

UNIT-1

CHAPTER-2

Maladjustment

AKANSHA INSTITUTE OF
NURSING
ANM 1ST YEAR
HEALTH PROMOTION

Adjustment : → It means adaptation to a situation or acting in a mature way; It's a characteristics of mentally healthy person. Life is a series of adjustment.

Maladjusted person : → Get upset when things go wrong, whereas some person react sharply, lose their temper, talk loudly, make excuses and make everyone around uncomfortable. They are not able to adjust in changing environment.

Maladjustment

In adults

In childrens.

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Maladjustment in adults :-

- 1) Decrease hunger without any cause.
- 2) Decrease in weight.
- 3) Inability to complete his/her daily work.
- 4) Carelessness in daily work.
- 5) Lives alone.
- 6) Antisocial behaviour.
- 7) Lose his temper.
- 8) Feeling of guilt.
- 9) Fearful or negative thinking.
- 10) Frustration at work.
- 11) Too much drinking of alcohol.
- 12) Hurting himself or others.
- 13) No cooperation in everything.
- 14) Keep on bathing for a long time or excessive body movement.

Maladjustment in children :->

- o) Constant bed wetting at night.
- o) Commits crime.
- o) stay away from school
- o) Does not get along with of his age.
- o) starts hating suddenly to one or more members of the family.
- o) He doesn't care for anyone and says that no body care for him.

Common Cause of Maladjustment :->

- o) Frustration :-> An individual become frustrated when his basic need are not satisfied.
- o) Tension
- o) Insecurity
- o) Adverse environmental factors.

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Counselling an Individual, family & community
child Guidance :-> The object of child guidance is to prevent children from the possibility of becoming mental patients in later life.

- Educating the adolescence
- Improvement of family life.
- MCH Services.
- Schooling.
- Social welfare services :-> These comprise opportunities and facilities for recreation eg:- play grounds, Cinemas, social clubs etc.