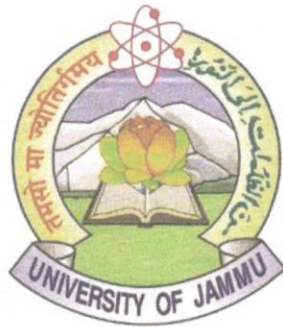


**SOCIAL ADJUSTMENT
AMONG MALE AND FEMALE IN-SERVICE
TEACHERS UNDERGOING B.Ed TRAINING
PROGRAMME**



DISSERTATION

**SUBMITTED TO UNIVERSITY OF JAMMU
IN PARTIAL FULFILMENT OF THE REQUIREMENTS
FOR THE AWARD OF DEGREE OF**

MASTER OF EDUCATION

Supervisor

Dr. PIYALI ARORA
Asstt. Professor

Investigator

SEHRISH MALIK
M.Ed Student
ROLL No. 12-GCE-15

**GOVT. COLLEGE OF EDUCATION
CANAL ROAD, JAMMU**

SESSION: 2014-15

SUMMARY

Supervisor

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**TOPIC :- SOCIAL ADJUSTMENT AMONG MALE AND FEMALE IN-SERVICE
TEACHERS UNDERGOING B.Ed TRAINING PROGRAMME**

Social Adjustment

Social adjustment is an effort made by an individual to cope with standards, values and needs of a society in order to be accepted. It involves coping with new standards and values. In the technical language of psychology, getting along with members of society as best one can is called social adjustment.

Social adjustment is influenced by social maturity of the person. Maturity in social relationship means to establish good relation with family, neighbours, playmates, class fellows, teachers and other members of the society. Socially mature person behave in accordance with social norms, customs and traditions. He never engages himself in anti-social activities.

As Plato says 'man is a social animal. We live in a society and form opinion about others. We try to behave in according to the norms of the society so we can adjust with others . But it is not an easy task because the personality of each individual is a unique organization. This organization has to make special efforts to adjust with others, unique organization with well society. We think of social adjustment as Psychological survival in which the same way as biologist uses the term adaptation to describe physiological survival.