

## **Module- 2 (Dimensions of Subjective Adjustment)**

**After going through this module you should be able to answer-**

1. Describe the components of human adjustment.
2. Elaborate the dynamics of selective awareness, tolerance, autonomy, personal integration, behaviour and impulse control, and self-realization and their roles in human adjustment process.
3. Indiscriminate acceptance and extreme rejection and denial are considered as two poles of tolerance. Is this true only for the individual or also for the community at large? Substantiate your answer with suitable examples.
4. Autonomy is one of the most desirable feelings that one will like to have. However, in intimate relationships one usually prefers to surrender than to exercise one's autonomy. What could be the possible reasons for this in your view?
5. Why should human adjustment processes be understood as a continuum of certain form of behavioural outcomes? Do you consent to this method of looking at human behaviour? Your arguments should be supported by suitable examples.
6. Write a short note on the dimensions of subjective adjustment. Do you consider these dimensions as a continuum with the two ends representing two extremes of behaviour or as a circular trajectory where the two ends are very close to each other? Substantiate your answer with suitable examples.
7. "Individual adjustment is a process as well as an outcome." Discuss both dimensions in light of the dynamic nature of this construct. Cite instances for both.

8. Human adjustment process might involve harmonious as well as conflicting relationships.

Substantiate this statement by citing suitable examples of harmony and conflict, respectively, and prove how these processes facilitate adjustment.