

Modules- 4-9 (Human Adjustment Process)

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

1. Elaborate the maintenance needs of human beings.
2. Write a short note on general adjustive behaviour.
3. Elaborate the characteristics of healthy development.
4. Write a short note on self assumptions and explain their role in human adjustment.
5. Differentiate between neurotic nucleus and neurotic paradox. How does the two explain certain types of clings in otherwise adjusted individuals?
6. Can religious practices be instrumental in subjecting someone to neurotic nucleus or paradox? Discuss your viewpoint with the help of suitable example(s).
7. How does a borrowed fantasy help someone adjust in life?
8. Elaborate biological, psychological and socio-cultural defenses. Are they independent or interdependent? Justify your answer with suitable examples.
9. What are defense mechanisms? How are rationalization and intellectualization different from each other?
10. Take any one example to explain the difference between conquering and suffering hero fantasies.
11. Citing suitable examples establish distinction among task-oriented reactions, damage repair techniques, and defense mechanisms.
12. Differentiate between suppression and repression. How does it affect behaviour and impulse control?