

Concept of Maladjustment & Its Causes

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Introduction

- Understanding maladjustment is important for:
 - Supporting **mental health**
 - Improving **classroom behavior**
 - Promoting **social-emotional well-being**
- Maladjustment can affect:
 - **Learning**
 - **Relationships**
- **Personal growth**

What is Adjustment and Maladjustment?

- **Adjustment:** A process by which an individual maintains a harmonious relationship with their environment (self, others, society).
- **Maladjustment:** A state where an individual fails to adapt to the environment or cope with demands, leading to emotional, social, or behavioral issues.
- Can occur in various areas:
 - **Personal** (self-concept)
 - **Social** (peer relationships)
- **Academic** (school/work)

Characteristics of a Maladjusted Person

- **Emotional Instability**

- Frequent mood swings, anxiety, depression, or emotional outbursts.
- Unable to manage stress or emotions effectively.

- **Social Withdrawal or Isolation**

- Avoids interaction with peers, family, or groups.
- Feels uncomfortable or anxious in social settings.

- **Aggressive or Antisocial Behavior**

- Displays hostility, violence, bullying, or defiance.
- May show a lack of empathy or disregard for rules.

- **Low Self-Esteem**

- Feels inferior, insecure, or unworthy.
- Constantly doubts own abilities or appearance.

Cont...

- **Poor Interpersonal Relationships**
 - Difficulty forming or maintaining friendships or positive relationships.
 - Often experiences conflicts with others.
- **Academic or Work Difficulties**
 - Lack of interest or motivation in school/work.
 - Frequent failures, absenteeism, or underachievement.
- **Lack of Self-Control**
 - Impulsive decisions, poor judgment.
 - Trouble delaying gratification or thinking through consequences.
- **Defensive or Avoidant Attitude**
 - Refuses to accept responsibility for actions.
 - Avoids challenges or blames others for failures.
- **Dependency or Over-Reliance on Others**
 - Needs constant approval, guidance, or support.
 - Inability to make independent decisions.

Broad Causes of Maladjustment

- Maladjustment arises from a mix of **internal** and **external** factors:
- **Biological factors** (e.g., heredity, brain dysfunction)
- **Psychological factors** (e.g., trauma, poor coping skills)
- **Social/environmental factors** (e.g., family conflict, poverty)
- **Educational factors** (e.g., academic pressure, poor teacher-student relationships)

Personal & Family Causes:

- Overprotective or neglectful parenting
- Broken families, domestic violence
- Lack of emotional support
- High parental expectations
- Negative self-image or low confidence

Social & School-Related Causes

- **Peer rejection**, bullying, lack of friends
- **Discrimination** (gender, caste, disability, etc.)
- **Unhealthy school environment**
- **Academic failure or rigid school discipline**
- **Media influence**, substance use, urban stress

Conclusion

- Maladjustment is a **failure to adapt**, caused by various interconnected factors.
- Early identification and intervention are essential.
- Emphasis on:
 - **Supportive family environment**
 - **Inclusive and empathetic education**
 - **Counseling and mental health support**

Thank You