here outside the main gate of the school, if you finally, come back and you can locate it fine otherwise it is yours.

That could be a possibility know when I just say that it is very clearly written your instruction sheet, turn your admit card it written there, why did you bring it? It is your headache it is not my headache that would be close system your very well integrated know your following the rules the way it written, but then that creates great degree of problem interms of adjustment, but I am trying to say is that the movement you do not allow yourself know that the degree of flexibility that usually your environment demands there will be a great problem.

Very recently know couple of year back, I am sure all of you receive the e mail from dean of academy offers saying that you should not bring your cell phones during your exams. There was a clear instruction that, you should not carry your mobile phones to your classes and if at all you carry you should be put on silent mode or should be switched off. Now, tell me how many of you switch off your mobile? All you ensure is that the moment a call comes while the call is going on you will be hardily taking it out and then disconnecting the call, but momentary know digration from the given topic, because the sound has already taken place. I could take an offence there was fine mail long back from the dean of academic affairs. So, I will report it to the disciplinary committee, you are not complied to the rule this could be one way of dealing it the other way could be that you give this example. So, many times the students gradually start keeping their phones on vibration mode ok.

And if there are know, people who are really great stake holders in this social system who do not know always attend to their phones then how important is it for you to always know live with the phone where any call can come at any time. As, if you are running the world, but then you realize that more and more know close you become in terms of know not allowing others feelings, thoughts and actions to be know reexamined you do not reexamine, you do not relook at your own behavior from others context than you tend to become a very, very rigid in nature. And many of times you to pay heavy

price for that, I will give two different types of example and then will move ahead, I know for man who joined one of the surface transport system in our country nationalized surface transport system in our country and he was very honest, he was I do not remember which section, but related to financial handling. He was there either accounts or pension or audit, he was in one of those sections of that government agency and were he could see know that rest all were taking bribe or performing their official responsibilities.

And he was to feel very bad about it, instead of allowing other to do whatever they are doing and allowing himself to do what he thinks to do is good for him what he started doing was, at every time a client would come to him and because people thought probably he will also charging something they used give know long with file some advance amount on the way in certain offices you perhaps know how it happens. So, they would keep certain amounts right in the file itself and pass it on the way, he will open it and shouted the client and the content know of that aggressive response to the client was, do you considered I am like him and he will take that name, do you considered I am like him and he will take that name and those individuals use to feel offended know.

They use to say that fine, if you do not want to take bribe fine, you do not take it know, but why do you quote our name? That client come to you not to us, you see your practice, but then the moment you know refer to other know stake holders in your office there is a mismatch and then people respond to you adversely. You will find know many many people like this surround you not many, but in just fair of life you will find somebody who is know, who you came predict very easily know that I know of prof he is of great refute, but he had know, fixed life style know, which is completely clock driven, five o clock will get up, five thirty cup of tea, five forty five walk and everything is know, timed sequentially. You cannot temper it, you cannot temper it know, it goes up to know when you say that know in this weather know no walk, but swimming, in this weather no walk, no swimming, but yoga, but everything is know very well laid out ok.

If you look at even, if I look at the routine of that person know, I appreciate him, you fantastic to follow a routine, but think other way around know. One day you got ready for the walk and suddenly know something happened, you could not manage and you are



terribly upset, timetable got disturbed ok.

I have seen that persons setting in meeting and saying its five o clock, it is time for me to have tea with my wife; I have to go out finish. You do not tell it is ok, I will postpone my tea, I will have later in the evening or you say you just call your wife that fine, I am would not be able come, you have your tea there, I will have my tea here or I would not have tea at all that could also be a possibility. Now, if you know look at know the routine you say fantastic, you have made routine your following it, but the moment you start dogmatically following it there is a great trouble. And similarly when you move to the other extent, where people have great difficulty know disaffirming what exactly do you want ok.

And you say, you can do this also, even that is also possible, you can do this event you give multiple options to an individual and then the individual gets confused. Your point blank us what do you want me to do, if I cannot, you decide what you want to do I am giving you options. Or today you take one stand, tomorrow you say that I am to opened to two ideas what we got discussing right now, that you are flexible, you are permeable, you allow other ideas to pour in, but the moment the other idea comes your original idea swish away know, you have now new idea, third thought, fourth thought. So, the stability of your belief system stability of your thought process stability of your action all are as take when you go to the other extreme end. And hence people considered to be extremely disorganized, because you are not able to know sustain that stability in your certain psychological processes, which are considered to be know important determinants of integrated personality therefore, people will say that he is not trustworthy ok.

People who are on the other end are usually consider to be the man of integrity, but the if you tend to become man of integrity in the spirit of what is written in the text great degree of problems interms of adjustment. So, again in case of personal integration also you realize that you have to get you know more and more closer to the midin point rather than going towards the extreme ends, but if at all you moved towards one of these extremes perhaps that extreme end is still better than this extreme end. You must have know read in the news papers know, many political leaders or many office bearers they

were killed by certain terrorist organizations, because terrorist knew that this is the person who maintains certain routine. I know for example, in one of our neighboring countries, their top military commander was killed in a bomb attack on his car.

Now, that top plash officer used follow at time and the terrorist know the started looking at his routine and realize at this nine o clock and his car will know come out of this gate, nine fifty he will reach in office, again this time in the evening this car will come out. They kept on kept on maintaining this to realized it is for month there was not even a change of few minutes or few seconds know, it would hardly know couple of here an there know million second changes. Then may he used maintains is know routine to this extent and this made you made the terrorist organization planed of bomb with precise timing know and it exploded right when the car was on top of the bomb an the person finally, curcum to series injuries.

Now, becoming know complaining extremely to the routine we took one example of proof on with taking know another example of top officers in one of the weld uniform services in are every country an you see what happens. But it betters to still move on the other end, because then you have know structure life style, you have know you are considered to be a man of integrity by your involvement the people in your community and therefore, your over all appreciation for your personality, your behavior that increases.

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## **Behaviour & Impulse Control**

Now, we come to another important the mention of subjective adjustment, that is control over your behavior and your impulses ok.

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### **Dimensions: Behaviour and Impulse Control**

- At times we come forward with unreflective immediate response whereas on certain occasions we refrain to respond.
- An unexpected unreflective urge to act is termed as impulse.
- Practically it is expected that human beings will have control over such impulses.
- This might be true for all individuals at all time.

As you know that psychology talks about behavior in all its form and therefore, you realize finally, that most of our behavior they are holistic in nature. There is a reason for

you to respond in a particular way you get stimulated from the environment, you decide what is appropriate and accordingly you respond back. You also midway you can revisit your decision, whether this reaction is ok or not? Whether there's some type of ten minutes in needed some type of five minutes in needed in the behavior and then you accordingly find tune your reaction, but overall your responses are full some in nature.

Say for example, two of you get engaged in some type of an argument and you suddenly blast your adversely, realizing that, if you raise your voice, irrespective of how weaker your argument is perhaps you will take him over, but in turn you realize at the other person know besides raising his voice also show certain aggressive action, which you thing, oh I did not un template it and therefore, you say ok ok sorry, sorry, sorry, this is a midway revision this is a whatever see knows, many a time we do that. You intrepid at this could the consequence, if I do like this, you think of the possible option that we have at hand an which ever you considered to be appropriate you we execute it, while execution you revisit know you apprise on your own response to the situation and how the situation in is responding back to you and based on that immediate feedback you decide whether to refine your response or not, but at the end of it once the behavior gets terminated your realize that this was a complete package.

But many at times we come forward with certain unreflective immediate response, responses which know it was simply likes say just sudden spark and you could not know control it such type of know unreflective adjust, which makes you act on you do not know have a sense of control over it they have a defined as impulses. So, your ability to modify your behavior to control your behavior and also your ability to control your impulses these two are also considered to be important denominators of subjective adjustment.

Now, practically it is expected that human beings should have a control over their impulse ok. But unfortunately this is theoretically correct; practically almost all of us fail. Some people have know little strong control over there impulses and behavior, some people have weak control and some people you realized that they have very heart time control in their impulses. Perhaps after the mid semester exam are so, will come to one of the model, were you would exclusively talking about aggregation and the last topic of

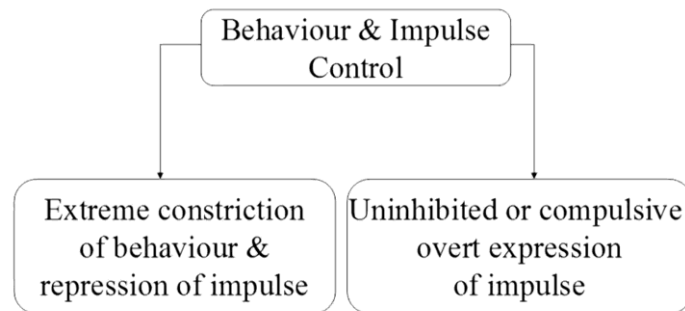
aggressive behavior would be what usually people considered not to be an issue of clinical concern, but technically it is considered to be a disorder it is called impulse control disorder. Usually what happens? Anger in most of the society has a great degree of acceptance. So, say if I shout at my subordinate it is biology accepted, if I shout at my know wife, my children it is it as a greater degree of acceptance, if I shout at a stranger it has some degree of acceptance. So, it is basically you realize that there is some degree of power equation and this power is derived out of many many things, that will determine whether your aggressive response will be accepted or not, but then if you are the one who shows your capability in terms of controlling your impulse.

So, something happens and a sudden blast is these the time to come to the class you are twenty five minutes late, I am not blast you, it is just an example ok, there is the sudden blast and then you could see those changes and then I come down.

So, it's like say, you explode and your explosion does not have a control, interestingly family members, people in that community they will start say he is like this, he has been like this even his father was like this. This is a greater degree of acceptance of behavior like this, but technically such type of inability to have complete control over one's impulse is considered as impulse control disorder. We will not talk about it right now, because we are talking about impulse control therefore, I just thought of referring to it, when we come to aggressive behavior at that time we will end with impulse control disorder, I am we will also have the clinical criteria, criteria one, two, three, four what are the criteria on the basis of which you interpret that this behavior is not anger, but it is impulse control disorder, but that would do at that time.

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### Dimensions: Behaviour and Impulse Control



So, you realize that people have know, different ways of expressing their feelings in terms of know extreme ends one possibilities that you have extreme constriction on your behavior. And your repressive your impulses, what repression is right know, I describe it, but this would main that you are in complete control of your impulses of your behavior know. So, you are on the driving seat and you hold the handle firmly my dear behavior you cannot take a left or right hand unless I allow you to do that, that is one extreme theoretical possibility. The other extreme possibility is that, your behavior is uninhibited you cannot interfere; you cannot do anything, you have a tendency of compulsive overt expression of your impulse.

You remember the add control [fl] know, it is like that know you cannot control at all know, it is just reflects which immediately comes and you show great degree of inability interms of having a control over it. These could be two extreme forms of behavior, it is very heart to find people know who will show extreme construction of behavior, but you will find repression of impulse to be very common, but its relatively easy to find people who have know, great degree of know probably interms of controlling in their impulses many people you will find were very very intense problem of having such matters.

Now, being both, either you have complete control, you say this know the lights will

remain all till I want them to be like it, I will stand till I want know myself to remain like this, I would not know blink my eyes still eye do not feel doing that, complete construction of behavior would be that. It is very difficult, but then timing of behavior is possible, when I know the does on the do nots the moral code of conduct, when I know the, I am aware of the reality so my awareness, reality awareness my know clarity of does on the do nots an then my own urges know, what pleases me, if I am able to make compatible arrangement between these three which many of us are capable of doing most of the situation its fantastic you have a maintain the balance.

You have control over your behavior, think of situation know, you are hungry, during lunch know you go to your hall and say you have been allotted hall, which is for of from the lecture of complex and you know that there is an hall just opposite to this lectural complex gate, but it is not at, because I am hungry, because I am a student, because I stay in a hall, therefore, I enter any hall that comes my way fast, you decide to go to your own hall not to any other hall. Say imagine situation know you are hungry and you see know that know there is the buffe arrangement of the food, but you do not go start eating their know you take a plate in stand in the queue there are thirty people in front of you, although you feel the pangs of hunger you no other choice, but you stand in the queue, you know fill your plate to the fullest possible extent know the doom steps, because you to hungry, you go and seat then the moment you swallow the first bite you realize the food it completely in this food although your hungry you compromise in decide in here, I want have it quite possible all of you must experience situation like this in life ok.

Now, this is having control over behavior, first I controlled my pangs of hunger, second I controlled the fact, although I am hungry and others or not so, still I am biting in the queue. Next I allowed myself the freedom to know accumulate as much foods of as I can given the, know define the shape of plate and although I was hungry and I had the first bitted and I decide now to remain hungry, because at do not like the food. What you considered it to be a control over behavior? It is a control over behavior. Right now, you will come repression also, but first we come to complete know uninhibited type of responses, uninhibited type of responses would mean; I am hungry now, I see my clock irrespective of whatever going on, I just go out the first thing that I find in any were that is what were eating I start eating with, but imagine a situation if you do like that how

much people will appreciate or I do not know, if will the appreciate at all. There are many, many, many a situation in life in reality when you experience them and you realized that know your behavior needs to be under control, you look at girl you looks very pretty to you look at the boy you looks very handsome to you, but besides simply tying that girl is beautiful and tying that boy as handsome you do not do anything us. Somebody who comes and sits next you in the class and know heisting, but you do not say at fine, sir, unless and until room fresheners apply to this to three two zero one, I would not sit here, please deregister this student, because his heisting, it does not take bath before he comes to the class, we never do that. You may not like say for example, you may not like my appearance know, you might not look, I might not look of feeling to you, but for the full semester you have no other choice, but took constantly look at me fifty minutes, these are know, examples that all of us are capable having behavior control. Controlling behavior is not that difficult, the only things is that for certain types of impulses you need to have a much more stronger control.

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### **Dimensions: Behaviour and Impulse Control**

- The distance between these extremes represents varying degrees of
  - Repression
  - Suppression
  - Free expression of impulse
  - Behaviour held in abeyance
  - Behaviour appropriately controlled to suit time & place

So, the distance between these two extremes know possibility complete restriction and repression to complete uninhibited type of response. Now, they have were in degree of response that is possible, one you repressive your behavior. Now, second possibility that is you suppressive your behavior, third you freely no expressive your impulses are you



aware of what suppression, repression is? Yes, no? No, expressions you understand know. So, you feel something with in new expressive it fully that is the free expression of your impulses, if you are not very sure know, how this expression of impulse would know what type of result it will fetch you, but you are know, consciously evaluating it an you decide at know the free expression of this impulse will not give good.

So, you suppressive your thoughts, you suppressive your desired, now, what happens in suppression is that you are aware of your thought and your also aware of the fact that you have try to conceal it. So, you take a box you take your desired put in the box an lock it an your aware that I have this desire, I have put it in the box, I have locked it an the key is with me, your aware of the full fact, but then you do not expressive it we have contained it, that is suppression of the act. This means suppression psychological speaking is a conscious process, I am aware of desired, I am also aware of the fact that I am not going to express it this is suppression.

Repression would be that even if I became aware of a desired like that its very demining to me, its demining to me and I will think that common how can I think even like this I am so, stupid, I am so, bad that type of feeling you my there I. This means you are in prudent terms your super ego does not allow you to even things staff like that. And therefore, what happens the moment the desires is about sprout unconsciously, you content it, because it is unconscious so, you never come to know your desire and you never ever come to know that you contained it. You got the difference; repression will act as at unconsciously level, suppression will act as at conscious level and free expression of course, is a free expression. So, you on the world can see it that is the different between suppression, repression and expression clear.

So, the possibility interms of know, if you look at the full range. So, to extreme and what happens at the intermediate steps, one extreme end you repressive your behavior slightly before that you suppressive your behavior even before that you can go for a free expression. The other possibility used that behavior held in abeyance know, one day I will show him, you just think of it, but you do not show it.

So, your behavior is planed, but you put in to abeyance do not the express it, I will

express it one day, you do not express it, that is putting behavior in abeyance. And behavior appropriately controlled to suit time and place. So, I very precisely know come for were with a tiller made response, which is appropriate in the context it given place at the time and then I accordingly to executed. So, from center point to one extreme is this possible ok.

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## **Self-Realization**

The other possibility knows would be when you complete start going in very very beard fashion, more lose, much more loser, completely lost that would be the full range. Once again you can realize that more and more you are know at the convergent of the two extreme ends, were it made that makes you much more stable, much more adjusted. And we now come to the last know determinate, the last dimension of subjective adjustment that is self realization.

Self realization basically refers to the fulfillment of ones potential, what I am capable of, if I am able to achieve it, that is self realization. Given the individual limitations and social situations this process to become too intricate, because you have your individual limitations, you also have certain social restriction that a putting front of you. And therefore, you realize that conformity and compliance to socially prescribed forms of behavior, if you exhibit that, if you complete to the social protocols, if you confirm to the

social norms, you realize that you enjoy great degree of social acceptability. Society is happy, because society becomes more and more stable, but when you realize that, the very fact that society demands you to lose certain things in order to maintain the stability of the system, if you realize that the demands are exploitative, it exploitative you remember, yesterday we took the two example know of a boy bond in the family of copular, who is told at right from you are early days you have to learn nothing, but this skill of mending shows, if that boy feels that this is my, this is exportation why I should only this and why not other things. Then you need to go out of the, what with the limits of the social acceptance.

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### **Dimensions: Self-realization**

- When such demands become
  - Exploitative
  - Restricts realization of potential
  - Is guided by social domination of some type
- Then one should not succumb to it
- Such situation restricts the opportunity of growth and fulfillment
- Refusal to conform in such scenario is considered a sign of mental health

Now, you realize that the demand for the restricts realization of your potential, you are told at no, no. no girls from this family never go out this. A sad fact of India perhaps you know it that for most of the boards in India right from central to state boards we will find at the toppers are mostly girls, but when it comes to know professional course is after plus two, you realized that it is mostly boys for their. So, where are those missing girls them, this means where there were few academically bright girl students who are not given the prevails of continue in to other course is where boys who were initially lower than them in their academic performance got a chance to do, but that the sad reality. And if you realize at the demand is guided by social domination of some type then adjustment

would main which might not be socially and legally accepted at times legally it will accepted socially will have time that we should try your level best to break the structure and come out. One should not succumb to know such type of structural know equation that are put and in front of you by certain know social systems are stake holder in the society that you have to comply to this only and your complies conformity acts to the social restructure that is know the way of like, because it inhibits know you the opportunity of realizing what you are otherwise capable of ok.

So, refusal to conform in such scenario would considered to be sign of mental health that a mentally sound, which know might we that others are not, because they are still trying their best not to allow me to know realize potential that I have in me. So, even though I am born in know the family of copular and for last three generations of the recorded history that I know is that my family is in to mending shows, high decide to be the world greatest open heart surgery I also meant, but I know stitch the heart of other side do not become a copy that could be a possibility. Now, interms of action is you say see I also cut, you also cut, I also stitch, you also stitch know, but one, but one has lower social recognition, because one has a copular and other has a very, very, very high social status, because one is a doctor and doctor also of a very, very what a call high president interms of performance of the medical act you become a open hearts surgery ok.

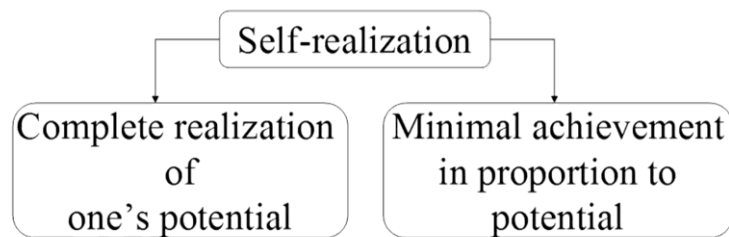
So, although society will start saying that do not you are breaking the barrier one of the novel arties in physics, when she went to the in worst in year of she was the only girl in have university adopted imaging know the European society at that time. Even when we are sitting here in the class we have only two girls there out of fifty nine registered student. This makes you realize that you are in minority, although when it comes to know certain type to presser you say that know we are equal even though I might be to or I might be only one, but I am know an independent entities in this class and therefore, the prevalent that is given to rest of the fifty eight or fifty seven students comes to me also in the equal portion ok.

So, when you fight like this demanding that know this is know, due to me and you have to give it to. Although it is at the cost of maintaining social structure psychologically it would be considered to be completely saying behavior, although socially it might not be

appreciated. So, there is a difference know where are know.

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### Dimensions: Self-realization



Now, interms of know extremes of behavior, one possibilities that you have complete realization your own potential stood be the something like [fl] type of the know, I am the divine, I know what I am capable of, I can do right now, right now, that is know one end of it. The other end is that you achieve minimum in your life interms of what you are actually capable of. So, although you are capable of getting a plus according to the grading system, but your happy and fine year, life make sometime even a should also come to owns like. Your instructors, your friends, your family tells you are capable of getting a plus common, you try to get the a plus is common, f is better than a some happy with it that is being know satisfied with minimal achievement once like.

Now, if you can go for complete realization of once potential fantastic nothing like that, unlike others where we were saying that no they try to converge, come to the middle point and that would be an know an indicator of your adjustment. Here, if you go for complete realization of potential fantastic here you can go to one end complete end, but very few people would we able to attend that level, but then do not come to word this extreme know do not move to word this side of the continue were your happy with the minimum achievement that you get in your life.