

MALADJUSTMENT CONCEPT, CAUSES, TYPES, WITH REFERENCE TO ADOLESCENCE

SEMESTER: VI

Introduction

- ❑ **Maladjustment** refers to an individual's inability to react successfully and satisfactorily to the demands of their environment.
- ❑ It often results in stress, anxiety, conflict, or behavioral problems.
- ❑ Adolescence is a particularly vulnerable stage for maladjustment.

Definition of Maladjustment

- "Maladjustment is a condition in which an individual fails to adjust to the environment or the demands of life."
— Psychological Dictionary
- It affects personal, social, emotional, and academic life.
- Can be temporary or long-lasting.

Characteristics of Maladjusted Individuals

- ❑ Poor self-control
- ❑ Difficulty in relationships
- ❑ Low frustration tolerance
- ❑ Aggressive or withdrawn behavior
- ❑ Academic decline
- ❑ Lack of motivation

Types of Maladjustment

- ❑ **1. Personal Maladjustment**

- ❑ Internal conflict, identity crisis, low self-esteem.

- ❑ **2. Social Maladjustment**

- ❑ Difficulty interacting with peers, authority issues.

- ❑ **3. Emotional Maladjustment**

- ❑ Anxiety, depression, mood swings.

- ❑ **4. Academic Maladjustment**

- ❑ Lack of interest, underachievement, school refusal.

Causes of Maladjustment

- **1. Biological Causes**

- Genetic issues, brain dysfunction, hormonal changes.

- **2. Psychological Causes**

- Poor self-concept, fear of failure, low resilience.

- **3. Family Factors**

- Parental conflict, lack of support, overprotection or neglect.

- **4. School Environment**

- Bullying, academic pressure, unsupportive teachers.

- **5. Peer Influence**

- Peer pressure, exclusion, negative friendships.

Maladjustment During Adolescence

- Adolescents face major physical, emotional, and social changes.
- Identity formation and independence seeking are key.
- Struggles may lead to:
 - ▣ Risk-taking behaviors
 - ▣ Social withdrawal
 - ▣ Conflict with parents/teachers
 - ▣ Poor academic performance

Effects of Maladjustment in Adolescence

- ❑ Increased stress and anxiety
- ❑ Substance abuse
- ❑ School dropouts
- ❑ Difficulty forming healthy relationships
- ❑ Risk of long-term mental health issues

Strategies for Prevention and Intervention

- ❑ **Counseling & Guidance**
- ❑ **Parental Support and Communication**
- ❑ **Positive School Climate**
- ❑ **Peer Support Programs**
- ❑ **Life Skills Education**
- ❑ **Early Identification and Support**

Role of Teachers and Parents



- ❑ Be observant of behavior changes.
- ❑ Foster a non-judgmental, supportive environment.
- ❑ Encourage open communication.
- ❑ Collaborate with school counselors or psychologists.

Conclusion

- ❑ Maladjustment is a serious concern, especially in adolescence.
- ❑ Understanding its causes and signs helps in timely intervention.
- ❑ A supportive environment at home and school is crucial for adolescent well-being.