

# Chapter7

## Social adaptation

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### Significance



- To alleviate frustration.
- To reduce mental health problems
- To have good mental and physical health.
- To have a good personality.

# Circumstances causes adaptation

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## 1. Physical circumstances are external stimuli



- Air
- Time
- Congestion
- Address Migration
- Crime Problems
- Morality
- Values and social culture



## 2. Psychological situation

### Frustration



It's a feeling of dissatisfaction.

The mind is like being forced.

### Conflict

It is a conflicting feeling or action within oneself, between individuals, and between groups, which results in competition or destruction of each other.

By showing inconsistent behavior between groups with different interests.



## Pressure

It is a mental state that causes stress, making it impossible to adapt properly, such as carrying a workload. Limited budget management, limited staffing, highest Achievements at Work public Spotlight

## Stress

It is a changed state of mind and body, which is the result of having to adapt to various stimuli or stimuli. In an environment that is stressful or threatening to cause suffering. Discomfort For example, headaches. Heart palpitations Sweating, nervousness.



# Adaptation mechanism

## Adjustment by a person who is aware

- Personality changes.
- Create a purpose in life.
- Improve habits
- Time management
- Have hobbies
- Consciousness
- Use wisdom to make decisions.
- Good mood
- Optimism
- Change the environment

## 2. Adjustment by an unknowing person

### **Self-Defense Mechanism**

- Decline
- Showing off your intelligence
- Retreat
- Find a substitute
- Keep pressed.
- Aggressive
- Cover up
- Change your goal
- Regression
- Ignorance
- Isolation
- Show disability
- Condemnation
- Find out why.
- Claims
- Daydreaming



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In the event of an obstacle to meeting the demand.

It will cause frustration and anxiety, causing them to try to find solutions to solve problems and protect their own mental state in the form of various behaviors.

The need for a defense mechanism is sometimes considered normal, but if it is used regularly and it is a common behavior, it will be considered a problem that should be solved.

As for which defense mechanism to choose depends on the person's personality. The situation he is facing and the perception of the person's obstacles. In addition, the ability to tolerate frustration varies from person to person. Some people are very tolerant in the same situation. Each person will react differently.

# Deciding to work with others

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- Criticism and praise for collaboration
- Actuation skills
- Assignment skills
- Introduction
- Consultation