



STUDY OF LEVEL OF ADJUSTMENT AMONG HIGHER SECONDARY SCHOOL STUDENTS

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ABSTRACT This research was conducted to examine the level of adjustment of higher secondary school students of Bhopal district of Madhya Pradesh. The sample of 100 [50 male+50 female] students was selected from government and private schools located in rural and urban areas of the district. Tools for collecting the data included Adjustment Inventory for school students constructed and standardized by A.K.P. Sinha and R.P. Singh [1971]. The data were analyzed using statistical methods. The findings of the study revealed that there is significant difference in level of adjustment of higher secondary school student across gender [Male and Female], locale [rural and urban], and types of school [government and private]. The findings of the research may be used in devising skill training programs to develop harmony between need and circumstances of the person.

KEYWORDS : Adjustment, gender

INTRODUCTION

Education is a comprehensive and complex process of bringing out psychological and behavioral change in person.

It plays a transformative role as it fosters, in some sense, change, adaption and helps persons in developing a harmoniously adjustable personality.

Each and every condition of life demands and one should be able to strike a balance among many forces.

It helps individual to maintain basic impulses at tolerable levels, to believe in one's own abilities and to achieve goals. Psychologically, adjustment helps the organism to cope with the demands and stress of the outside world as well as the desires, needs and conflicts experienced from within.

Thus, adjustment helps for self-initiated growth and development along with intellectual, social, emotional, physical, and vocational dimensions. Herbert spencer [1864] says " Life is the continuous adjustment of internal and external relations" Lack of good adjustment not only affects the proper personality growth but also academic growth of an individual.

It is a fact that adjustment in school leads to educational achievement of the child who is immensely influenced by a variety of personal, family characteristics and social trends.

The present century is an era of revolutionary changes and to cope up and adjust with such an environment, one has to make changes in self or his environment. If the person does not keep pace with the changing time and makes changes in himself/herself, will eventually then succumb to the environmental pressures.

Kasinath [2003] studied school adjustment and socio-economic status on academic achievement with the objective to find out the difference among students who were well adjusted and mal-adjusted to school environment, differed in their academic achievement.

Thakkar [2003] studied academic achievement, adjustment of rural and urban students and found that there was significant difference between rural and urban students in adjustment areas of family, home and emotions but in the areas of social and educational adjustment the difference was not significant.

Singh [2006] studied the effect of socio-emotional climate of school on the adjustment of students and found out that social climate of the school affected the emotional and total adjustment of students significantly.

Adjustment

Adjustment is a crucial factor in the life of a person. The adjustment is a continuing process of one's life, it starts from birth and continues till death.

Adjustment means response to the needs as well as pressures of social atmosphere upon an individual.

Adjustment is actually the procedure by a surviving organism that keeps a balance in the scenario.

Kulsherestha [1979] discussed that "The adjustment process is a way in which the individual tries to cope with stress, tensions, conflicts, etc. and meet their needs" with this procedure, the person also makes attempt to keep a harmonious connection with the environment.

Pathak [1990] said that adjustment is an integrated instrument for coping with challenging realities of life, it has been viewed as being a list of amalgamation of pleasant actions of the person by which others of modern society realize that the individual is well adjusted.

By Halonen and Santrock [1996], "adjustment is a psychological process of adapting and managing the problems challenges and demands of everyday life"

Adjustment process is a process in which an individual tries to modify their own surroundings and at other times tries to modify his own nature, because neither the individual's aim nor his surroundings are static therefore, both are continuously passing, through a process of modification and moulding.

It is the process by which the motives of an individual are satisfied. The degree of adjustment of an individual depends upon certain potential within the individual thus, adjustment can be described as harmony among a person and his/her surroundings.

The degree of harmony depends upon the nature of the surroundings. An individual feels adjusted when his psychological social, and physical requirements are also satisfied.

These needs may be in the field of home, society and school to which the person belongs. Thus, adjustment is a condition in which one feels that one's behavior is continuous and to the needs of the culture of the society he belongs.

Dimensions Of Adjustment

Emotional Adjustment

Emotionally adjusted person is one who express his/her feelings in a good circumstance in a good manner. Emotional adjustment may be termed as emotional stability in facing internal and external stressors which is influenced by cognitive function of adaption and reception.

Health Adjustment

Health adjustment is an indication of a person's physical and mental equilibrium. A good wellness is the source of satisfaction and adjustment it is the standardized state of one's sound mind, body and spirit.

Family Adjustment

Relations of a person with his family members influence his adjustment. Family adjustment calls for harmonious bonding of one's with all the members of the family.

It has been found that a strong sense of attachment, bonding and closeness to family have been discovered to be connected with better psychological development, better schooling performance.

School Adjustment

School plays important role in the advancement of children because they spend half of the day in school, getting into extracurricular activities also, healing environment in the school will help students in adjustment. School is a widely known component of their life.

Adjustment creates basic cognitive abilities; therefore, school adjustment means harmonious bonding of the student with teacher.

Social Adjustment

It is generally said that man is social animal. In reference to this we can say that an individual develops his personality in his social environment, he tries to mold himself according to his society's social values and ideals and to achieve these values and ideals, his activities and behaviors will be same as that of other members of his society, in which he lives and where his society needs and desires are satisfied.

And then he feels himself socially adjusted. Area of social adjustment is influenced by social maturity of the individual. Maturity in social relationship means to establish good relations with family, neighbors, classmates, playmates, teachers, and other members of the society.

Objectives

- To study the total adjustment of higher secondary school students.
- To study the educational adjustment of higher secondary school students.
- To study the emotional adjustment of higher secondary school students.
- To study the social adjustment of higher secondary school students.

Hypotheses

- ❖ There will be no significant difference in total adjustment between male and female of higher secondary school students.
- ❖ There will be no significant difference in emotional adjustment between male and female of higher secondary school students.
- ❖ There will be no significant difference in social adjustment between male and female of higher secondary school students
- ❖ There will be no significant difference in educational adjustment between male and female of higher secondary school students.

METHODOLOGY

Sample

For the present study 50 male students and 50 female students of secondary school were randomly selected from government and private higher secondary school of Bhopal district of M.P. from rural and urban areas of BHOPAL district.

Tools Used

"Adjustment Inventory for the school students' as developed by A.K.P Sinha and R.P. Singh. The inventory contained 60 items equally distributed among Emotional, Social, and Educational adjustments.

Analysis Of Data And Results

The analysis of data and its interpretation is given below
The results are given in the following table

Table 1: Showing 't' Value Of Total Adjustment Level Of Higher Secondary Male And Female School Students.

Gender	N	MEAN	S.D.	t-Value	Level of Significance
Male	50	19.19	6.71	4.69	Significant
Female	50	13.75	5.27		at 0.01

Not significant at 0.01 level;

The table- 1 shows that the 't'-value of 4.69 is significant at 0.01 level. It reveals that there is significant difference between male and female on their adjustment.

Hence Hypothesis-1 which predicted that male and female would not differ significantly on their adjustment is rejected as depicted by the

results.

The level of male adjustment [m-19.19] is average and the level of female adjustment [m-13.75] is good so it is seen that female adjustment is better than male.

Table-2 Showing 't' Value Of Emotional Adjustment Level Of Higher Secondary Level Male And Female School Students.

Gender	N	Mean	S.D.	t-value	Level of Significance
Male	50	5.25	2.82	4.10	significant
Female	50	3.28	2.05		At 0.01 level

Table-2 shows that the 't'-value of 4.10 is significant at 0.01 level. It indicates that there is significant difference between male and female on their emotional adjustment.

Hence, hypothesis-2 which predicted that emotional adjustment of male and female would not differ significantly is rejected as shown by the result.

Table-3 Table Showing 't-value' Of Social Adjustment Level Of Higher Secondary Level Male And Female School Students.

Gender	N	Mean	S.D	t-value	Level of significance
Male	50	6.94	2.78	4.17	significant at 0.01 level
Female	50	2.03	2.67		

Table-3 indicates that the 't'-value of 4.17 is significant at 0.01 level reveals that there is significant difference between male and female on their social adjustment.

Hence hypothesis -3 which predicted that social adjustment of male [m-6.94] and female [m-2.03] would not differ significantly is rejected. It indicates that male social adjustment is average and female adjustment is good it means female social adjustment is better than male.

Table-4 Table Showing t-value Of Educational Adjustment Level Of Higher Secondary Level School Students.

Gender	N	mean	S.D	t-value	Level of Significance
Male	50	7.03	2.99	6.06	Significant
Female	50	3.80	2.55		At 0.01

Table-4 shows that the 't'-value of 6.06 is significant at 0.01 level. It indicates that there is significant difference between male and female on their educational adjustment. Hence, hypothesis-2 which predicted that educational adjustment of male and female would not differ significantly is rejected as shown by the result. It is proved that male students [m-7.03] and the female [m-3.80] students differ, while male education adjustment is average and female education adjustment is good.

CONCLUSION

On the basis of results, it can be said that there is significant difference in total adjustment between male and female of secondary level students.

The findings of the present research indicate that there is distinction between male and female student in their adjustment.

Total adjustment score shows that females are more adjusted than the males.

The female come under the category of good adjustment, while male comes under the category of average adjustment . .

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