



Educational Psychology

(Unit VI)

PROFESSOR ACADEMY

PGTRB

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Today's Discussion **(Unit VI)**

- i. Conflicts
- ii. Frustration
- iii. Adjustment
- iv. Defence Mechanism



Conflicts

Definitions:

“Conflict means a painful emotional state which results from a tension between opposed and contradictory wishes.”

- Douglas and Holland

“Conflict may be defined as a state of affairs in which two or more incompatible behaviour trends are evoked that cannot be satisfied fully at the same time.”

- L.F. Shaffer



Conflicts

Explanation:

- It is one's intense emotional tension
- Tension is the result of the presence of two or more desires or wishes in the individual
- These desires are contradictory in nature and therefore cannot be satisfied fully at the same time



Conflicts

Types of Conflicts:

a. Approach – Approach Conflicts:

Conflict in making a choice between two or more positive goals almost equally motivating and important -

b. Avoidance – Avoidance Conflicts:

Conflict in making a choice between two or more negative goals –

Eg.: Does not want to study and at the same time does not wish to displease parents by failing in the exam



Conflicts

c. Approach – Avoidance Conflicts:

When a person is faced with the problem of choosing between approaching and avoiding tendencies at the same time – an individual may be motivated towards a kind of behaviour activity which he perceives to be wrong, evil but at the same time the attraction of behaviour is so strong that he becomes restless without doing it.



Frustration

Definitions:

“Frustration means emotional tension resulting from the blocking of a desire or need.”

- Carroll

“Frustration is the feeling of being blocked or thwarted in satisfying a need of attaining a goal that individual perceives as significant.”

- Kolesnic



Frustration

Explanation:

- Man plans and strives hard for the realization of their goals – but when the person does not get the desired success, it leads to frustration – when all the paths for going ahead seem to be blocked
- It is a stage in which failure dominates the attempts
- Obstacle in the satisfaction of one's basic needs
- 'The significance of the goal' (or) 'strength of the blockade' increases the degree of frustration



Frustration

Causes of Frustration

External Factors:

a. Physical Factors:

Factors in the surroundings/environment - Natural calamities or events in the environment may be a blockade

b. Social Factors:

Blockade because of the people with us – Eg.: If a child is not allowed to go for a movie by the parents, the child feels frustrated

c. Economic Factors:

Economic insecurity becomes major factor for frustration nowadays – unemployment – low wages but long working hours



Frustration

Causes of Frustration

Internal Factors:

a. Physical Abnormality or Defects

Inferiority complex about one's appearance – physical disabilities (temporary or permanent) – deficiency in one's intelligence

b. Conflicting desires or aims

Eg.: Temporary Professor (or) Permanent Teacher ? – you can choose only one – you cannot have both – if you choose one, you lose the other – losing other creates frustration



Frustration

c. Individual's Morality and High Ideals

Individual's moral standards, code of ethics, high ideals may become a source of frustration – caught between super-ego and Id –

Eg.: Many of my friends are publishing books by merely copying from google – but it takes 6 months for me to write a original paper

d. Level of Aspiration too High:

e. Lack of Persistence and Sincerity in Efforts:

One's inability for continuous and persistent efforts –



Frustration

Simple Reactions:

- 1) Increasing trials or improving efforts
- 2) Adopt compromising means
- 3) Withdrawal
- 4) Submissiveness

Violent Reactions:

- 1) External aggression
- 2) Internal aggression



Adjustment

- “Adjustment is the process by which living organism maintains a balance between its need and the circumstances that influence the satisfaction of these needs.” – L.S. Shaffer
- “Adjustment is a condition or state in which one feels that one’s needs have been fulfilled and one’s behaviour conforms to the requirements of the society and culture.” – S.K. Mangal

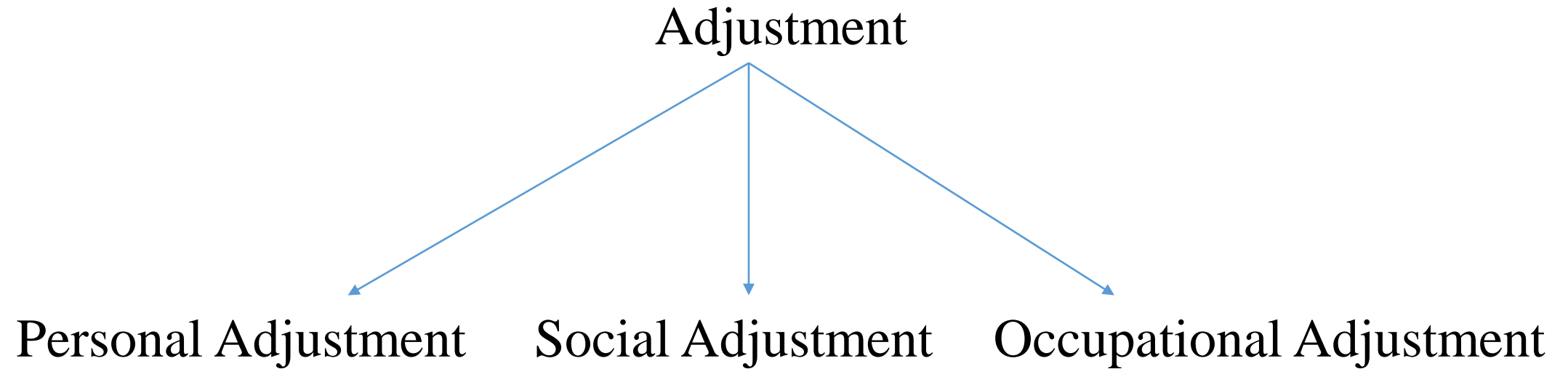


Characteristics of a Well Adjusted Person

- Physically, emotionally and socially adjusted
- Awareness of one's own strengths and limitations
- Respecting one's self and others
- Satisfaction of the basic needs
- Flexibility of his behaviour
- Capable of struggling with odd circumstances
- Realistic perception of the world



Adjustment





Personal Adjustment

Personal Adjustment

An individual's adjustment to his self – includes his growth and development, personality traits and characteristics, satisfaction of basic needs

Physical Adjustment

A child in a particular age is expected to have acquired a certain increase in height, weight and other physical development – if it is complete, the individual gets satisfied – if not, it leads to frustration – should be free from stressful ailments and diseases



Personal Adjustment

Mental Adjustment

At certain age, one is expected to have developed certain mental capacities and abilities – deficiency may lead to frustration – Anxiety, distress, stressful situation, pressures, complexes, frustrations disturb one's mental health.

Emotional Adjustment

An individual who is capable of expressing his emotions in a proper way at a proper time may be termed as emotionally adjusted.

Sexual Adjustment

One's proper sexual development, proper attitude towards sex, satisfaction of his sex needs in a desirable way are the essential factors responsible for his adjustment to his self and environment – as far as one's sexual need is satisfied, one feels comfortable, satisfied and adjusted



Personal Adjustment

Adjustment with respect to individual needs:

- (i). Physiological or organic needs such as hunger, thirst, sleep, rest, sex etc.
- (ii). Material needs such as clothes, shelter and other material comforts
- (iii). Sociological needs such as love, respect, etc.



Social Adjustment

It is concerned with one's adjustment to his social surroundings – one should feel reasonably satisfied with what he gets from his social environment – so that a person can get along with people easily and can become a socially adjusted person

Otherwise, a person becomes a socially maladjusted person, involved in anti-social activities

- i. Adjustment with one's home and family
- ii. Adjustment with friends and relatives
- iii. Adjustment with neighbours and other members of the community



Occupational Adjustment

- How far are we satisfied with our world of work and means of livelihood?
- Job satisfaction
- Commitment towards the work



Maladjustment

Maladjustment is a state in which one feels that one's needs are not fulfilled and the person has been a failure in establishing harmony with his self and the environment

- S.K. Mangal



Causes of Maladjustment

i. Personal Causes:

- a. Heredity Factors
- b. Physiological Factors
- c. The Causes Inherent in the Nature of the Individual

ii. Environmental Causes

- a. Characteristics of the people in the surrounding
- b. Characteristics of one's society/ culture



Role of Teachers in the Process of Adjustment

- i. Balanced growth and development
- ii. Satisfaction of the basic needs
- iii. Help them to be aware of strength and weakness
- iv. Help them to set a proper level of inspiration



Defence Mechanisms

Definition:

“When psychological equilibrium is threatened by severe emotional trauma, frustrations, or conflicts, the mind resorts to a variety of protective subterfuges and devices called mental mechanisms or dynamisms”

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“An adjustment mechanism is a device resorted to in order to achieve an indirect satisfaction of a need so that tension will be reduced and self-respect maintained.”

- Carroll



Defence Mechanisms

- It is the way of perceiving one's problems
- These mechanisms provide protection against whatever threatens ego or self-esteem
- Many situations threaten psychological equilibrium – as a result, one falls victim to anxiety, frustration, conflicts or other psychological upsets – defence mechanisms help to defend oneself from these problems – to save oneself from mental illness
- To get relieved from unfulfilled desires
- They are temporary defence against problems and fear;
- Defence mechanisms are largely unconscious
- Tries to soften what is unacceptable to oneself like failure etc.



Defence Mechanisms

Important Defence Mechanisms:

1. Rationalization
2. Projection
3. Reaction-Formation
4. Repression
5. Regression
6. Aggression
7. Displacement
8. Fantasy and Daydreaming
9. Sublimation



Defence Mechanisms

1. Rationalization

- A person tries to justify his unacceptable social behaviour by giving socially acceptable reasons – inventing good reasons to justify his actions/state of life
- Eg.: a person can explain his idleness as ‘needed relaxation’, cowardice as ‘caution’, his severe discipline policies as ‘for child’s own good’
- In announcing a specific rule, a company may assert that it is for the social good of all, when actually its objective stands for bringing more power to it.



Defence Mechanisms

1. Rationalization

This mechanism is of two types:

a. Sour-grapes attitude:

Based on the story of fox and the grapes – when a person is unable to obtain what he wants, he tries to avoid the bitterness by maintaining that he did not want it any way – Eg.: A man who fails to get the job saves his self-respect by declaring that he did not really want the job

b. Sweet-lemon attitude:

The individual maintains that whatever happens is for the best – Eg.: If a deserved professor doesn't get appointed as HOD, he may say that it helps him to concentrate more on studies and teaching



Defence Mechanisms

2. Projection:

- “Projection implies that a person has certain thoughts or feelings or actions which are threatening to him which he then denies are his and instead attributes to others”
- Eg.: A man with extra-marital affairs may accuse his wife for the same.
- The mistakes could also be attributed to supernatural forces/inanimate objects etc. Eg.: A student may attribute his failure to his fortune



Defence Mechanisms

3. Reaction-Formation:

Acting in exactly opposite way of one's intention – used to cover one's real motive/character –

Eg.: A person who is strongly motivated by undesirable sex needs may react by being extremely puritanical, avoiding almost all association with the opposite sex, even criticizing others for their sexual activities-



Defence Mechanisms

4. Repression:

- It is an unconscious forgetting from consciousness of internal impulses, feelings or thought which are unacceptable to the conscious self –
- One believes that the tension producing situation does not exist – tries to conceal the reality from one self
- It saves a person from distressing thoughts, feelings
- But it may become dangerous in the long turn



Defence Mechanisms

5. Regression

If the present is bitter, one may live in his happy past

“Regression may be defined as a mechanism by which an individual, longing for the earlier, happier period of life, begins to behave in a manner more appropriate to his earlier age or period of life for protecting himself from the threatening situations involving frustration, conflict, anxiety or tension.”



Defence Mechanisms

6. Aggression:

- Expression of one's anger through verbal dialogue or physical assault
- Aggressiveness may help one deal effectively with other persons, situations and problems
- Most often learned from elders in the family
- It can give temporary relief from repressed wishes, tensions and pressures



Defence Mechanisms

7. Displacement:

- Displacing or shifting of thought, feeling or action from one person or situation to another
- Eg.: A little boy, beaten by one of his schoolmates, may slap his younger brother on returning home
- A child who fears his father or teacher may displace his fear to animals.



Defence Mechanisms

8. Fantasy and Daydreaming:

- It is a kind of withdrawal of one's self in a private and satisfying world of imagination
- Instead of facing realities, one takes asylum in unreal, imaginary world
- “As a defence, our fantasy life provides us with an escape from the dangers, threats, and problems of the real world. In our fantasies we can meet our unmet needs and reach our un-reached goals. We can picture ourselves as a different sort of person and the world as a different sort of world...” - Arkoff
- An unmarried youth may find happiness in an imaginary love affair



Defence Mechanisms

9. Sublimation:

- ‘Sublimation’ means ‘purification’
- “Sublimation may be considered as a special type of mental or adjustment mechanism which helps in the rechannelling or redirection of our repressed and undesirable wishes, impulses, drives, emotions or actions in some socially acceptable form and thus saving us from the mental agony and other troublesome physical consequences”
- Channeling or redirecting one’s undesirable thoughts/actions