

Project on Maladjustment behavior on the basic of Case Study. Timidity.

A. Introduction

Instruction and advice regarding maladjusted behavior in the context of educational psychology, particularly in identifying and potentially resolving maladaptive behaviors among students.

1. What is the Maladjusted Behavior?

Maladjusted behavior refers to behavior that is not in accordance with societal norms and fails to fulfill the expected roles. Therefore, maladjusted behavior is a simple means of fulfilling the expected roles in a social context. In a test, the act of skipping school is a natural behavior. However, in certain situations, the act of skipping school becomes a maladaptive behavior. Thus, maladaptive behavior is a significant concern, and the fulfillment of expected roles is essential for the proper functioning of society. However, maladjustment is a significant indicator of the failure of the individual to adapt. Therefore, among these behaviors, some common behaviors may be maladaptive, while others may fulfill their intended roles, indicating that maladjusted behavior is present.

2. Type of the maladjusted behavior & short discussion

Various types of maladaptive behaviors exist, among which the following are noteworthy:

- **Truancy:** Among students, truancy is a common maladaptive behavior that causes problems and leads to loss. The most significant among them is truancy. It is often associated with the inability to attend school regularly, which can lead to various issues.
- **Lying:** This is another maladaptive behavior. In the classroom, students may lie, which is a maladaptive behavior. The desire to fulfill personal wishes, to meet social expectations, and the pressure from parents and teachers can lead to the act of lying.
- **Timidity:** Timidity is a condition of being excessively fearful. It can manifest in various ways, such as anxiety and avoidance behavior.

The symptoms of timidity include restlessness, insomnia, nightmares, and a general sense of unease.

- **Stealing:** Stealing is the act of taking someone else's property without permission. It is considered an unlawful act. People often steal due to a lack of resources or to fulfill their needs. Stealing is a socially unacceptable behavior that can lead to legal consequences.
- **Phobia:** Phobia is a type of anxiety disorder characterized by an irrational fear of specific objects, situations, or activities. Individuals with phobias may experience intense panic when confronted with their fear. Common phobias include fear of heights, animals, sounds, and social situations.
- **Depression:** Depression is a mental health condition characterized by persistent sadness and a lack of interest in activities. It can affect a person's ability to function in daily life. Symptoms of depression include feelings of hopelessness, low energy, and difficulty concentrating.

B. Objectives of the Study:

The objective of this study is to understand the various aspects of mental health issues and their implications.

1. What is maladaptive behavior? Definition of the concept.
2. Identification of maladaptive behavior in students.
3. Understanding the correct definition of maladaptive behavior.
4. Understanding the process of identifying maladaptive behavior.
5. Possible solutions to the problems of students with maladaptive behavior, including definitions related to the concept.

C. Methodology:

1. **Selection of tools for gathering data:** (observation/check list/interview etc.) The project will be completed by following the steps mentioned below. Among them, the observation method and interview method will be highlighted. Identification of students exhibiting maladaptive behavior will be done through these two methods, and solutions to their problems will be provided. Therefore, the first method is Observation and the second is Interview, through which data will be collected regarding the students' behavior, and specific instructions for solving problems will be provided.

D. Procedure of Data Collection:

To complete the practical work related to maladaptive behavior, first, after collecting data on the students' behavior, the interview method will be used to gather information from the students and their guardians.

1. Identification of Maladjustment Behavior:

Identification of maladaptive behavior will be done by collecting some data from the students regarding their behavior and through certain methods.

2. Identification of Data:

I. Name:

II. School Name:

III. Age: 12. Class:

IV. Gender of the Child: Male / Female

V. Religion: (.) Hindu / Muslim / Christian / Others

VI. Present Address:

VII. No. Of Siblings Birth Order: Yes / No / (Where Yes ..specifying Numbers)

VIII. Family Dynamic (Joint / Nuclear)

IX. Socio -Economic Status: (Good/ Moderate / Bad)

X. Name of the maladjusted behavior:

In this discussion, we will discuss TIMIDITY as a maladaptive behavior of a student named Suman Das. And we will know through detailed discussion how this problem can be solved and brought back to the right normal state.

1. Causes of the Maladjusted Behavior :-

- Parents are indifferent to meeting the basic needs of the student.
- Unreasonable fear due to not being able to adapt.
- Lack of self-confidence is seen.
- Causes of the problem.
- Parents are worried, depressed, anxious..

2. Symptoms of the Maladjusted Behavior :-

- Emotional instability.
- Insomnia, almost waking up due to nightmares
- Inattention.
- Being scared if there is a slight disturbance.
- Always being in self-doubt, etc

3. History of the Maladjusted Behavior:

▪ **Past History:** This type of behavior is observed in the student, i.e. in Suman Das, since birth. Because according to the physical structure obtained from the genetics of the student, some mental past reasons can be observed. ▪

Family History:- Suman Das often has conflicts and unrest in his family regarding various matters, and various problems are seen in his early life. Which can be seen as a kind of anxiety and timidity. As a result, the members of the society do not talk much with other people. So if the family members have mental problems, such a non-conformity problem can also be seen in the student, i.e. Suman Das.

4. Mental Condition:

- **Speech:** (Good / Bad ✓□)
- **Consciousness:** (Good/ Moderate/ Bad ✓□)
- **Language:** (Good/ Moderate/ Bad ✓□)
- **Concentration:** (Good/ Moderate/ Bad ✓□)
- **Memory:** (Good / Bad ✓□)
- **Judgment:** (Yes/ No ✓□)
- **Insight:** (Yes/ No ✓□)

5. Presentation of data :-

{Data presentation with the Parent & the child}

The details of the data collection process through case study in the practical session are as follows,-

Interview of the Parent :

1. Question:- Does Suman Das suffer from insomnia?

Answer:- Yes.

2. Question:- Does Suman Das do everything with confidence?

Answer:- No. He gets scared while doing any work and always thinks that something might go wrong.

Interview of the child :

1. Question:- Do you get scared when you do something?

Answer:- Yes. I get scared if I make a mistake.

2. Question:- What happens if I make a mistake in something, why do I get scared?

Answer:- If I make a mistake, my parents will scold me, the school sir and madam will scold me.

E. Analysis of data: (which are included)▪

Discussion: Generally, the behavior of the mentioned students and their interviews through the medium of the narrative provide significant insights into the qualities of the students. The students' mentioned reasons for self-confidence and the uncertainty of their experiences are discussed, as the qualities of the students are highlighted in this context. The students' work is also discussed in terms of the specific answers they provide, which reflect the students' weaknesses in the context of their performance.

▪ **Interpretation:** The mentioned students' experiences show a significant psychological problem. Their experiences reflect a fear-based approach to the narrative. The common themes are fully explored. The students' experiences are often marked by a sense of despair and frustration.

F. Conclusion:

To free the students from this problem, it is important to emphasize the qualities of the narrative. The students should be kept free from the fear of the narrative. It is essential to encourage the students. After the correct performance, rewards should be given.

The learner's capability is to engage in the process of self-assessment. The learners' self-confidence is supported by various activities.

1. **What did I learn:** The importance of understanding the meaning of the term "disability" is crucial? It is important to know about different behavioral traits. The issue is that learners face

challenges in their future life, and they must at least be able to understand the meaning of the term "disability."

The behavioral traits of the learners should be identified, and the removal of barriers should be addressed.

1. Treatment suggested/ Management Plan for Action.

This behavioral trait should be addressed by the learners and the parents to ensure that they are aware of certain aspects.

For the learners:

- The level of anxiety should be kept in check.
- Awareness about their own capabilities should be encouraged.
- Blood pressure should be monitored regularly.

For the parents:

- The level of anxiety should be kept in check.
- The relationship between the parents and the child should be strengthened.
- The last behavioral trait should be addressed to encourage positive behavior.

The behavioral traits should be accurately identified to help the learners solve their problems.

G. References:

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