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adjustment. These thoughts include the following concepts: Adjustment to chronic illness is multidimensional and includes intrapersonal and interpersonal dimensions. Dimensions of adjustment are interrelated. Heterogeneity is the rule, not the exception. Adjustment involves both positive and negative dimensions.

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tions of these findings for current understanding of the separation-adjustment link and for counseling college students are discussed. Keywords: psychological separation; emotional autonomy; adjustment to college; college students; moderator effects A recent issue of the Journal of Adolescent Research (Adams, 2000) indi-

Psychological Separation and Adjustment to University

Adjustment is defined as a process wherein one builds variations in the behaviour to achieve harmony with oneself, others or the environment with an aim to maintain the state of equilibrium between the individual and the environment. Adjustment has been analyzed as an achievement as well as a process in psychology.

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researches who shows significant positive relation between psychological adjustment and academic achievement among students. Gold (1978) conducted a study and concluded that there is positive significant relationship between psychological adjustment and academic achievement among OTM level passed students. Larson and

Psychological Adjustment and Academic Achievement among

Source: Gable, Shelly L., Haidt, Jonathan, What (and Why) Is Positive Psychology? (PDF) , MichaelGeorge.com. Definition 2: Positive psychology is the branch of psychology that uses scientific understanding and effective intervention to aid in the achievement of a satisfactory life, rather than merely treating mental illness. Source: Wikipedia

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Understanding Ourselves and Our Relationships

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