



## **PHYSICAL EDUCATION**

**B. P. Ed. 3<sup>rd</sup> Year**

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**Title: Adapted Physical Education**

**TOPIC NO. 5**

**Rehabilitation**

**Lecture - 63**

### **PSYCHOLOGICAL REHABILITATION – ADJUSTMENT, ENVIRONMENTAL AND PERSONALITY DEVELOPMENT**

#### **INTRODUCTION**

Rehabilitation is the action of restoring someone to health or normal life through training and therapy after imprisonment, addiction, or illness; rehabilitation may refer to the action of restoring someone to former privileges or reputation after a period of disfavor; rehabilitation is also the act of restoring something or someone that has been damaged to its former condition. Rehabilitation has also been defined as “the combined and coordinated use of medical, social, education and vocational measures for training and retraining the individual to the highest possible level of functional ability”. The term psychology which derives its roots from the Greek term ‘Psyche’ which means soul, is related to the scientific study of the human mind and its functions, especially those affecting behaviour in a given context; it may also be understood as the mental characteristics or attitude of a person or group. Thus etymologically psychological rehabilitation may be understood as a specific branch that deals with the action of restoring the psychological health of an individual by means of various activities, actions or medicines that may lead to the efficient functioning of the individual.

The World Health Organization has given an estimate that more than 300 million people worldwide are disabled, over 70 percent of whom live in the developing countries. Only about 1 to 2 percent of these people in the developing world have an access to rehabilitation and a majority of them are relegated to the margins of the society. Over the past decade, the World Health Organization has been promoting community - based rehabilitation as a way to increase access to rehabilitation and also in promoting

equalization of the opportunities for the social integration of these disabled persons into the community and society.

Psychological rehabilitation also known as psychiatric rehabilitation and sometimes as psych rehab, is the process of restoration of community functioning and well-being of an individual diagnosed in mental health or mental or emotional disorder and who may be considered to have psychological disability.

Psychological rehabilitation work is basically undertaken by rehabilitation counselors (especially the individuals educated in psychiatric rehabilitation), licensed professional counselors (who work in the mental health field), psych rehab consultants or specialists (in private businesses), university level Masters and PhD levels, classes of related disciplines in mental health (which may include psychiatrists, social workers, psychologists, occupational therapists) and community support or allied health workers represented in the new direct support professional workforce in the respective community, state or country.

In this lecture our main area for discussion are Adjustment, Environmental and Personality development with respect to Psychological Rehabilitation.

It should be clear that psychological rehabilitation or psychiatric rehabilitation is not a practice but a field of academic study or discipline, similar to social work or political science; other definitions may place it as a specialty of community rehabilitation or physical medicine and rehabilitation. It is aligned with the community support development of the National Institute on Mental Health begun in the 1970's and is marked by a rigorous tradition of research, training and technical assistance, and information dissemination regarding a critical population group (take for example people with psychiatric disability) worldwide. The field is responsible for developing and testing new models of community service for this population group.

The Psychiatric Rehabilitation Association provides this definition of psychiatric or psychological rehabilitation:

"Psychiatric rehabilitation promotes recovery, full community integration and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to lead meaningful lives. Psychiatric rehabilitation services are collaborative, person-directed and individualized. These services are an essential element of the health care and human services spectrum and should be evidence-based. They focus on helping individuals develop skills and access resources needed to increase their capacity to be successful and satisfied in the living, working, learning and social environments of their choice."

The term psychological or psychiatric rehabilitation was added to the U.S. National Library of Medicine's Medical Subject Heading (MeSH) in 2016. They gave the definition that "Psychological Rehabilitation is a specialty field that promotes recovery, community functioning, and increased well-being of individuals diagnosed with mental disorders or disability or disabilities that impair their ability to live meaningful lives.

## **ADJUSTMENT**

In psychology, adjustment refers to the behavioural process of balancing conflicting needs, or needs against obstacles in the environment. Humans regularly do

this, for example, when they are stimulated by their psychological state to seek food, they eat to reduce their hunger and thus adjust to the hunger stimulus.

In general, the adjustment process involves four stages or parts:

1. A need or motive in the form of a strong persistent stimulus
2. The thwarting or nonfulfillment of this need
3. Varied activity, or exploratory behaviour accompanied by problem solving and
4. Some response that removes or at least reduces the initiating stimulus and completes the adjustment.

Adjustment in life is very crucial. When one fails to adjust, he or she invites:

- Mental stress, which paves the way for
- Decline in health
- Worsens work efficiency
- At times even exclusion from society.

Some methods of adjustment are:

1. Compensation – When an individual is not performing well in one aspect or sphere of life he or she performs good at some other aspects this method is known as adjustment through compensation. Say for example a child who is not good at academics may devote his efforts in sports activities such that he or she becomes an eminent player.
2. Rationalization – One should try to think and rationally analyze the situation in case of any accident or mishap instead of putting the blame of own failure on some other person or thing. Such as cursing one's destiny for meeting with an accident on fast and rash driving.
3. Identification – At times we see a person who is an underachiever boasting in front of other people of some of his relative or friend who is extremely accomplished. This is called identification. In schools and colleges such children or kids are also found boasting of their father's status.
4. Projection – Living one's own dreams through some loved one, in most cases parents who try to live their dreams through their child or children. Putting own dreams on others. For instance in earlier times when women were confined within the four walls of the house when they may have wanted to do something in their life and were not allowed to do so, today make and in some cases even force their daughters to do something in life and live their dreams in the success of their daughters.
5. Day dream – Day dreaming gives relaxation to every-one and at some hour of the day we all use this mechanism. We imagine ourselves as what we desire to be.

## **ENVIRONMENTAL DEVELOPMENT**

With the effects of genetic similarity removed, children from the same family often appear no more alike than randomly selected strangers, yet identical twins raised apart

are nearly as similar in personality as identical twins raised together. These findings suggest that shared family environment has virtually no effect on personality development, and that similarity between relatives is almost entirely due to shared genetics. Although the shared environment including features like the personality, parenting styles and beliefs of parents; socioeconomic status; neighbourhood; nutrition; schools attended; etc. may have a lasting impact at the extremes of parenting practice, such as outright abuse, most personality researchers have concluded that the majority of “average expectable environments” do not have an effect on personality development.

A person is always in direct contact with the environment; the internal as well as the external environment. The psychological rehabilitation professionals or workers seek to affect changes in a person's environment and in a person's ability to deal with his or her environment, so as to facilitate improvement in the symptoms or personal distress and life outcomes. These services often combine pharmacologic treatment (often required for program admission), independent living and social skills training, psychological support to clients and their families, housing, vocational rehabilitation and employment, social support and network enhancement and access to leisure activities.

## **PERSONALITY DEVELOPMENT**

Personality is a combination of characteristics or qualities that form an individual's distinctive character. Personality development is the relatively enduring pattern of thoughts, feelings and behaviours that distinguish individuals from one another. It can also be understood as becoming a better version of you. The dominant view in the field of personality psychology today holds that personality emerges early and continues to change in meaningful ways throughout the lifespan.

Adult personality traits are believed to have a basis in infant temperament, meaning that individual differences in disposition and behaviour appear early in life, possibly even before language or conscious self-representation develop. The Five Factor Model of personality has been found to map into dimensions of childhood temperament, suggesting that individual differences in levels of the “big five” personality traits namely neuroticism, extraversion, openness to experience, agreeableness and conscientiousness; are present from young ages.

Personality as mentioned earlier is the sum total of what a person is – behaviour, thoughts and feelings – that endure throughout life. Although some psychologists frown on the premise, a commonly used explanation for personality development is the psychodynamic approach. The term psychodynamic describes any theory that emphasizes the constant change and development of the individual. Perhaps the best known psychodynamic theory is Freudian Psychoanalysis.

The structure of personality Freud conceived the mind as only having a fixed amount of psychic energy (also known as libido). The outcome of the dynamic interaction between the id, ego and superego; each contending for as much libidinal energy as possible; determines our adult personality. The tripartite personality Freud believed that personality had three parts – the id, ego and superego – referring to this as the tripartite personality. The id allows us to get our basic needs met. Freud believed the id is based on the pleasure principle that is it wants immediate satisfaction, with no consideration for the reality of the situation.

As a child interacts more with the world, the ego begins to develop. The ego's job is to meet the needs of the id, whilst taking into account the constraints of reality. The ego acknowledges that being impulsive or selfish can sometimes be harmful, so the id must be constrained. The superego serves to inhibit the biological instincts of the id which results in a high level of guilt, whereas a weak superego allows the id more expression ultimately resulting in a low level of guilt.

## **CONCLUSION**

There is often a focus on challenging stigma and prejudice to enable social inclusion, on working collaboratively in order to empower clients and sometimes on a goal of full recovery. The latter is now widely known as a recovery approach or model. Recovery is a process rather than an outcome. It is a personal journey that is about the rediscovery of self in the process of learning to live with the limitations of the illness rather than being defined by illness with hope, planning and community engagement.