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ROLE OF ADJUSTMENT IN PERSONALITY DEVELOPMENT OF THE TEACHER

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ABSTRACT

Education is a process of human development, competence and values. School is the formal agency giving education to the students. Teacher plays a vital role in the learning process. He /She is heart of the education, who develops the students in to ideal citizen. Now days, the education process in not healthy because of low adjustment, personality among teachers. This paper deals with teachers' adjustment and personality in order to promote it.

KEYWORDS: Education, teaching, personality, pupil, Personality, social environment,

1. INTRODUCTION

Education in a character building process enhancing one's personality and making him or her rational, capable, responsive and intelligently independent. It generates the will to refashion one's heart, head and life. Since the teacher is not only a professional but also a person, it is essential that he/she gives due consideration to his/ her own personality and adjustment. Teachers vary with regard to the quality of teaching, personality, adjustment attitude and mental hygiene.

In general personality seems to include such elements as personal appearance, emotional stability, maturity of thought and action, sense of humor, sociability, poise, and temperament. The total pattern of these qualities has a tremendous impact upon the pupil.

Although it would be futile to attempt to fit all teachers in a common mould considering that individuality and uniqueness. Every teacher should have concern with adjustment and personality. It is a powerful instrument of educational enhancement of students.

2. CONCEPT OF ADJUSTMENT

The concept of adjustment was originally borrowed from biology. It was modeled after the biological term adaptation, which refers to efforts by a species to adjust to changes in its environment.

Biological meaning:-

From biological point of view, adjustment is a mode of survival. It is a process of living the which, individual strives to satisfy his needs and even modifies them.

Psychological meaning:-

From the psychological point of view Adjustment is the process by which, individual attempts to maintain a level of psychological equilibrium. Thus it becomes a tension reducing process.

Statistical meaning:-

According to statistical view "Adjustment is a matter of views "Statistically an individual can be regarded well adjusted only when, he approaches the norm or group average and avoid deviations to either end psychologically

The view does not sound well as it ignores the fundamental doctrine of the uniqueness of the individual difference

Adjustment refers to the Psychological process through which people manage or cope with the demands and challenges of everyday life. Without adjustment no one can move, relate with others. Adjustment is correlate with all psychological, social, economical factors. Due to social environment, everyone should adjust with their relations hip. Adjustment is one factor which led to happy life.

3. CHARACTERISTICS OF WELL ADJUSTED INDIVIDUAL

Well adjusted person has an ability to plan, succeed, and achieve goals. He/she has a responsibility to do the work, curiosity, enthusiasm, social relationship and capable to survive in the social environment. He/ She have an effort to adapt him/her to the environment, to overcome frustration in achieving the gratification of his needs.

Well adjusted person will have following characteristics (cited in Renuha,2004):

- ✓ Integration: A well-adjusted student is able to concentrate his energies on his goal.
- ✓ Ego development: A well-adjusted student is able to plan for the successful accomplishment of his goals.
- ✓ Reality orientation: A well-adjusted student recognizes reality learner frustration tolerance.
- ✓ Responsibility: A well-adjusted student feels responsible and his certain freedom of emotional expression and self-control.
- ✓ Sense of security: A well-adjusted student has a sound sense of security, which group out of his feeling of belonging and being desired.
- ✓ Curiosity: A well-adjusted shows normal curiosity and exhibits a natural easy spontaneity in a social relationship .Here adjustment means reaction to the demand and pressures of social environment imposed on the individual. The adjustment problem of the individuals plays a decisive role in his total development. Such problems often have their roots at home and school.

4.CRITERIA FOR GOOD ADJUSTMENT

Psychologist has enumerated three criteria to evaluate the adequacy of adjustment of a person which are follows. (cited by Avdhesh, S.D &Hatt P.B,2010)

4.1. Physical Health and Hygiene:-

The person has no of physical ailment like indigestion, headache etc. These symptoms may be due to psychological feelings. If they have adjustment they may have good physical health and hygiene.

4.2. Psychological comfort:-

If the person has no mental ailment then his/her mental health is good. The psychological ailment may be due to anxiety, fear, compulsion, tension and depression etc. If he/she wants to free from Psychological ailment the person should possess adjustment.

4.3. Working efficiency:-

The person who has the social efficiency such as the beliefs, value and norms of society, he/she works well. He is one of the adjusted members of the society.

5.CONCEPT OF PERSONALITY

Personality in psychology, the patterns of behavior, thoughts and emotion unique to an individual and the ways they interact to help or hinder the adjustment of a person to other people or situation

The word personality describes that which is personal, that which belongs to one human being only. To have personality means to possess one or several qualities, one or several defects or even a turn of mind, an original character no like that of others, but truly one's own and free from imitation.

Woodworth, R.S.(1930) defined, "Personality is the total quality of an individual behavior as it is revealed in his characteristic habits of thought and expression, his attitudes and interests, his manner of acting and his personal philosophy of life.

Allport, G.W. defined, "Personality is the dynamic organization within the individual of those psychological systems that determine his characteristics behavior thought."

6.CHARACTERISTICS OF PERSON WITH GOOD PERSONALITY

The person who possess good personality, admire others, describe himself/herself variously as dynamic forcefully and friendly. He has an active mental process of mind.

The following are the characteristics of Personality:

- ✓ It is an abstraction which based on inferences that derived from behavioral observation of a person.
- ✓ Personality is different from one person to another. It can be made clear it.
- ✓ It develops over a person's life time.
- ✓ It is what makes individual's unique and relatively stable matter of behavior, thoughts and emotion.

7.ROLE OF ADJUSTMENT IN PERSONALITY DEVELOPMENT OF THE TEACHER

Education will bring social change. A teacher has crucial role in imparting education. Unless and until the educational institutions are staffed with good and efficient teacher the desired goals of progress cannot be attained. Adjustment and personality is like two eyes to the teacher instead of adjustment, personality cannot be shine and these two terms are like two sides of a coin.

The teacher play vital role in the teaching learning process upon whose competency and efficiency, the quality of education depends .Teacher behavior is conditioned by his psychological as well as sociological environment

and hence certain qualities which are essential for good teacher are better developed in certain environment. The studies on teacher reveals that due to the lack of moral influence, professional freedom, academic scholarship and economic insecurity which is turn, affects their professional adjustment, the teacher needs better professional adjustment along with adjustment in his professional life. The problem of adjustment in relation to profession and life actually exists among the teachers of today.

By pin pointing personality, it is the totality of character and behavioral traits peculiar to an individual. The personality is very crucial role for the daily life of teacher. It affects their career. The most important aspects is the effect on students. Concerning the teacher personality it is important in moldings the students' behavior and their learning process. There are five good personalities of teacher which affects the learners in the classroom. Enthusiasm, warmth, Encouraging, supportive, and credible.

Adjustment plays a vital role in enhancing the personality traits. Adjustment must have a prominent role among all of us. Without adjustment no one can survive in the society without problems. Everyone has to move with others for any sort of work. In working place there will be many persons they can expose their feelings, attitude emotions according to their circumstances. If anyone skips out from their moods in any critical or ordinary situation he/she may not have smooth circumstances which affect their mental health, personality, and attitude and so on.

Especially teacher who is handling the students who are all having different behavior and coming different families omit various types of emotions which will create outcomes that may be good or bad. As a teacher should have adjustment in their nature which would develop and enhance their personality.

8.CONCLUSION

Adjustment is one of the parts of our life. Without adjustment, no one cannot work and live peacefully. Adjustment moulds one's character, attitude, personality which leads to better achievement in the life. Every person should adjustment with their circumstances, persons,

friends, relatives, colleagues and other people too. School is the place where its represents the society and social relationship will be exposed in it. There adjustment should be placed otherwise, many social problems will be occupied and it will affect the teaching and learning process. Teacher is a person who lead an important role and paves a better way for the students. She /he not only teaching to students but also guiding them for their better future. So it is essential for them to have good mental health, and emotional and social condition which is characterize by thoughts and behavior patterns which are satisfying to the individual and in reasonable harmony with the group of which she/he is a member. It is possible only if they have an ability to adjust to the environment is beneficial for the teachers to develop his/her personality. Their personality should affect the students if it is not good. So the teachers should possess good personality which will be enhanced by the adjustment.

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