PREFACE
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Adjustment is state of life when the individual is more or less in harmony with personal, biological, social and psychological needs and with the demands of the physical environment. Sound physical health, psychological comfort, full of occupational and social efficiency and social acceptance are the basic criteria of good adjustment. Adjustment is a perfect relationship with the environment involving the satisfaction of all types of needs of the individual and meeting satisfactorily most of the demands that are put upon them. It is a process which leads us to a happy and contended life; maintains a balance between our needs and the capacity to meet these needs; persuades us to change our way of life according to the demands of the situation and gives us strength and ability to bring desirable changes in the conditions of our environment. The well-adjusted person can have adaptability, capacity for affection, balanced life, ability to profit from experience, frustration tolerance, humor, moderation, objectivity and many others, creates a world of interpersonal relations and satisfactions that contribute to the continuous growth of personality, otherwise, develops different types of psychological problems lead to the maladjustment. A person’s environment consists of the sum total of the stimulation which he or she receives from his conception until his death, environment comprises various types of forces such as physical, intellectual, economic, political, cultural, social, moral and emotional. Environment is the sum total of all the external forces, influences and conditions, which affect the life, nature, behavior and the growth, development and maturation of living organisms. In the medical sense, the environment includes the surroundings, conditions that affect an organism. Personality is the supreme realization of the innate idiosyncrasy of a living being. It is an act of high courage
flung in the face of life, the absolute affirmation of all that constitutes the individual, the most successful adaptation to the universal condition of existence coupled with the greatest possible freedom for self-determination. On the other hand, anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional and behavioral components. High anxious people reported high level of trait anxiety and high defensiveness, they are actually high repressors who are more stressed and more vulnerable to develop anxiety symptoms and showing maladaptive behavioral and physiological response to stress. Environmental influences on the development of anxiety suggests that early experience with diminished control may foster a cognitive style characterized by an increased probability of interpreting or processing subsequent events as out of one’s control, which may represent a psychological vulnerability for anxiety. Depression is another common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy and poor concentration. Psychosocial factors are stressful life events and stress mediating factors play an important role in the development of depression, personal and environmental resources, environmental stressors and the individual’s appraisal and coping responses to specific stressful events. Hospital is such an institution for diagnosing and treating the sick and injured, housing them during treatment, examining patients and managing child birth, outpatients who can leave after treatment in for emergency care or are referred for services not available in a private doctor’s chamber. Hospital is a health care institution providing patient treatment by specialized staff and equipment. There are various types of department to treat the patients. General medicine department deals with the diagnosis and non-surgical treatment of diseases of the human being. It is the medical specialty dealing with the prevention, diagnosis and treatment. On the other hand, psychiatric unit is a basic
unit of a hospital that provides acute or long-term care to emotionally disturbed patients, including patients admitted for diagnosis and those admitted for treatment of psychiatric problems on the basis of physicians' orders and approved nursing care plans. Adjustment with the hospital setting is an important factor in the fast changing life of the society.

While conducting this investigation, my obligations are many and manifold. I must content myself with a general acknowledgement of obligations to all those who had stretched foreword their hands of cooperation in the process of completion of my work.

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With the preface and admitting my limitations of professional knowledge, I am submitting my thesis for the Ph.D. degree to my learned examiners for their valuable opinion about the fruit of my present endeavor for understanding a complex problem of enormous significance. I beg to be excused for some unforeseen lacunae or redundancy that may be detected by the learned examiners while evaluating the merit of this thesis.

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