**The Role of Adaptation in Terms of Mental Health**

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**Abstract**

 In order to live a harmonious and harmonious balanced life in the society, one has to come to terms with oneself, situation or society step by step and adapt one’s behavior accordingly. Certain types of behavior have to changed. Adaptation in the process of changing one’s behavior by controlling one’s impulses, understanding the situation properly.

 “Adjustment results is happiness because it implies that emotional conflicts and tensions have been resolved”.

 - Kuppuswami

 That is why a person should be physically as well as mentally health so that he does not suffer from any mental illness, a person shoes mild is not a indulge in day dreams can easily adapt to society. This paper will discuss in detail the role adaptation in terms of mental health.

 **Key word:** Mental, Health, Adaptation.