

## **Module- 1 (Human Adjustment Process)**

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

1. Differentiate between medical and psychological assessments. Do you find any sort of overlap between the two? Substantiate your answer with suitable example(s).
2. Describe “Normality” in the light of human adjustment processes.
3. What are the merits and limitations of showing conformity to the ways of the majority in terms of mental health?
4. Adjustment and maladjustment can refer to the process of relating person and environment, but they can also refer to the harmonious or conflicting relationships within and among the many behavioural patterns. Comment.
5. The idealistic concept of adjustment is value-oriented. It assumes certain criteria of good and bad or better and worse in adjustment. Comment.
6. With suitable examples, discuss the disadvantages of applying the medical model of disease to mental pathology.
7. Human behaviour needs to be looked upon from psychological, social as well as legal perspective. With reference to adjustment processes, are these three in synchrony with each other? Discuss with suitable examples.
8. Discuss the inherent disadvantages in applying the medical model to the understanding of psychology of adjustment.
9. “Adjustment involves an inner-inner as well as an inner-outer relationship.” Substantiate this statement in the light of multidimensionality of the adjustment process.