SOCIO-EDUCATIONAL PERSPECTIVES: A STUDY ON HUMAN ADJUSTMENT

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ABSTRACT

Individual attitudes regarding social objects are referred to as social attitudes. Individual attitudes that are so closely influenced by group interactions as to become extremely standardised and consistent within the group are referred to be collective attitudes. Adjustment is that state of an individual who is capable of adapting to changes in their physical and social environment. In other words, adjustment is the behavioural process of resolving incompatible demands or needs that are impeded by environmental challenges. Both people and pets adapt to their surroundings. In this essay, researcher would like to concentrate on the numerous aspects of social beings and how they adapt to different spheres of life while displaying their social views.

KEYWORDS: *Adjustment, Attitude, Education, E-learning, Intelligence*

INTRODUCTION

Individual attitudes regarding social objects are referred to as social attitudes. Individual attitudes that are so closely influenced by group interactions as to become extremely standardised and consistent within the group are referred to be collective attitudes. While the majority of social attitudes are so universally inter-conditioned and standardised, other attitudes, such as those of antisocial and maladjusted people and of people who live in the past, are equally significant. The attitude is initially a trial response, which is an interrupted, substitute behaviour that develops within an incomplete adjustment response, but it has the potential to become the organism's permanent set.

The ability to adjust to changes in one's physical, vocational, and social environment is known as adjustment. In other words, adjustment is the behavioural process of resolving incompatible demands or needs that are impeded by environmental challenges. Both people and animals adapt to their surroundings on a daily basis. For instance, when their physiological state prompts them to seek food, they eat to state their hunger and so adapt to the hunger signal. When a person struggles to respond normally to a need or stress in their environment, adjustment disorder develops. A high quality of life depends on successful adjustment. The likelihood of developing clinical anxiety or depression, as well as feelings of hopelessness, anhedonia, difficulties concentrating, sleep issues, and reckless behaviour, is higher in people who have trouble adjusting.

INTELLIGENCE AND SOCIAL ADJUSTMENT

The psychological process of adjustment is how people deal with or manage the demands and difficulties of daily life. It implies conformity and is concerned with how a person adjusts to his or her surroundings and daily demands. Psychological adjustment aids the organism's ability to manage internal and external wants, desires, and conflicts as well as expectations and pressures from the outside environment. Numerous researches have been conducted, and the results demonstrate the existence of social beings that can adapt to their surroundings and participate in society. According to a survey, there are notable gender inequalities among secondary school pupils, but no distinctions were discovered in terms of where they live. There appears to be an urgent need for improvement because these inequalities are found to be highly significant for gender in all the domains of adjustment, including family, peer, and societal adjustment. Academicians, policymakers, families, and all other interested parties must create methods to support better coping mechanisms among secondary school kids as a matter of priority (Pramanik, et al. 2014). Undergraduate students were the subject of a study at Sidho-Kanho-Birsha University in India that examined adjustment skills in connection to gender, study stream, and social intelligence using samples from several colleges. The study found that undergrad students in the humanities and sciences did not significantly differ from one another in terms of their capacity for adjustment, but that they did considerably differ from one another in terms of their social intelligence (Kundu, et al. 2015). Another study of undergraduate students in the Purulia District of West Bengal, India, found that there were no appreciable differences in the attitudes toward social adjustment between male and female, rural and urban, rural male and urban male, and rural female and urban female undergraduate students (Ansary, 2022).

Social scientists have also made the bold assumption that there may be a relationship between emotion and bodily characteristics like height and BMI. According to a study, there is a substantial correlation between IQ and height, a weaker correlation between IQ and weight, and there is no significant correlation between IQ and BMI (Karmakar, et al. 2016). A study that looked at higher secondary school pupils found a connection between emotional intelligence and adjustment, demonstrating how emotional intelligence impacts peer, home, and school adjustment. Therefore, students with strong emotional intelligence may successfully navigate life's problems (Kar, et al. 2016).

In actuality, leaders, social scientists, and educators have been worried about leadership styles and adjustment capacity. A research of undergraduate West Bengal students looked at the association between leadership style and adjustment ability. The findings showed a strong correlation between West Bengali undergraduate students' leadership style and adjustment ability. This shows that more adaptable students may lead more effectively since leadership involves both teamwork and psychological adjustment with others (Kar & Saha, 2021).

A study investigated the personality and social; adjustment of Chinese American and European American adolescents. The results of this study found that the Chinese American and European American adolescents became more similar to each other over time through developmental and acculturative processes (Huntsinger, C. S. & Jose, P. E. 2006). A study examined the parenting practices and child social adjustment: multiple pathways of influence. The findings of this study found that the parenting practices were related to peer-reported social behaviour, peer dislike and child social problem-solving (Domitrovich, C. E. & Bierman, K. L. 2001).

CREATIVITY AND SOCIAL ADJUSTMENT
No longer is creativity a biological constant. The most coveted quality of the human intellect is creativity (Saha & Maji, 2013). It is viewed more as a 'variant' that is constantly changed by the environment, socioeconomic situations, and cultural factors. Finding and cultivating a child's creative potential in the classroom has become more important since psychologists and educators realised the value of creativity in human development. The concept of 'creativity' is becoming more widely accepted, and everyone has some degree of creativity. These can be seen and accurately measured using a number of techniques. Programming and structuring an educational environment that will support the development and expression of creativity can foster this ability. Thus, educators have both a chance and a difficult responsibility to find and foster children's creativity. In truth, a school is where some concerted attempts can be made to establish the groundwork for fostering in children the fundamental abilities, skills, attitudes, and motivations required for self-realization and creative life achievements (Saha, 2012). Being sensitive to issues such as problems, deficiencies, gaps in knowledge, missing components, disharmonies, etc. is a necessary step in the creative process. Other steps include identifying the problem, looking for solutions, speculating, or formulating hypotheses about the deficiencies, testing and retesting these hypotheses, possibly revising them, and communicating the results (Saha, 2013). Boys are more creative than girls, according to a research, and there is no discernible difference between students in rural and urban areas. In terms of creativity, there is also no discernible relationship between residence and gender (Paul, et al. 2017). Another study was carried out in Birbhum District, West Bengal, to compare and offer data on the socioeconomic position, environmental awareness, and creative abilities of higher secondary school students with ages ranging from 16 and older. 300 pupils from eight higher secondary schools in the Birbhum District were the subjects of a random data collection. The findings showed that there are no appreciable differences between male and female pupils in terms of Socio-Economic status (SES), environmental awareness, and creativity (Saha, et al. 2012).

EDUCATIONAL AND TECHNOLOGICAL FACTORS
The internet is praised for providing the entire world with an enormous amount of aid. The many ways we utilise the internet for communication, finance, education, shopping, blogging, and other purposes has not only made our lives more limited but has also led us to undermine it (Gorain, et al. 2022). One's sociocultural life is being robbed by this excessive reliance on the internet, which also leads to social isolation and sadness. As a result, this dependency has shown to have a strong impact on the behavioural, cognitive, and emotional patterns that are initially influenced by biological and environmental factors. Internet dependence, social isolation, and personality traits are all closely related to one another (Mondal, et al. 2018). The first two factors described above have a cause-and-effect relationship, as well as a reverse relationship. Internet Dependency and Social Isolation are greatly influenced by personality traits. Dependency and social isolation are frequently seen to be the catalysts for altered personalities. Therefore, it would be more accurate to assess the difference between these three dependent variables when compared to any other collection of independent variables (Gorain, et al. 2021).

We are all living in a time of globalisation where technology has ingrained itself into every facet of our life. Modernization is advancing quickly, and technology has advanced enough to provide electronic learning (Kar, et al. 2014). Instead of teaching theoretical topics through lectures, a flipped classroom is set up to better build students' conceptual knowledge. It gives students the chance to engage in face-to-face classroom interaction as well as technology-based learning in a comfortable setting (Mahato,

et al. 2022). The target language learners provide a difficult reality in the field of second language acquisition. Every learning setting presents teachers with a variety of students who, depending on their openness, inventiveness, and intelligence level, have various capacities for assimilation of learning experiences (Chakraborty and Saha, 2014).

A study explained the challenges and prospects of using e-learning among EFL students in Bisha University. The researcher suggest that comprehensive training of teaching staff as well as students in the field of e-learning skills and adopt a blended learning approach at the beginning of the implementation of full-scale e-learning (Ja'ashan, et al. 2020). A study on e-learning and students' motivation: a research study on the effect of e-learning on higher education revealed that the use of interactive features of e-learning increases the motivation of the undergraduate students for the learning process (EI-Seoud, et al. 2014). A paper examined the effectiveness of e-learning: an explorative and integrative review of the definition, methodologies and factors that promote e-learning effectiveness. This paper suggested that, the effectiveness of e-learning may very well be evaluated by the quality of the interaction provide ((Noesgaard, S. S. & Orngreen, R. 2015).

ATTITUDE TOWARDS ENVIRONMENT AND SUSTAINABLE DEVELOPMENT

One of the most sensitive and important topics of the 21st century in today's bettering planet is sustainable development (Halder, et al. 2022). It is one of the terms that is most frequently used today. Since the publication of Our Common Future by the World Commission on Environment and Development in 1987 and Agenda 21 by the United Nations Conference on Environment and Development in 1992, the idea of sustainable development has permeated society and been integrated into a variety of daily activities. People are now beginning to carefully address environmental issues. To live a healthy and productive life, there are three interdependent components: our society, economy, and environment. The idea of sustainable development affects more than just our age today. In reality, it makes us more aware of the needs of our future generations (Saha & Maji, 2013). We would only be able to decide how to allocate their use effectively if we were considerate of the environmental services. Three factors are interwoven, and if they are used correctly in practical settings, they can provide a healthy, sustainable world from which everyone can profit. The fundamental tenet of sustainable development is the interdependence of society, the economy, and the environment. Information and differences on the degree of environmental awareness among teacher candidates in West Bengal, India, were obtained from a study on the topic. The findings showed that 1) in-service teacher candidates are more aware than pre-service candidates, 2) science candidate candidates are more aware than humanities candidate candidates, 3) male candidate candidates and female candidate candidates, level of environmental awareness are not significantly different, and 4) government-aided college candidate candidates and private college candidate candidates are not significantly different in relation to level of environmental awareness (Saha, 2012).

A study on environmental education and sustainable development says that the researchers concluded that environmental education, regardless of the manner in which it is connected to sustainable development, must face its own limits (Sauve, L. 1996). A study on education, sustainability and social learning revealed that the researcher concluded that we are living in a special moment of transition between paradigms and it is important to dare and create innovate pedagogical practices oriented by the guidelines of social learning and the values of sustainability (Jacobi, P. R., et al. 2016).

WOMEN IN SOCIETY AND ATTITUDE TOWARDS SOCIETY

In light of the past two crucial decades, feminism researchers have engraved essential protest to the way social science has outlined men, women, and society. Since the beginning, debates over epistemology, technique, and methodology have been intertwined with discussions on the best ways to correct inaccurate and incomplete accounts in the context of traditional analyses (Adhikari & Saha, 2021). One needed to observe the implications of the most obvious methods one may aim to modify the androcentrism of the traditional analyses in order to grasp the breadth and depth of the metamorphosis of social sciences required to identify women and gender activities. Women have been "added" to these analyses by feminists. We discover three different types of women who emerged as unavoidable candidates for this mechanism: women who contributed to public life and were already the subject of social science research; women who are social scientists; and lastly, women who had fallen victim to the most egregious and flagrant manifestations of male preeminence (Adhikari & Saha, 2021). A study was conducted on attitude towards women's participation in local politics in South Asia. Findings of this study showed that attitudes towards women's participation in local politics are overwhelmingly positive (Haug, M. et al. 2019).

Sometimes literature is quite important in shaping a person's perspective toward society. In The God of Small Things, Arundhati Roy takes on the role of a societal critic. She does not distance herself from the surrounding society, system, brutality, and injustices. Roy has combined imagination and history with pure creativity to capture the harsh truths of the culture. Indian society is governed by taboos, which occasionally have a tendency to sully the social balance. The situation is occasionally made worse by politics, political competition, and an unyielding desire for power. Naturally, the outcomes are predictable. Higher authority and social standing provide adequate justification for dictating to and persuading the subjugated, leaving their life open to attack (Adhikari & Saha, 2021).

EPRA International Journal of Research and Development (IJRD)

ATTITUDE TOWARDS HEALTH AND YOGA

Yoga is an age-old practise that combines mental, physical, and spiritual exercises. The Rigveda is the first text to discuss yoga. Human lives are said to transform for the better via the practise of yoga. Yoga is valued for its wide range of advantages since it relaxes the mind and builds physical strength (Saha, 2021). The benefits of yoga can be most clearly seen in students who are improving their memory and capacity to focus, as well as their physical health and mental peace. The focus of the current study is on Indian West Bengali Purulia district undergraduate college students' attitudes regarding practising yoga. Data In order to cluster a set of objects, they must be grouped so that they are more similar to one another than to those in other groups. Five clusters are established after two-step cluster analysis in order to carry out the current investigation (Saha, et al. 2021). In a study, it was intended to determine how undergraduate students felt about yoga education. 295 undergraduate students' data were examined for the study. According to the study's results, there is no discernible difference between undergraduate students at rural and urban colleges who are male and female in terms of their attitudes toward yoga education. Another finding of this survey demonstrated that there is no discernible difference between undergraduate students majoring in the arts and sciences in terms of their attitudes toward yoga instruction (Khatun, et al. 2022).

A study was conducted on attitudes toward yoga among secondary school students in Cuddalore District. The finding of this study also showed that there is a significant difference exists between Government and Self-finance secondary school students regarding their attitude toward Yoga (Sembiyan, 2019). A study on the attitude of teacher trainees towards yoga as an organized activity. The results of this study showed that arts and science teacher trainees of the training colleges had sound awareness, most of the arts and science teacher trainees' showed a favorable attitude towards Yoga (Nanaware and Palanethra, 2019). examined the effect of yoga on students' mental health. The findings of this study suggested that, yoga has a moderately large and lasting effect, at least for some months, reducing symptoms of distress and improving sleep quality among students (Ulleberg, P. et al. 2020). The findings of these studies revealed that a yoga program may be utilized as a stepping stone towards regular exercise among both the adults and children.

CONCLUSION

Social attitudes pertain to an individual's perceptions of social items. Collective attitudes are described as individual attitudes that are so strongly shaped by group interactions as to become incredibly standardised and constant within the group. The ability to adjust to changes in one's physical, occupational, and social environment is referred to as adjustment. To put it another way, adjustment is the behavioural process of addressing incongruent expectations or needs that are inhibited by environmental difficulties. Pets and people both adjust to their environment. The attitude is originally a trial response, which is an interrupted, replacement behaviour that emerges inside an insufficient adjustment response, but it has the ability to become the organism's permanent set. The better one's attitude towards the society and its objects, the better response we get from them, which in turn makes our living in a society better and comfortable.

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