Appendix-H

Glossary of Important Terms:

Some of the important terms used in this study are defined in this context.

**Adolescence**- The period of development marked at the beginning by the onset of puberty and at the end by the attainment of physiological or psychological maturity.

**Adolescence crisis**- Refers to the problem of adjustment due to conflicting influences that young people encounter both within themselves and in the outside world.

**Adjustment**- Adjustment means a state of equilibrium between an organism and its environment, a state wherein all needs are satisfied and all organismic functions are being carried out smoothly.

**Authoritarian**- Pertaining to the method of control by subjection to authority in which a clear social hierarchy exists and a single individual makes decisions and prescribes procedures.

**Critical**- A decisive point or the point of transition in a phenomenon or event.
Crisis- A decision or event of great psychological significance for the individual.

Dominant- Referring to an emotion or complex which governs an individual behaviour.

Depression- In the normal individual, a state of despondency characterized by feelings of inadequacy, lowered activity and pessimism about the future.

Frustration- An unpleasant state of tension, anxiety and heightened sympathetic activity resulting from blockage or thwarting.

Insecurity- The feeling of being unable to cope, feeling unsafe, threatened or anxious.

Inferiority complex- A conscious excuse or rationalization for failure or unwillingness to strive or cope.

Nervousness- A state of restlessness with heightened emotionality and visible signs of muscular tremor, tenseness and overactivity.

Peer group- A group with which a child associates.

Psychological- Mental in origin or characterizing any event as within the domain of psychology.

Psycho-social- Pertaining to social relationships involving psychological factors.
Problem- Any situation in which there is a novel or unknown characteristic to be ascertained.

Permissiveness- An attitude characteristic of person such that they tend to be liberal, granting considerable behavioural freedom. Contrast with authoritarianism.

Rejection- Failure or refusal to assimilate or to accept, e.g. a parent can reject a child. A parent’s rejection of child is parental rejection.

Social- Pertaining to the relationship among two or more individuals. The term is used to characterize any function, habit, characteristic, trait etc acquired in a social context.

Social factor- Any behavioural determinant that can be attribute to a relationship among persons.

Shyness- A condition of discomfort, embarrassment and inhibition in the presence of others.

Social adjustment- The establishment of a harmonious relationship with the social environment.

Stress- A state of strain, whether physical or psychological.

Strain- A condition of extreme and prolonged psychological tension.

Youth- The period of later-adolescence and early adulthood, generally between 16 and 25.