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CHAPTER – I
INTRODUCTION

1.1 Introduction:

In India and Gujarat, many researches in psychology and specifically in personality and adjustment are being carried but the society of India is multicoloured. Many varieties are found in dress, traditions & customs, social, economic and educational status. The society living with such varieties must have different behavioural patterns and adjustment patterns. Some social dispositions and life styles are developed inheartly and through genes with this regard urban, semi urban, rural and schedule tribes have specific ways of adjustment. The study of such adjustment pattern is found necessary. So the attempt has been made to study extroversion, introversion & levels of adjustment with well beingness among various groups and compare them to get the overall view of adjustment pattern on the basis of the result of such research. We can have the view of interactions of contemporary behavioural patterns. It can be used in policy making and planning of the society.

1.2 Personality:

Personality is a concept to be used to recognize stability and consistency of behaviour across different situations, uniqueness of the person and individual differences. There are controversies among
psychologists to define personality. Among the numerous definitions of personality, the most commonly accepted definition is given by Allport (1937). He stated that originally persona denoted theatrical mask used in Greek drama. The legend is that a popular actor had to put the mask so as to cover some cosmetic defect. During the course of time the word assumed so many shades of meanings.

Allport gave fifty different definitions derived from the different shades of meaning of the term. All the meanings can be arranged on a continuum, ranging from external (false, mask-life) manner to true self. According to him Personal qualities are the most common reference point of the define personality. In accordance with their emphasis all the definitions can be placed into five categories (Allport, 1937):

1. Omnibus definitions. This category of definitions makes use of a list of personality characteristics. The list is followed by such expressions as “Sum-total”, composite of “Aggregate of”, “ensemble of” etc. This kind of definition is illustrated by Allport by reproducing Prince’s definition: “Personality is the sum total of all the biological innate dispositions, impulses, tendencies, appetites, and instincts of the individual, and the acquired dispositions and tendencies – acquired by experience”

2. Integrative definitions. this category are included those definitions which emphasize the organizational aspect of personality. One of the definitions as quoted by Allport (1937)
to illustrate this category is, “The pervasive super pattern which expresses the integrity and the characteristic behavioural individuality of the organism” (Gesell).

3. **Hierarchical definitions.** Such definitions regard personality as a pyramid like structure with innermost self in the commanding position at the center. Thus personality is regarded as, “Levels or layers of dispositions with a unifying or integrative principle at the top”.

4. **Definitions in terms of adjustment.** Such definitions regard personality as the whole organism in interaction with the environment in the interest of survival. Thus, personality becomes equivalent to an individuals' mode of coming to terms with the demands of environment.

5. **Definitions in terms of distinctiveness.** These definitions advocate that there will be no personality if all the individuals behave in the same manner. Marking of any member of a group from others in terms of his systems of habits, dispositions and sentiments is collectively known as personality.

Allport (1937) did not find biosocial formulations and omnibus definitions of personality to be useful. Distinctiveness, adjustment and growth are the elements that Allport (1937) found useful in defining personality: he defines personality as;
“Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to the environment” (Allport, 1947).

Elaborating this definition Allport presented the following assumptions regarding personality:

1. Personality is a self-regulating system, which is constantly changing and evolving.

2. This organization entails the operation of what is known as mental and what is known a physical.

3. Personality is not the manifest behavior or impression which an individual makes on others. It is something behind the manifest behaviour; it does something when an individual is aroused to make a response to the impinging stimuli or to meet environmental demand.

4. Allport assumes that not only every individual’s mode of adjustment to the environment is different qualitatively, but there is also quantitative variations in respect of common traits.

5. Though personality gives distinctiveness and identity to the individual, its role is not confined to making the individual distinctive. It also serves a useful purpose by making an individual to behave in the interest of his survival.
Later on, Allport (1965) revised his definition of personality. The revised definitions contain the word ‘characteristic' for ‘uniqueness' and words 'behaviour and thought' in place of 'adjustment':

“Personality is a dynamic organization within the individual of those psychophysical systems that determine his characteristic behaviour and thought” (Allport, 1965)

The substitution of “unique” by “characteristic” is the realization that personality is to be studied by ideographic as well as homothetic methods and that acts and concepts, which an individual shares with others, are ultimately individualistic and idiomatic. The replacement of “adjustment” by “behaviour and thought is acknowledgement of the fact that in addition to dealing with the demands of survival created by environmental situations, one grows in accordance with the psychological system that comprise personality.

Extroverts and Introverts

People are raised being taught that everyone is different. Each person is given their own personality. There are many factors that define a person’s personality type. There are two extremes for each of these factors. One of these factors contains the two extremes known as extroverted and introverted.

**Extrovert**

Extrovert people are in the more outgoing group of people. They are the “social butterflies” of our society. They are the ones who are
more apt to greet people and just join into the group that has already formed. An extrovert loves to be around other people. In fact, they often thrive on it.

Extroverts are also more likely to immerse themselves into the more fast paced jobs and other aspects of society. Slower jobs that take a long time to complete frustrate these types of people. They do not possess the patience to complete these tasks efficiently. They like a variety in their work with lots of change and lots of action. They do not mind being interrupted from their tasks by things such as a telephone call. Extroverts like to see the results of their jobs and enjoy seeing how other people do the same job. They are quick workers, but dislike jobs that are complicated.

Extroverts are also very good communicators especially verbally. With this there are also some downfalls, though. They often will act or speak quickly without thinking. This can sometimes be a dangerous thing often getting them into trouble. They also learn how to do things much better through their verbal communication and hands-on learning.

Introvert

Introverts are the exact opposites of extroverts in many ways. They are the shyer, quieter people of the world. They often have trouble remembering names and/or faces of people they have met. They prefer to work alone lost in their own thought rather than working with other people on a project. Introverts are often seen as the "loners" of society.
Introverts enjoy working on jobs that require a lot of thinking and that take lot of time to complete. They are very detail oriented and think everything through thoroughly rather than making quick judgments about something. An introvert does not mind working on a single project for a long period of time and prefers to do so without any interruptions. They like for things to be quiet to aid in their concentration. They are also interested in the idea behind their job rather than how to do it.

Introvert people are better communicators through writing and other non-verbal techniques. They like to take the time to think before they speak and act and writing gives them the time that they need. Introverts sometimes have trouble getting their ideas across to others effectively. They find it easier to learn things through reading about it rather than experiencing it.

No matter which of these categories a person falls under, it is not a set stereotype. Many people carry attributes from both categories with varying degrees. A person labelled as one or the other does not need to hold true to the stereotype. Everyone is different. These are only the extremes on a wide spectrum of personality types and should be coupled with other factors to create a more accurate personality analysis.
1.2.2 Personality type:

Personality type theory aims to classify people into distinct categories, i.e. this type or that. Personality types are synonymous with "personality styles".

A type refers to categories that are distinct and discontinuous, e.g. you are one or the other. This is important to understand, because it helps to distinguish a personality type approach from a personality trait approach, which takes a continuous approach.

To clearly understand the difference between types and traits, consider the example of the personality dimension of "introversion". We can view introversion as:

A personality type approach says you are either an introvert or an extravert.

A personality trait approach says you can be anywhere on a continuum ranging from introversion to extraversion, with most people clustering in the middle, and fewer people towards the extremes.

The following sections provide an overview of some of the more popular and commonly known personality type taxonomies.

Allport and Odbert (1936, cited in Funder, 1999) found over 17,000 words in the dictionary which referred to psychological differences between people, e.g., trustworthy, shy, arrogant. Typically, modern personality taxonomies have emphasized between two, three, four, and five personality types, through to identifying 16 or more subtypes.
The Four Humors - Ancient Greeks (~2000 BC - 0 AD) Ancient Greek philosophers such as Hippocrates 400 BC and Galen, 140/150 AD classified 4 types of "humors" in people. Each type was believed to be due to an excess of one of four bodily fluids, corresponding to their character. The Somatotypes - William Sheldon, 1940's William Sheldon (1940, 1942, cited in Phares, 1991) classified personality according to body type. He called this a person's somatotype.

Ayurvedic Body Types (Doshas) (India, ~3000 BC to present) In Ayurvedic medicine (used in India since ~3000 BC), in which there are three main metabolic body types (doshas) - Vata, Pita, & Kapha.

Jungian Types, Myers-Briggs, & the Four Temperaments Jungian psychological types are probably the most widely used and amongst the best-known in everyday life. Jung's typology emerges from Jung's deep, holistic philosophy and psychology about the person. Jung's typology is not, unfortunately, always included in mainstream personality courses, because it wasn't empirically-driven. Jung viewed the ultimate psychological task as the process of individuation, based on the strengths and limitations of one's psychological type.

Myers-Briggs developed the Myers-Briggs Type Indicator, a commercially available questionnaire, which is widely used in business and training, etc. and which provides information and exercises for better understanding one's own personality type and others with who the individual interacts and works.
Keirsey has renamed and reconceptualized the Jungian types, but they relate very closely to the Jungian types. Keirsey refers to "temperaments" rather than personality.

Underlying all these typologies are four personality traits (functions):

- Extroversion (E) - Introversion (I)
- Intuition (N) - Sensing (S)
- Thinking (T) - Feeling (F)
- Judgement (J) - Perception (P)

Meyer Friedman, an American cardiologist, noticed in the 1940's that the chairs in his waiting room got worn out from the edges. They hypothesized that his patients were driven, impatient people, who sat on the edge of their seats when waiting. They labelled these people "Type A" personalities. Type A personalities are work-aholics, always busy, driven, somewhat impatient, and so on. Type B personalities, on the other hand are laid back and easy going. "Type A personality" has found its way into general parlance.

**Block's Personality Types**

Block (1971) identified 5 personality types among male participants in a study. These types were found only to exist in mostly white, intelligent and relatively affluent males. A number of subsequent studies conducted in the 1990s, however seems to bear out three of Block's 5 identified types:
➢ Well-adjusted or Resilient person: adaptable, flexible, resourceful, and interpersonally successful.

➢ Overcontrolling: this is a maladjusted type; uptight, and difficult to deal with.

➢ Undercontrolled: another maladjusted type; impulsive, risky, delinquent or even criminal behaviour; unsafe sex etc.

1.2.2.1 Strengths & limitations of personality types:

Type theory in general has been criticized as over-simplistic because it overlooks the multi-dimensional and continuous nature of personality traits.

Also, some would say that Individual Differences may be qualitative not quantitative. That is that there may be a difference in the qualities that people possess rather than, as trait theory would have us believe, we all possess certain traits it's just a case of how much or how little we possess (the quantity).

A key strength of the personality type approach, is its simple applicability and person-centered relevance. It can be particularly useful to complete personality type profiles for helping improve how people get along in relationships and at work.

According to Jung's theory of Psychological Types we are all different in fundamental ways. One's ability to process different information is limited by their particular type. These types are sixteen.
People can be either Extroverts or Introverts, depending on the
direction of their activity; Thinking, Feeling, Sensing, Intuitive, according
to their own information pathways; Judging or Perceiving, depending on
the method in which they process received information.

There are four opposite pairs of personality type, define eight
different ways of dealing with information, which in turn result in sixteen
Psychological Types:

2.2.2 Extroverts and Introverts :

Extroverts are directed towards the objective world whereas
Introverts are directed towards the subjective world. The most common
differences between Extroverts and Introverts are as follows:

<table>
<thead>
<tr>
<th>Extroverts</th>
<th>Introverts</th>
</tr>
</thead>
<tbody>
<tr>
<td>• are interested in what is happening around them</td>
<td>• are interested in their own thoughts and feelings</td>
</tr>
<tr>
<td>• are open and often talkative</td>
<td>• need to have own territory</td>
</tr>
<tr>
<td>• compare their own opinions with the opinions of others</td>
<td>• often appear reserved, quiet and thoughtful</td>
</tr>
<tr>
<td>• like action and initiative</td>
<td>• usually do not have many friends</td>
</tr>
<tr>
<td>• easily make new friends or adapt to a new group</td>
<td>• have difficulties in making new contacts</td>
</tr>
<tr>
<td>• say what they think</td>
<td>• like concentration and quiet</td>
</tr>
<tr>
<td>• are interested in new people</td>
<td></td>
</tr>
</tbody>
</table>


• easily break unwanted relations  
• do not like unexpected visits and therefore do not make them  
• work well alone

• Sensing and Intuition:

Sensing is an ability to deal with information on the basis of its physical qualities and its affection by other information. Intuition is an ability to deal with the information on the basis of its hidden potential and its possible existence. The most common differences between Sensing and Intuitive types are as follows:

<table>
<thead>
<tr>
<th>Sensing types</th>
<th>Intuitive types</th>
</tr>
</thead>
<tbody>
<tr>
<td>• see everyone and sense everything</td>
<td>• are mostly in the past or in the future</td>
</tr>
<tr>
<td>• live in the here and now</td>
<td>• worry about the future more than the present</td>
</tr>
<tr>
<td>• quickly adapt to any situation</td>
<td>• are interested in everything new and unusual</td>
</tr>
<tr>
<td>• like pleasures based on physical sensation</td>
<td>• do not like routine</td>
</tr>
<tr>
<td>• are practical and active</td>
<td>• are attracted more to the theory than the practice</td>
</tr>
<tr>
<td>• are realistic and self-confident</td>
<td>• often have doubts</td>
</tr>
</tbody>
</table>
Thinking and Feeling

Thinking is an ability to deal with information on the basis of its structure and its function. Feeling is an ability to deal with information on the basis of its initial energetic condition and its interactions. The most common differences between Thinking and Feeling type are as follows:

Thinking types
- are interested in systems, structures, patterns
- expose everything to logical analysis
- are relatively cold and unemotional
- evaluate things by intellect and right or wrong
- have difficulties talking about feelings
- do not like to clear up arguments or quarrels

Feeling types
- are interested in people and their feelings
- easily pass their own moods to others
- pay great attention to love and passion
- evaluate things by ethics and good or bad
- can be touchy or use emotional manipulation
- often give compliments to please people

Perceiving and Judging

Perceiving types are motivated into activity by the changes in a situation. Judging types are motivated into activity by their decisions resulting from the changes in a situation. The most common differences between Perceiving and Judging types are as follows:
<table>
<thead>
<tr>
<th>Perceiving types</th>
<th>Judging types</th>
</tr>
</thead>
<tbody>
<tr>
<td>• act impulsively following the situation</td>
<td>• do not like to leave unanswered questions</td>
</tr>
<tr>
<td>• can start many things at once without finishing them properly</td>
<td>• plan work ahead and tend to finish it</td>
</tr>
<tr>
<td>• prefer to have freedom from obligations</td>
<td>• do not like to change their decisions</td>
</tr>
<tr>
<td>• are curious and like a fresh look at things</td>
<td>• have relatively stable workability</td>
</tr>
<tr>
<td>• work productivity depends on their mood</td>
<td>• easily follow rules and discipline</td>
</tr>
<tr>
<td>• often act without any reparation</td>
<td></td>
</tr>
</tbody>
</table>

1.3 Adjustment:

In psychology, adjustment is studied specially in abnormal psychology and also in social psychology. In our daily life there has been continues struggle between the needs of the individual and the external forces, since time immemorial. According to Darwin's theory of evolution those species which adapted successfully to the demand of the living survived and multiplied while who did not died. Therefore adaptation or changing of if oneself or one's surroundings according to
the demands of external environment become the basic need for our survival. It is as true today with all of us as it was with Darwin's primitive species.

Adjustment generally refers to modification to compensate for to meet special conditions. In the dictionary the term adjustment means to fit, make suitable, adapt, arrange. Modify, harmonize or make correspondence. Whenever we make an adjustment between two things adapt or modify one of both to correspond to each other. For example wearing of cloths according to the requirement of the seasons is an example of the adjustment. Before understanding the adjustment as a process it is necessary to examine some of the definitions of adjustment given by the various research;

Adjustment is the established of a satisfactory relationship as representing harmony, conformance, adaptation or the like. (Webster, 1951). Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. (Shaffer, 1961). Adjustment is the continuous process in which a person varies his behaviour to produce a more harmonious relationship between himself and his environment. (Gates and Jersild, 1948)

From these definitions it is clear that in every definition the needs are incorporated. One has to change one's mode of behavior to suit the changed situation so that a satisfactory and harmonious relationship
can be maintained keeping in view in the individual and his needs on the one hand and the environment and its influence on the individual in the other hand. Even Shaffer's definition underlines one's need and their satisfaction. Shaffer tries to maintain a balance between his needs and his capacities of releasing these needs and as long as this balance is maintained he remains adjusted. As soon as this balance is disturbed he drifts towards maladjustment. Gates and Jersield (1948) mentioned that adjustment is a harmonious relationship between individual and his environment. In view of all these facts it could be stated that adjustment is a condition or state in which the individual behavior conforms to the demands of the culture or society to which he belongs and he feels that his own needs have been or will be fulfilled. In this concern Arkoff (1968) had given an extensive definition of adjustment. He define adjustment is the interaction between a person and his environment. How one adjusts in a particular situation depends upon one's characteristics and also the circumstances of the situation. In other words, both personal and environmental factors work side by side in adjustment. An individual is adjusted if he is adjusted to himself and to his environment.

Examination of various definitions of adjustment reveals that adjustment can be interrelated as both process and the outcome of the process in the form of some attainment or achievement. When a poor child studies under the street light because he has no lighting
arrangement at home he is said to be in the process of adjustment what he attain in term of success in his examination or the fulfillment of his ambition or pride in his achievement is nothing but the results of his adjustment to his self and his environment. In other words when adjustment is perceived as an achievement it means how the effectiveness with which an individual can function in changed circumstances and is, at such, related to his adequacy and regarded as an achievement that is accomplished as badly or well (Lazarus, 1976).

In some definitions of adjustment it was stated that the process of adjustment is continuous. If one observe that the process of adjustment starts at one's birth and goes on without stop till one's death. In other words adjustment is something that is constantly achieved and re-achieved by us. Apparently, it appears that adjustment is a one way in process but in reality it is not. It is a two way process and it involves not only the process of fitting oneself in to available circumstances but also the process of changing circumstances to fit one's need. In this reference White (1956) commented excellently. White stated that the concept of adjustment implies a constant interaction between the person and the environment, each making demands on the other. Sometime adjustment is accomplished when the person yields and accepts conditions which are beyond his power to change. Sometimes it is achieved when the environment yield to the person activities. In most cases adjustment is a compromise between these two extremes and
maladjustment is a failure to achieve a satisfactory compromise.

Researcher have made several attempts to measure the relationship between adjustment and other factors. For example the relationship between adequacy and social adjustment and adequacy of personal adjustment, has been investigated in the large number of studies. In moreno's study it was observed that how choice status or high rejection status is evidence that the adjustment of the subject is not good. A large number of studies search the relationship between the socio metric status of the individuals and adjustment. In these studies it was observed that the subjects low in social status make more unfavorable responses than the subjects high in social status (Baron, 1951)

In addition to the personal adjustment a number of other personality characteristics have been investigated as correlates of social status. In present study anxiety was one of the factors of which effect on the adjustment was examined while considering the personality variables the researchers found that the high anxiety affect the adjustment.

To get adjusted in life on has to be versatile individual for a simple reason that every individual has to face varied social situations which require different skills for satisfactory adjustment. Psychologist have pointed out and mentioned the characteristics of well adjusted person which denotes that these skills need to be developed and one has to
learn to keep controls on the emotions. At the first place an individual must be aware of his own strengths and limitations. He must respects himself and other also. It is necessary that he should have an adequate level of aspiration, if the aspiration is very high which can not be achieved even by hard work then the adjustment is likely to be hampered.

To be adjusted satisfactory level it is necessary that the basic needs of the individual must be satisfied. Often it is seen that people develop critical or fault finding attitude, in fact one should learn to appreciate the goodness in objects, persons or activity. As far as possible the observation should be scientific and objective not critical or punitive. There should be flexibility in behavior. Rigidity is likely to result in maladjustment. The individual must the capacities to deal with the other circumstances, in other words he must have courage to resist and fight odds. If the person is having a realistic perception of the world then there is possibility of satisfactory adjustment. In addition to this an individual must have a feeling of ease with his surroundings. Of course its very difficult to develop a balanced philosophy of the life but specially after maturation or during the late age one can have the established norms which could be treated as a balanced philosophy of life. No doubt one has to make special efforts in order to be well adjusted and successful in life.

After studying the nature of adjustment and the factors that are
related to successful adjustment it is necessary to consider theoretical prepositions related to adjustment. It is necessary because some people adjust to their environment successfully; many others could not it means that there are some factors that help in satisfactory adjustment and the other factors that hinder the satisfactory adjustment. In order to understand that, it is necessary to examine some of the theories of models of adjustment.

One of the most famous view is to related to psych-analytic theory. It was Sigmund Freud (1938) who proposed this view. According to Freud human psyche consist of three layers, the conscious, the subconscious and the unconscious. It is the unconscious that hold the key to our behavior; it is this unconscious level which decides the individual adjustment and maladjustment to his self and his environment. It contains all the repressed wishes, desires, feelings, drives and motives many of which are related to sex and aggression. According to Freud man wants to seek pleasure and avoid pain or anything which is not in keeping with his pleasure loving nature. A person’s behavior remains normal and in harmony with himself and his environment to the extent that his ego is able to maintain the balance between the evil designs of his id and the moral ethical standard detected by his super ego. Freud suggested that adjustment or maladjustment should not be viewed only in term of what the individual may be undergoing at present and what happened to him in his earlier childhood is even more important.
Adler disagreed with the view expressed by Freud. He proposed that there is an inherent strong urge in all human beings to seek power and attain superiority. However, as a child one is helpless and dependent which makes one feel inferior and in order to makeup for the feeling of inferiority one takes recourse in compensatory behavior. Here there is a need of adjustment.

1.3.1 Meaning of Adjustment:

- Moral Model
  
  This is one of the oldest viewpoint about adjustment or maladjustment. According to this view adjustment should be judged in term of morality. Those who follow the norms are adjusted and those who violet or do not follow the norms are maladjusted. This view is not scientifically correct but in past it was respected much.

- The Medico Biological Model
  
  According to this model genetic, physiological and biochemical factors are responsible for a person being adjusted or maladjusted to his self and his environment. Maladjustment according to this modal is the result of diseases in the tissues of the body, especially in the brain. Such diseases can be the result of heredity or damage acquired during the course of a persons life by injury, infection or hormonal disruptions arising from stress among other things. This model is still extant and enjoys credibility for rooting out the causes of adjustive failure in term of
genetic influences, biochemical defect hypothesis, and disease in the tissues of the body.

- Erich Fromms views

Fromm emphasized the need of security and felt that a child one may feel the necessity for belonging to offset the fear of isolation and aloneness. The individual in his childhood may desire to live in his family, belonging to the members of the family and provided with love affection security. When he attains maturity he is impelled by an inner craving for freedom as a result he tries to escape from the very bonds which provided him his security he needed. In this kind of situation he may be confronted with the inner conflict of being dependent for the satisfaction of his needs. If the crisis dissolved the individual is satisfied and adequately adjusted but if the conflict retains then there is possibility of maladjustment.

- The Socio Genic or Cultural Model

This modal proposed that the society in general and culture in particular affects one's ways of behaving to such an extent that behavior takes the shape of adaptive or non-adaptive behavior turning one into an adjusted or maladjusted personality. The society and culture to which one belongs does not only influence or shape one's behavior but also sets its standard for its adherents to behave in the way he desires. Individual, who behave in the manner that society desires are labelled
as normal and adjusted individuals, while deviation from social norms and violation of role expectancy is regarded as a sign of maladjusted and abnormality.

- **The Socio Psychological or Behavioral Model**

  According to this model behavior is not inherited. Competencies required for successful living are largely acquired or learnt through social experiences by the individual himself. The environmental influences provided by the cultural and the social institutes are important but in the interaction of ones psychological self with ones physical as well as social environment which plays a decisive role in determining adjustive success or failure. Behavior whether normal or abnormal, is learnt by obeying the same set of learning principles or laws. Generally every type of behavior is learnt or acquired as an after effect of its consequences. The behavior ones acquired if reinforced may be learnt by the individual as normal as a result one may learn to consider responses which are labelled normal as abnormal. Not only the normal or abnormal behaviour is learnt but labeling of behavior as normal or abnormal is also learnt. In short the behaviourist model proposes that adjustment or maladjustment is acquired not inherent. Societal influences on the individual and vice versa should be taken into consideration for understanding adjustment or maladjustment of the individual with the self and environment.
1.3.2 Methods of Adjustment:

In order to lead a healthy happy and satisfying life one has to learn the various ways of adjustment. The first, one being coping with one's environment as effectively as possible. The individual has to safeguard his self against turning into a mal adjusted and abnormal personality. Psychologists have suggested different ways and methods which could be grouped into two categories. The first one is called Direct Method and the second one is called indirect methods. In the direct methods increasing trials or improving efforts is an important one. The second one refers to adopting compromising means. At times one has to withdraw and to be submissive and finally he has to make proper choice and decisions. There are indirect methods of achieving adjustment; infect direct methods are those methods which a person tries to seek temporary adjustment to protect himself for the time being against a psychological danger. These are purely psyche or mental devices that are why they are called as defence mechanisms. In these indirect methods all the defence mechanism suggested by Freud are incorporated.

1.4 Well Being:

1.4.1 Meaning of Well Being:

The concept of well-being originated from Positive Psychology. The shift from negative to positive psychology is a welcome change in
the discipline. The focus of positive psychology is to study the improvement in the lives of individuals. Positive Psychology has emerged from the problem of the west. Thus it may be inferred that knowledge is culturally conditioned.

Well-being is often defined as a sound economic disposition. A western study of relationship between having money, and life satisfaction revealed that between 1940's and the year 2000, people needed more money to maintain, the same level of satisfaction. In other words one needed more money to stay happy in 2000 than in 1940's, with the requirement of money steadily increasing over the years. Another study proved that while the richest American measured 5.8 on satisfaction while the Slum dwellers of Kolkata measured 2.9 indicating again that satisfaction is not directly related to money per se. However, up to the income level of $ 10,000 a correlation between money and satisfaction was found, beyond which addition in income did not contribute to well being. Thus an economic criterion was found to have a limitation in predicting well being.

1.4.2 New Model of Well-being:

A good life involves engagement, satisfaction and purpose. According to the new model, concept of well-being refers to health, vitality, creativity, fulfillment and resilience. It refers to thriving and flourishing that involves mind, body, society and environment in general.
Well-being refers to a harmonious interplay of cognitive and affective process rather than subjugating to them. In term of Indian terminology it refers to harmony of Indriyas, Chitta and Atma.

Pleasure relates to one aspect of well-being. Sukah, as is called in Sanskrit refers to ‘Agreeable feelings’ based on mind, self, sense organ objects and perception. According to Indian perspective ‘Mineness’ is the cause of ‘Dukha’. The Hedonic perspective of well-being is ‘Preyas’ while the Eudemonic perspective refers to ‘Shreyas’. True happiness lies in expression of virtue.

The question that logically follows from the above two perspective is whether pursuit of a goal per se is related to well-being? It has been found that pursuit of goal and the resultant success per se does not ensure happiness. On the other hand, a general, happy disposition leads to success.

Exploring into the causes of unhappiness it was found that, negative social comparison, inequitable reaction to equal losses and gain are some of the main causes.

When the reasons for unhappiness are identified, how do we mitigate them to reach well-being? What are the identified challenges to well-being?

Among the many, following are the few challenges:

- Imbalance of work and leisure.
- Life style related problem.
- The very approach of measuring development in terms of consumption.
- Competition, promoting individualism and egoism.
- Technology generated problems.
- Modern medicine and health related intervention and
- Lack of health related support system.
- The mainstream psychology identifies four dimensions well-being
  - Evolutionary
  - Affective
  - Motivation and Developmental

The Indian perspective identifies four aspects, viz. the five elements, the person or Jeeva, the life or Ayu, and the health or Arogya. Well-being as per Indian perspective relates to well-being on physical, psychological and spiritual planes. The Indian approach to well-being refers to Maitri, Karuna, Mudita and Upeksha meaning Relatedness, Compassion, Pleasant disposition and avoidance of conflict. In other words well-being refers to uniting self with self by negating the ego. This in turn indicates that well-being is a combination of survival, well being, freedom and identity.

1.4.3 Subjective Well Being:

Subjective well being has been studied in a large number of disciplines over many centuries and has been defined in ethiical, theological, political, economic and psychological terms (Diener, 1984;
Veenhoven, 1984). In psychology subjective well being is defined as people’s assessment of their lives. People evaluate their lives in several ways. First, people make their judgement about their lives- whether their lives are fulfilling, satisfying and meaningful. People also evaluate specific aspect of their lives such as their marriages, health, and work and leisure time. In addition, people react to event with affect (moods and emotion); positive or pleasant affect, when things are going well and negative or unpleasant affect, when things are going badly. Thus the affect system provides an “On Line “evaluations of life. The more a person experiences pleasant emotion and less him or her experiences unpleasant emotion, the individual’s affect system is evaluating life in positive term. Thus subjective well being is an umbrella term that refers to these different forms of evaluations' of one's life and colloquially called happiness as well as psychological well being.

Studies of happiness show that the following things all enhance our well being:

- A good marriage
- The company of friends
- Rewarding work
- Sufficient money
- A good diet and physical activity
- Sound sleep
- Engaging leisure and
1.4.4 Well-being: more than feeling good:

We often measure well being as happiness or satisfaction with life. The search for happiness confused with the pursuit of pleasure, but well being is about more than living the good having meaning in life, about fulfilling our potential and feeling that our lives are worthy.

Well-being is powerfully influenced by perceptions and expectations. Adaptation and so are especially important. We tend to adapt to changes in our situation, whether it's gain losing it (although losses – of a job or partner, for example – are hard to take). Our others counts a great deal; comparing favourably elevates us, comparing poorly dimming between our aspirations and achievements also matters.

All in all, well-being comes from being connected and engaged, from being relationships and interests. These give meaning to our lives. We are deeply social intimacy, belonging and support provided by close personal relationship seem and isolation exacts the highest price.

1.4.4 Causes Of Well Being:

There are several important points to make about the causes of well being. The relation is not always reciprocal. In other words happier people are more likely to be married, have done more interesting work, or earn higher incomes.
Many of the factors are interrelated. For example, the costs of being unemployed go of income; work also offers purpose in life, belonging and friendship. The benefits of the social connections, spiritual support, sense of purpose, coherent belief system that religion provides; all these things can be found in other ways (although perhaps)

Finally, we need to beware that in our eagerness to be happy we don't make the pursuit another personal goal that is self-focused and self-defeating, a source of stress and because of unrealistic or inappropriate expectations. As the Chinese sage Lao-Tzu and happiness too greedily, and be not fearful of unhappiness.

1.4.5 Well-Being and Quality of life:

Before the 1970s, quality of life received little attention in the medical or public health literature, but since then the situation has been reversed. Despite its widespread use, the term "quality of life" has different meanings to different people. For some researchers and clinicians, quality of life means almost anything beyond information about death and death rates. For others, quality of life is an umbrella concept that refers to all aspects of a person's life, including physical health; psychological well-being; social well-being; financial well-being; family relationships; friendships; work; leisure; and the like. In contrast, some approaches to quality of life emphasize the social and psychological aspects of life, and contrast quality of life with quality of care.
Variation is also found in measurement strategies. Some scholars believe that quality of life can be measured by objective parameters. For example, the quality of life in a city is sometimes measured by a summary of characteristics such as the schools, the cultural offerings, the aesthetic properties, the climate, the health care system, the employment possibilities, and so on. By the same token, characteristics of a person, such as income, health status, mental health status, disease profiles, educational level, and housing situation can be summed to create an overall quality-of-life measure. Others view the objective parameters that are often associated with quality of life to be indicators, whereas the actual quality of life can only be measured by a subjective appraisal made by the individual living the life. If one believes that quality of life is inherently subjective, it is then possible to test indicators by the extent to which they predict the quality of life reported by groups of people.

Why is quality of life of interest for public health? First, a good or a poor quality of life is, in some ways, the ultimate marker of the success of preventive health practices and of health care. Second, many health care regimens often seem to detract from quality of life, at least in the short run. As individuals, with the help of their physicians, make decisions about treatment choices, they may take quality of life into account, and may seek information about the likely effects on the quality of their life. Third, and related to the previous point, recent
rhetoric pits quantity of life against quality of life, especially in terms of end-of-life treatments; the argument is sometimes made that some treatments are inadvisable because the quality of life likely to result for the extra time gained is too poor. Thus, quality of life has come to be seen as a gold standard for weighing the benefits and costs of life-extending treatments. Finally, in some circumstances, people are asked to change their life circumstances, perhaps forever, for the sake of their health status and care. Relocation to a nursing home would be an example of such a dramatic change. In that situation, it is incumbent on those who plan, fund, and license nursing homes to have some way of assuring that the quality of life, in so far as it is influenced by the facility, is of an acceptable standard.

In health care, the term "health-related quality of life" (HRQL) is often used. This approach narrows consideration to those aspects of quality of life that are deemed to be affected positively or negatively by medical or health care intervention. Another important distinction is between a general HRQL measure (e.g., one that asks about quality of life affected by health) in contrast to a disease-specific HRQL measure. A disease-specific approach may pose questions in relation to the effects of a particular disease (e.g., cancer, arthritis, heart disease) and its treatment with items such as "have you experienced reduction in social activities because of your condition." Other tools are comprised of objective items (for example, agree-disagree items) that are thought to
be particularly relevant to the particular disease. A generic HRQL measure may simply be a general measure that attempts to tap health status using the full range of the World Health Organization's definition of health: "physical, psychological, and social well-being."

Subjective judgments of quality of life, though logically the best single source of information, are prone to be influenced by a number of factors. First, expectations influence appraised quality of life, so that an individual may become used to circumstances that could objectively be considered substandard. (This criticism also applies to measures of satisfaction.) Second, individuals may feel constrained because of courtesy or intimidation from actually expressing their views. The intimidation is more likely if the person is in vulnerable health and perceives himself or herself as dependent on care providers, a circumstance that is common for nursing home residents. Finally, lifelong personality traits may influence perceived quality of life.

Personality is generally classified according to five traits (each of which can be seen in their expression or their opposites): neuroticism, extroversion, agreeableness, conscientiousness, and openness. Although little large-scale psychological or sociological research has been done to link subjective quality-of-life results to personality, anthropologists have observed patterns that suggest underlying personality is very much related to how individuals view the quality of their life.
1.4.6 Well being and Quality of Life

Examples of some general HRQL measures in widespread use include the Sickness Impact Profile (SIP), which was developed by Bergner and colleagues in the 1970s, and the Medical Outcomes Studies (MOS) Short Form, known as the SF-36, developed by John Ware and colleagues. The SIP, which was developed in the 1970s, contains 136 items that tap twelve categories of wellbeing: sleep and rest, eating, work, home management, recreation and pastimes, ambulation, mobility, body care and movement, social interaction, alertness behavior, emotional behavior, and communication. As its name suggests the SF-36 contains thirty-six questions and generates scores in eight categories: physical functioning, role limitations due to physical problems, social functioning, bodily pain, general mental health, role limitations due to emotional problems, vitality, and general health perceptions; an SF-12 is also available that provides summary scores for physical and mental functioning.

The best known approach specifically for elderly people is the Multi-level Assessment Instrument (MIA), developed by Lawton and colleagues; this is a 152-item battery that generates scores in seven areas: physical health, cognition, activities of daily living, time use, social relations and interactions, personal adjustment, and perceived environment. More recently, Kane and colleagues have been conducting research to develop a self-report measure of the
psychosocial aspects of quality of life for nursing home residents: Their eleven domains include comfort, functional competence, autonomy, dignity, individuality, privacy, relationships, meaningful activity, sense of security and safety, enjoyment, and spiritual well-being.

The Quality of Well-being (QWB) Scale, developed by Kaplan and colleagues, differs from the approaches so far described because it defines quality on twenty-four functional states on a scale ranging from 0 for death to 1 for perfect health. The scoring weights were developed based on preferences that individuals assign to the various states.

1.4.6 Psychological Well-Being and Meditation:

The great tragedy of the civilization is that it has improved the circumstances of man (living standard) but not man himself. The value systems are rapidly on decline and human life has already become so invaluable that ordinary deaths go unreported and catastrophes involving, may be million people could just be considered as a matter of chance. It signifies a spell of horror to peace lovers. Will there be any virtues left? Will there be any joy, compassion, love or concern? Or is it going to be a just task oriented world? (Nathawat, 1975) There is no doubt that a new world is unfolding its different & never-ending layers of change, the full magnitude of which is impossible for us to comprehend (Toffler, 1970). It seems that most of us are in a state of suffering, a little more or a little less, depending on our circumstances.
Only the free-being is exempt from this suffering.

In recent years, psychological or subjective well being (SWB) is the focus of intense research attention (Diener & Diener, 1995). Psychological well-being resides within the experience of the individual (Campbell et al. 1976). It is person's evaluative reaction to his or her life—either in terms of life satisfaction (Cognitive evaluations) or affect (ongoing emotional reaction). Diener & Diener (1995), however, held that little attention has been paid to whether the predictor of psychological well-being differ in various cultures. They further added, that variables that influence peoples' evaluations of their do vary across culture.

While working in the area of psychological well-being in our country the author has pointed out the role of personality (particularly hard lines) and social support in psychological well-being (Nathawat, 1988, Nathawat & Rathore, 1996). Whereas, Diener et al. (1989) held that people who are successful at attending frequent positive affect will be happy.

The main issue of concern for clinical and health psychologist is whether meditation is a useful procedure for enhancing happiness or psychological well-being. Many people believe that meditation enable the person to reach a state of profound rest, as claimed popular self-help books (Foremen, 1974). Bhaskaran (1991), observed that meditation would appear to have preventive potential, though it's
relaxing effects in stress-induced psychological disorders and in what Frankl calls, “Noogenic Neuroses” characterized by dissatisfaction with living in spite of having all the material satisfaction, a sense of meaninglessness in living, a sense of alienation from one's self and one's environment. Meditation would also seem to have potential for enhancing psychological well-being, especially if we include the spiritual dimension in our concept of happiness. The author has personal experience of effects of meditation in enhancement of his subjective well being by participating in 10 days Vipassana camp at Galta, Jaipur. Meditation may promote the “Being” mode of living postulated by Fromm(1976), against the “Having” mode.

Above views are understandable in the light of observation, that affluence may not necessarily be related with happiness. Campbell et.al.(1976), for example, disclosed that during the period 1957-1972, when most of economic & social indicators were moving rapidly upward, the proportion of population of U.S.A. who was described as “very happy”, declined steadily. They further revaluated that 17% of life satisfaction or happiness is predictable from 10 demographic indicators in national probability sample

There is vast panorama of ancient literature from our country to suggest various ways of enhancing happiness & subjective well-being. Meditation figures as one of the important technique in this direction (Carrington & phron,1975; Vahia et.al., 1975; Vigne,1995).
Meditation appears to be useful procedure for alleviating stress or way of enhancing psychological well-being. The role of meditation in enhancing long term happiness or psychological well-being needs to be explored in more depth by clinical & health psychologists of our country.

Type of personality level of adjustment & well-beingness are like building & foundation middle part of structure & aviation. Types of personality remain as foundation adjustment remains proactive and middle part of the building and well beings are the aviation part of the building.

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