Adjustment

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Adjustment

**Synonyms:**

Accommodation, alteration, modification, adaptation, allowance

**Definition:**

Adjustment includes the behavioral process as a person maintains physiological and psychological needs in a response to environmental change or challenge (Feldman, 2007).

**Description:**

Adjustment involves the act of making suitable accommodations in response to a new or changing environment. The act of adjusting connotes adaptation to a particular condition, position or purpose. Implied in its meaning is the act of making it right, to regulate, adapt, or settle. It can be defined as the natural human response to a discrepancy or change in the environment. One example is the child beginning a new school. The changes the child will encounter should result in adaptive alterations to daily routines and ultimately lead to an adjustment or accommodation in response to the new settings and expectations. This process does not usually occur rapidly; rather it may involve a series of smaller degrees of adjustment including possible “setbacks” (Schunk, 2001).

**Relevance to Childhood Development/Education**

There are many ways in which adjustment occurs in childhood and beyond. The (successfulness of) the child in response to the challenge (ability to adjust) is a significant factor in determining or accomplishing personal goals.

Educators should regard the beginning of the school year as a new experience for each student with attendant adjustment demands. Teachers, however, are not the only resources to easing the adjustment of student transition. As the students enter new developmental and social phases of their lives, especially as adolescents, it is not only the school adjustment that they have to become adjusted to but, also internal issues of identity and emotional development. Quality parent-child (student) relationships are important in easing the stress associated with maturation and development. A healthy and supportive relationship may provide significant coping mechanisms for adjustment.

**References:**
