

SUMMARY:

Psychology that is related to the study of the behaviour of an individual at any given moment of time or a specific situation is one of the most important disciplines. If one is able to study the behavioural patterns and suggest measures to keep control on the unwanted behaviours most of the problems in the society can be avoided making life better for all sharing the community. There are people within the community who do not behave as per the set patterns or norms commonly observed, these people are not abnormal and so they should not be treated in a manner that would suggest the same. They need to be understood and be provided the necessary help and support instead of secluding them and driving them to the edge or in some cases over the edge. Hence the psychological remedies such as adjustment, where one is taught to adjust to the different situations in life under varied circumstances, environmental and personality development by encounters with real life situations under controlled observation.