

Adjustment in Terms of Ego-strength and Self-concept

Sweta Kumari

Ego-strength which is defined as the tolerance capacity of the individual faced with the stressful situations. It means tolerance of anxiety and grasp of reality. People with strong ego have high tolerance of anxiety and firm grasp of reality. On the other hand people with weak ego are found to be confused, unadaptive, rigid, stereotyped and unoriginal. The self concept which refers to the concept and perception of a person about one self.