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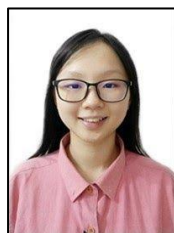
PSYCHOLOGY OF ADJUSTMENT (SECTION 5)

INDIVIDUAL ASSIGNMENT

REPORT

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Table of Content

No.	Content	Page Number
1.0	Introduction	3
2.0	Background of Issue	4
3.0	Background of Participant	5
4.0	Findings of Interview	6
	4.1 Unique Experience Background	6
	4.2 Condition of Self-esteem & Self-efficacy	8
	4.3 Skills to Adapt/Adjust the Surroundings	9
	4.4 Expectation Towards Other People	10
5.0	Reflection	11
6.0	Appendix	12

1.0 Introduction

Psychology, initially comes from the word “psyche” and “logos”. Psyche has the meaning of soul and spirit, while logos means study. In ancient definition, psychology refers to the study of the element of spirit. However, for modern psychologists, they believe in something that can be observed and exist, thus they remove the meaning of spirit in the definition of psychology. In this modern world, psychology defined as a scientific study of mind and behaviour.

Psychology is the science that studies behaviour and the psychological and mental process that underlies it. The trilogy of psychology refers to thinking (mind), behaviour and feelings. Psychology study about human's thinking through the observation of human's behaviour. Humans observe behaviour to understand the mental process (mind) behind it. On top of that, psychology helps human to understand the emotions and feelings of each other.

In psychology, adjustment refers to the behavioural process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. The concept of adjustment was originally borrowed from biology, which is the biological term “adaptation”. Adaptation defined as an effort by a species to adjust to changes in its environment to fulfil the needs and maintain a balance between their needs. For example, a person who changes jobs makes an adjustment in his/her life to adapts to the new job environment. The processes of adjustment included motive, non-fulfilment, varied activities, and response.

There are two kinds of adjustment, which are the social and physiological adjustment. Social adjustment is the way of communicating with others, while physiological adjustment refers to mind, behaviour and thinking. People strive to be comfortable in their surroundings and to have their psychological needs such as love and affirmation met through the social network they inhabit.

Psychology of Adjustment is important for humans to manage or cope with the demands and challenges of everyday life. Humans always learn how to adjust to maintain a balance between the needs of the current state and adapt to the new environment, and between the self and others in the large community. Life is in continuous change, so adjusting is a constant finding balance process.

2.0 Background of Issue

Depression, also called major depressive disorder or clinical depression. Depression is classified as a mood disorder, which is a common and serious medical illness that negatively affects how the person feel, the way of thinking and the person's behaviour. Depression can be detected by observing mood, thoughts, appetite, behaviour, cognitive abilities and sleep patterns.

Basically, the person who is facing depression will constantly feeling down or hopeless on a regular basis. The person faces constant state of sadness or feeling "blue" which may lead to despair, crying, intense sadness and the problems of sleeping, including insomnia or sleeping too much. Besides, the person who involving in depression will face a huge stress. Most of the stress is caused by the person's over-thinking. For physical symptoms, the person will feel fatigue or consistent lower energy levels, digestive problems, difficulty in concentrating, reduce appetite and weight loss, or increased cravings for food and weight gain. The person who faces depression will having these symptoms for at least two weeks.

Moreover, depression can be caused by a variety of factors, such as genetics, exposure to childhood stress or trauma, and brain chemistry. Common causes included family history of depression, history of mental illness, drug and medication used, stressful events and environmental factors such as continuous exposure to violence, loss of a loved one or a divorce. These causes may make some people more vulnerable to depression.

On top of that, we cannot underestimate the effects bring by depression. Depression can lead to a variety of emotional and physical problems such as feeling of sadness, loss of interest or anger that interfere with a person's daily activities, which resulting in lost time and lower productivity. Other than that, depression will cause social isolation, recurring thoughts of death or suicide, self-harm, loss of concentration or indecisiveness, and unexplained physical problems such as back pain or headaches. It can also influence relationships and some chronic health conditions.

Depression is a real illness and help is available. With proper diagnosis and treatment, the vast majority of people with depression will overcome it. It can be treated by medication, psychotherapy, Electroconvulsive Therapy (ECT), self-help and coping. For many people, regular exercise helps create positive feeling and improves mood. Getting enough quality sleep on a regular basis, eating a healthy diet and avoiding alcohol (a depressant) can also help reduce symptoms of depression.

3.0 Background of Participant



Wong Kar Yan is a female aged 27 years old. She come from single parent family. Her parents have been divorced when she was 14 years old. After her parents divorced, she is staying with her mother and younger brother. As an elder sister, she has to take all the burden of her family.

Her life changes after she met her husband. For now, she is staying with her mother, younger brother, her husband and children. She has been married for 4 years and she is a mother for two children of 3 years old and 1 year old.

In addition, she is graduated from Bachelor of Business Administration at Tunku Abdul Rahman University College (TARC). After her graduation, she started her career by doing the admin job in a supermarket. Due to her hard work, she got job promotion within 2 and half years. Currently, she is working as a supervisor in the supermarket.

4.0 Findings of Interview

4.1 Unique Experience Background

Depression story of Wong Kar Yan have to talk from the first MCO period, which is started from March 2020. Due to COVID-19 pandemic, Malaysia had implemented Movement Control Order (MCO) to prevent the spreading of COVID virus. This implementation has been brought a huge impact to people, economy and many career fields.

Due to MCO, many career fields have been affected as the business cannot operate as usual. This leads to increase in unemployment rate and decrease in sales and income. Kar Yan's husband is a normal officer. He faced unemployment as he has been fired by his company for the reason of his company is unable to afford the unbalance business condition which the profit is less than cost expenses. This situation resulting in her family suddenly lost an income support.

For reducing the burden of his wife, Kar Yan's husband decide to work as a delivery driver of FoodPanda to overcome his unemployment in a short term. Kar Yan's husband made this decision is because he realized that the important of this business. The life of staying at home increases the usage of delivery apps such as FoodPanda to reduce the close contact and protect the people from suffering from COVID-19. As people only allowed to take away or call delivery to buy food, the business of delivery gradually rising during this MCO period. Thus, Kar Yan's husband think that he can earn money from this business. However, Kar Yan's mother opposed him to become a delivery driver as she worried about him after watched the accident news related to the delivery driver. This happens to contradiction between safe and economic sources and causes the arguments between Kar Yan, her husband and her mother.

Unfortunately, bad things come one to another in Kar Yan's life. As mentioned, she is a supervisor in a supermarket. To overcome the effects of dismal business caused by COVID-19, her company made some changes to the company policy. In order to keep the position of all staff, her company decide to cut down 30% of salary of staff. This even bring a huge hit to Kar Yan's life. After her husband's unemployment, her salary become only the stable income to cover all the life expenses of her family. The changes of company policy add on the burden to Kar Yan. At the beginning, she is unable to confront this fact as this situation suddenly happened in her life. She was mad at herself because she has no ability to do anything for her family and not able to make change to this situation.

Beside the issue of her husband's unemployment and the deduction of her salary, she also has to face her 3 years old and 1 year old children. Burden of children is not small, especially the children below 5 years old. They are not having the ability of self-take care, so they still require hand-to-hand teaching in daily life. Even during her working period, she still thinks about her husband who currently has unstable income, her young children and elderly mother which require her to take care of. This caused stresses to Kar Yan. These stresses become double every time when Kar Yan reach home after working and face with her family.

On top of that, she is unable to perfectly settle down these issues. She faced the double and continuous stresses along the MCO period for half year. Finally, this situation causes her suffering from depression. The main reasons that caused her to suffer from depression is the stresses come from her family and job. After getting in to the MCO period and face all these issues happened to her life, she starts to feel anxiety and irritability. Because of the life environment is only her family and job, she cannot get rid and cannot release out of these stresses. When the stresses compressed until a limit, depression symptom gradually shown out.

At first, Kar Yan suffer from insomnia. Although she is tired after working, but she has difficulty in sleeping every midnight. She also has mood swings in her daily life. She can be suddenly sad and cry at this moment, but suddenly change to angry at next moment. She feels not motivated and has no hope for her life.

She realized that she suffers from depression when she found she angry on her children on a very small matter. She acts unusual as she treats her children very well before. Normally, she will teach her children patiently if her children make a mistake. She is surprise when she angry until wanted to whip her children because of a minor mistake as she will not express her anger to her children even she is very angry.

Moreover, she is scary when she found that she has a thought of death or suicide. Before that, she also loss of interest in most of her daily activities such as sex and hobbies. She falls into intense sadness and despair. She is refusing to go to work and avoiding her friends. At that moment, she avoids herself to join any social activities. She only wanted to stay alone in room. She also loss of concentrate on doing her job tasks or daily activities. Her supervisor also found her decline in job performance because of her deconcentrated which is totally different with Wong Kar Yan as before. Her husband discovers her abnormal. He reminds and encourages her to do an online depression test to get a confirmation before seeking for professional help.

4.2 Condition of Self-esteem & Self-efficacy

Depression causes decreasing in self-esteem and self-efficacy. At that time, Wong Kar Yan faced low self-esteem and self-efficacy. Normally, female will have more negative assessments of their physical characteristics and intellectual abilities than boys. When Kar Yan suffering from depression, she become irritability and anxiety on a small matter. She will be over thinking on a small matter until unable to come out from the thinking circle. It brings much of the useless stresses to her. She is depressed most of the time.

When Kar Yan suffered from depression, she has low self-esteem and being self-critical. She always feeling bad about what she has done. She has self-doubt on the things she done, she is unconfident to admit her own strength as she does not proud of herself. This situation resulting in guilty feeling. She is not feeling deserving about her own value and she think that every fault is her responsibility. In her case, she often thinks that she is the culprit that caused her family to fall into difficulty because of her inability. Besides, she has negative self-perception and negative thinking. She starts to find a way to avoid and escape the positively environment. She avoids the social activities which can bring fun and joy to her life. Because of she is unable to find the happiness in her life, she also loss of interest and feeling upset suddenly without having any apparent reason for it. Due to her loss of motivation in life, she is confused and unable to find the meaning of her life as she is unsure of the way forward for her own life. This can be seen through her job performance as she is not working hard anymore as before after she suffered from depression. Sometimes, she feels excessive nervous, fear and worries about her life as she thinks too negatively on a matter even things that have passed and things that are going to happen.

At the same time, Kar Yan faces a weak sense of self-efficacy when she falls into depression. She is difficult to make decision as she is unconfident on her decision. Kar Yan is avoiding the challenging tasks such as job tasks because she believes that the difficult tasks are beyond her capabilities. She has low belief in her ability or capacity to meet challenges and complete a task successfully. She always thinks to give up and feel discourage, which are mostly affected by depression. It clearly shown that Kar Yan is putting lesser efforts to face obstacles in her life. Furthermore, she is focusing on personal failings and negative outcomes as she thinks that she is a failure example of managing a family. She blames to herself on her failure and she lost confidence in personal abilities which create a strong contrast with her high confidence level before she is suffering from depression.

4.3 Skills to Adapt/Adjust the Surroundings

Kar Yan's husband is the one who besides her all along her depression. After her husband detect her abnormal attitudes and behaviours, he always gives support and show his caring and love to Kar Yan. He wanted to create a warm environment to Kar Yan and hope that she can understand that she is not alone.

Due to her husband's determination, Kar Yan finally mustered the courage to face the possibility of facing depression. After she receives the encouragement and support of her husband, she done an online depression test. The result is showing that Kar Yan is really fall into depression. To face with this fact, Kar Yan cry for a whole night. However, this time is different as before. She is not cry by staying alone. Her husband accompanies beside her. He listens to her concerns, grievances and complaints. He enlightens Kar Yan step by step for the whole night.

Unexpectedly, a smile appeared on Kar Yan's face in the next morning. She is also unexpected about this situation. At that moment, Kar Yan understand that the reason that caused her to suffer from depression. It is because she always keeps her concerns and grievances inside her heart and does not speak out to her husband or friends. She affords the burdens and stresses alone for a long time. This situation caused the continuous stresses cannot be release out and lead to her depression. After last night, she finally can express out her concerns and grievances by crying to her husband. Unconsciously, her stresses were release out.

After Kar Yan accept the fact of her depression, she realized this problem and understand about the reasons that caused her to suffer from depression. She is grateful to her husband because he detects her abnormal attitudes by observing her behaviours. From here, she found the importance of her family to her life. Therefore, she seeks for professional help and she starts to make some changes to adjust the surroundings.

To treat from depression, she put efforts on building and improve her self-esteem and self-efficacy. Firstly, she tries to get rid of the negative environment. She knows that she will be thinking too much if she is staying alone. Hence, she adjusts herself by attempting to not reject the approach of her best friends and try to communicate with them. To allow herself to be surrounded by positive energy, she starts to join the social activities and become active in building strong relationships with her friends and colleagues.

In addition, she celebrates every matter either related to her family or her job to enjoy every joy and the positively environment. She also gets along with positive people. She observes, emulates and absorbs the positive beliefs about the self from her friends and colleagues as role models who display a high self-esteem and healthy level of self-efficacy. On top of that, she begins to approach with challenging tasks. She adjusts herself to attempt the challenging tasks so that she can acquire and learn new skills. From here, she can learn from challenge and increase her capability.

Other than that, she changes her appetite by start to eat followed the healthy diet plan. Before that, she lost for 6kg when she is falling into depression. After this changes, her appetite gradually improves and she gain weight back again. Then, she found a way to release the stresses after she realized the importance of releasing out the stresses in daily life. The way is through regular exercises. Thus, she includes exercises in her daily healthy routines plan. In order to get enough and plenty of sleep, she employs aromatherapy and music to solve her insomnia problem. These methods can be better to relax her body and allow her to easily fall into sleep. This making her to gain enough energy to face with her job tasks in the next day.

After her adjustments and adaptations, she learned to accepts her failure as part of growth in her life. Her moods start to improve, and her life start to change better. Her job performance is no longer affect and gradually improve. This resulting in improvement of her family's plight. Besides that, she become friendly and nice to her family as before, especially to her mother and children. She stops getting angry with them with a small matter or without reason. This is the good news to her family. For now, her depression is under control, by keeping healthy lifestyle and taking some medicine after seeking for professional help.

4.4 Expectation Towards Other People

Kar Yan believed that people are kind-hearted. She hopes that everyone can care and cherish the people around them. As can be seen from her case, her husband is the key figure in taking her out of depression. Kar Yan explained that depression is a common mental problem for most people nowadays. Hence, she hopes that everyone can understand other's condition and give more considerate to prevent the happening of mental problems. As in family, communication is important so that every family member can share feeling and thinking to each other. After knowing the behaviour of each other, it is easier to detect the mental problem among family members by observing their behaviours as the sufferers themselves do not know that they are suffering from mental problem such as depression.

5.0 Reflection

I am unable calm down myself after interview with Wong Kar Yan and listen to her story. I feel her difficulties and tough in her life. I feel like women is not easier in life especially those women who have to work and at the same time need to take care of their children. For Kar Yan's case, I am happy that she found a right person. In her most difficult time, which is the time after Kar Yan's parents divorced, her husband appeared in her life. With the support from her husband, Kar Yan get the energy and able to motivate to continue her life. This is the reason of she succeeded to get the job promotion as supervisor later.

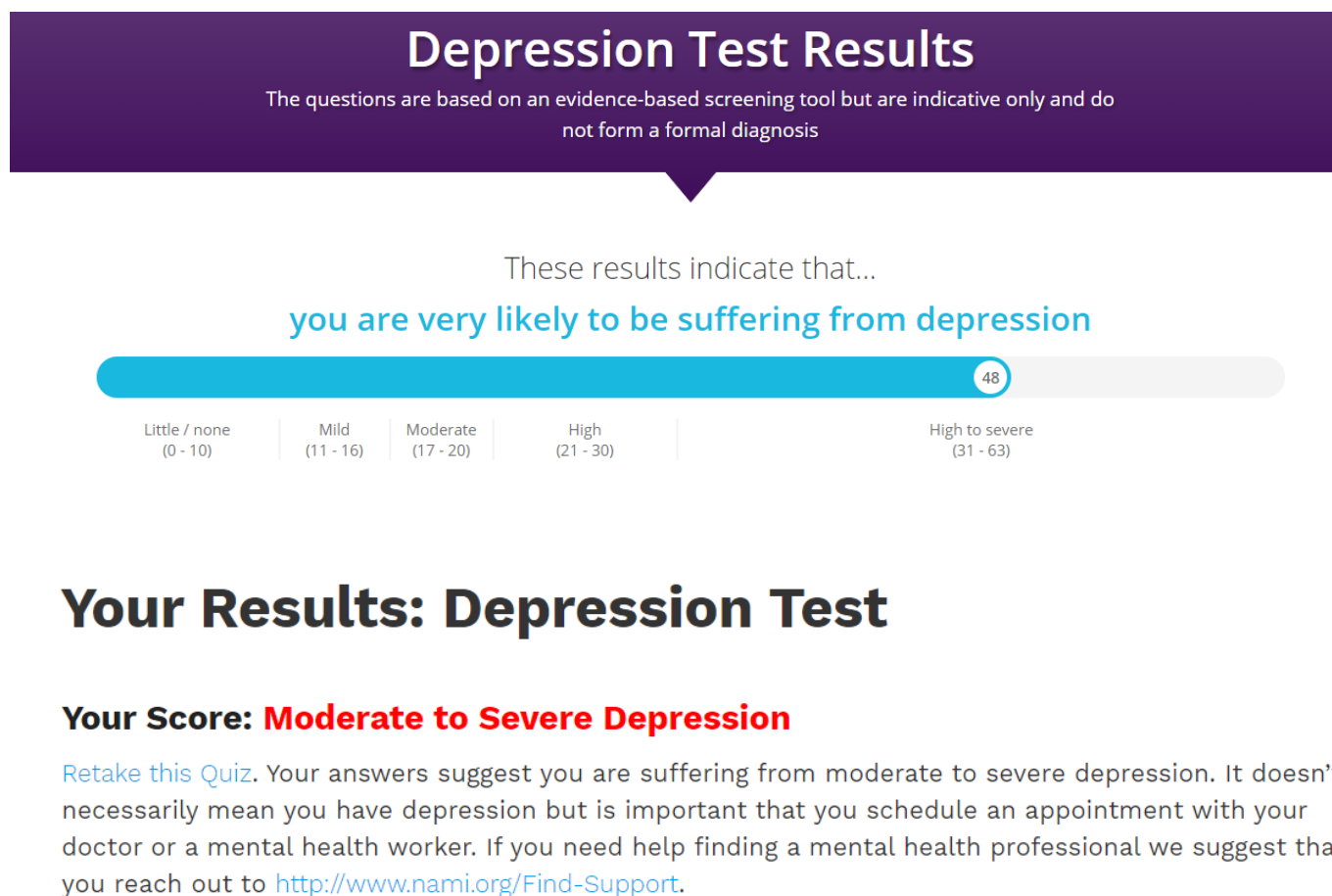
After listen to Kar Yan's unique experience, I learned that we have to ensure that we are happy all the time so that we can prevent ourselves from depression. I know it is difficult to be happy all the time as the life will give us challenge and sad condition, but we have to understand that we cannot allowed ourselves always to stay in the negative environment. We need the positive energy in our life so that we can be continue motivated. Although the stresses sometimes can be providing motivation, but when these stresses are not handled properly, it will lead to side effects. Hence, we cannot underestimate these stresses. We have to learned how to release out the stresses by not just keeping them inside our heart.

Besides, I learned that stop making comparison with others is a good way to prevent negative energy such as depression. We should not focus on other's achievement and emphasize our own strengths and proud of ourselves as we are the boss of our own life. Our happiness is the key that we should concern in our life. Kar Yan shared me a tip on how to keep positively in life. She said that always imagine our future success in detail to help us for building the belief that succeeding is indeed possible. She knew this after she realized the importance of positive energy in life. It is important in overcoming the challenges in front of us so that we feel like we taste it in reality.

Last but not least, I believe that it will have different result if Kar Yan's situation happen to different person. This is because everyone has different personality, stress affordability, self-esteem and self-efficacy. So it will produce different result due to different thinking, feeling and behaviours. In conclusion, we should improve our self-awareness and self-confidence because we only can be succeeding when we believe in our own ability to succeed.

6.0 Appendix

a. Her results of online depression test shared by Kar Yan (Kar Yan reject to share her medical proof)



b. Interview Proofs (We conducted the online interview to protect our safety, Kar Yan reject to meet face-to-face due to COVID-19 pandemic)

