

Effect of adjustment disorder on learning

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Abstract

Adjustment disorder influence learning. An adjustment disorder is a type of stress-related mental illness. One may feel anxious or depressed, or even have thoughts of suicide. Normal daily routines may feel overwhelming or may make reckless decisions. In essence, it's a hard time to adjust to change in life, and it has serious consequences. In the status of adjustment disorder learning becomes difficult. In present study effect of adjustment disorder on student learning is searched.

Keywords: adjustment, disorder, learning, stress

Introduction

Adjustment disorder is a group of symptoms, such as stress, sadness, disappointment and physical symptoms. Work problems, going away to school, illness changes in life can cause stress. Most of the time, people adjust to such changes. But if continue to feel down or self-destructive, one may have an adjustment disorder.

Although the cause of adjustment disorders is unknown, however many different events may trigger symptoms of an adjustment disorder. Stressors for people may be- general life changes, illness or other health issues in yourself or a loved one, death of a loved one, divorce or problems between parents, moving to a different home or a different city, unexpected catastrophes, school problems, sexuality issues. There is no way to predict which people who are affected by the adjustment disorder are likely to develop. Among children and teenagers, both boys and girls have about the same chance of having adjustment disorders. Among adults, women are twice as likely to be diagnosed with adjustment disorders.

Symptoms of adjustment disorder vary from person to person and are often severe enough to affect work. Symptoms include: acting defiant or showing impulsive behavior, nervousness or tense, crying, feeling sad, hopeless, Lack of enjoyment, jitteriness, anxiety, desperation, trouble sleeping, difficulty concentrating, feeling overwhelmed and possibly withdrawing from other people, skipped heartbeats and other physical complaints, trembling or twitching. Signs and symptoms of adjustment disorder may affect actions or behavior, such as-fighting, avoiding family or friends, performing poorly in school, skipping school, vandalizing property. The symptoms may more severe than would be expected; clearly come after a stressor, most often within 3 months, may appear to be other disorders involved. Sometimes, symptoms can be severe and the person may have thoughts of suicide.

Most people find treatment of adjustment disorder helpful, and some needs only brief treatment and others may benefit from

longer treatment. There are two main types of treatment for adjustment disorder — psychotherapy and medications. The main treatment for adjustment disorders is psychotherapy, also called counseling therapy. One may attend individual therapy, group therapy or family therapy. Therapy can provide emotional support and help get back to normal routine. It can also help to learn why the stressful event affected so much. As one understand more about this connection, can learn healthy coping skills to help deal with other stressful events that may arise. In some cases, medications may help, too. Antidepressants and anti-anxiety medications are the medications most often used to treat adjustment disorders.

When a stressful event occurs or major life change, one should take steps to care for emotional well-being. Talking about feelings and asking for help is important to aid recovery from adjustment disorder. Talking things over with caring family members and friends, eating a healthy diet, stick to a regular sleep routine, regular physical activity, engage in a hobby to enjoy, find a support group geared toward situation help to come out of situation. Parents need to offer support and understanding, reassure the child that such reactions are common, ask child's teacher to check on progress or problems at school. Sometimes child needs the opportunity to express feelings of grief and to hear reassurance that their parents will remain a constant source of love and support.

Methodology

60 students of class 6 to 12 are selected for study. They are divided into 3 classes as class 6 to 8, class 9 to 10, and class 11 to 12. Students are tested for adjustment disorder finding. A test paper is used to search adjustment disordered students. After testing students of each class are divided into two groups as adjustment ordered and adjustment disordered students. Adjustment disordered students are studied regarding their learning ability. They are compared with ordinary students with respect of different subjects.

Finding and Analysis

Table 1: Detail of Adjustment disorder students

Category	No. of Student found in adjustment order (%)	No. of Student found in adjustment disorder (%)
Class 6-8	78	22
Class 9-10	76	24
Class 11-12	72	28

Table 2: Impact of Adjustment Disorder on Learning of Students

Learning Subjects	Class 6-8		Class 9-10		Class 11-12	
	No. of adjustment ordered Student learnt subject (%)	No. of adjustment disordered Student learnt subject (%)	No. of adjustment ordered Student learnt subject (%)	No. of adjustment disordered Student learnt subject (%)	No. of adjustment ordered Student learnt subject (%)	No. of adjustment disordered Student learnt subject (%)
Mathematical Learning	73	21	72	19	70	18
Language Learning	79	27	77	25	77	24
Social Science Learning	82	27	80	26	79	26
Science Learning	75	24	74	22	72	19
Art Learning	83	25	84	24	81	23

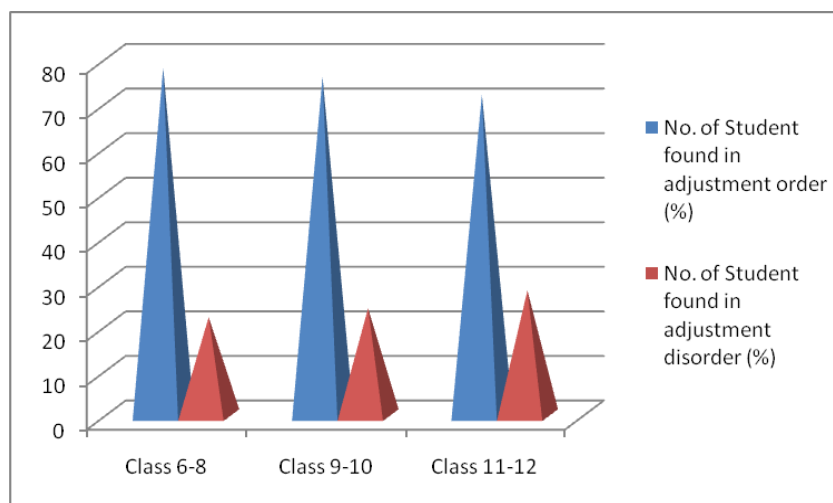


Fig 1: Detail of Adjustment disorder students

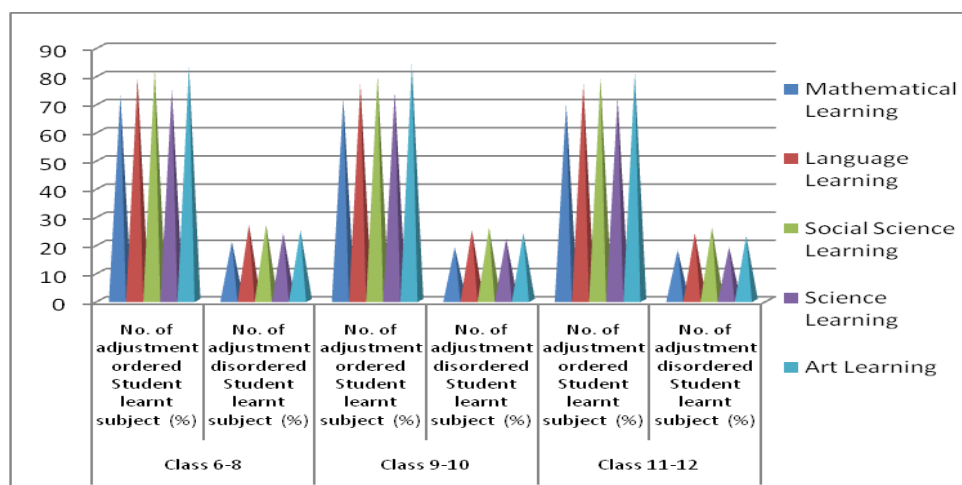


Fig 2: Impact of Adjustment Disorder on Learning of Students

Conclusion

Learning ability decreased with adjustment disorderness. Such person's concentration becomes less which is essential for learning. These people lost reasoning ability, conceptual

understanding and analytical power. They may regain these qualities after development of adjustment order. In situation of adjustment disorderness, a person feel loneliness and doesn't take interest in learning of any subject. Subject wise data

indicate that students of this category takes interest in art learning rather than other subjects. Learning of science and mathematics become difficult.

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