

ADJUSTMENT OF SCHOOL STUDENTS- A COMPARISON BETWEEN MALE AND FEMALE ADOLESCENTS

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Introduction

Adjustment is a kind of interaction between the individual and his or her environment. Adjustment implies the wholesome reduction of the pressure of needs, reasonable skill in dealing with frustrations, the development of psychological mechanisms by which difficulties can be circumvented or overcome, the formation of symptoms, the adoption of patterns of behavior required by varying situations, peace of mind or tranquillity, the efficient resolution of conflict, and learning how to get along successfully with other people. "Adjustment consists of the psychological process by means of which the individual manages or copes with various demands or pressures" (Lazarus). Adolescence means to grow or to grow into maturity (Muuss, 1990).

Adolescent school student's adjustment is of great concern. Educationists need to know what they can do to help their students adjust and benefit from school (Mizelle, 1999). Well-adjusted students usually value what they are learning, are positively involved in classroom activities and receive high grades. Kiuru, et al. 2009). Poor school adjustment leads to low academic achievement, behavioral problems, discordant educational aspirations and even school dropout. (Vasalampi et al. 2009; Raju & Rahamtula 2007). School adjustment has its influence on attitude, behaviour, emotional and social development. The current study is undertaken keeping in view these issues.

Review of Literature

Vaghela.J.krishna (2015) found that there is a difference in emotional and social adjustment of adolescent girl students with respect to nuclear and joint family. There was no influence of type of family in the dimension of educational adjustment. Adjustment of secondary school students was assessed and concluded that females have better adjustment and students from joint family were better adjusted. (Basu Sarah, 2012). Roy Bharati & Ghosh Mitra (2012) concluded in their study that girls have better adjustment than boys in home, health and social areas. The study also indicated that there is a significant difference in adjustment among late and early adolescents. Paramanik, Saha, Mondal (2014) found that girls are better adjusted than boys and there was no difference in adjustment related to their rural and urban background. Bhagat Pooja(2016) concluded that girls are better adjusted than boys emotionally and educationally. Chauhan Vandana (2013) explored adjustment of higher secondary school students of Durgh district, India. She found that female students have excellent adjustment than their male counterparts.

Problem and Hypotheses

Statement of the Problem

To find the gender differences in level of adjustment among adolescents.

Objectives

- To find the influence of socio –demographic factors on adolescents adjustment.
- To study the difference in level of adjustment among male and female adolescents.

Hypotheses

- There will be a significant influence of age, gender and type of family on adolescent adjustment.
- There will be a significant difference in adjustment between male and female adolescents.

Method of Investigation

Research Design: The present study used ex-post facto research design.

Selection Criteria of Sample

The following inclusion and exclusion criteria were adopted for Selection of the Sample:**Inclusion Criteria**

Good health status, Students in VIII & IX Std (age 13-15), Students from English medium private schools.

Exclusion Criteria

Students from government schools, special schools, Tamil medium students.

Sampling Technique

After defining the population based on exclusion and inclusion criteria, a sample of 60 (males-30, females-30) was selected, through random sampling method. The students were selected from “Shakespeare Matriculation School, Trichy”.

Variables Used for the Present Study

Adjustment, Gender, age, Parents education, Socio-economic status, Type of family

Tools Used for the Study

personal data sheet, Bell’s adjustment inventory.

Description of the Tools

Personal Data Sheet

This personal data sheet gives age, gender, type of family, parent’s education, socio economic status.

Bell’s Adjustment Inventory

Indian adaptation of Bell’s adjustment inventory (1968) by Dr.R.K.Ojha was used to collect data. It consists of four dimensions viz. home, health, social and emotional. Each dimension has 35 statements with ‘yes’ or “No” answers. The reliability and validity of the inventory is 0.70 and 0.92.

Procedure for Data Collection

The study sample consisted of adolescent students (age 13 -15), living in Trichy. Most of the participants were recruited through school. The principal of the school was approached and the purpose and importance of the present study was explained by the investigator. After obtaining permission, a convenient date was fixed with the consent of the principal. The recruited students were briefed about the objective and purpose of the study. The following instructions were given to the students. "Please fill all the required information in the sheet provided to you. Give your responses according to the instructions given in the questionnaires. Do not skip any statement while answering the statements. Do not spend too much time for each statement. Give the response that comes to you at the first instance. The data will be kept confidential and used only for research purpose." After ensuring that they have understood the instructions, the psychological tests were administered in one session. The investigator ensured that all the relevant information was filled by the respondents and then collected.

Ethical Considerations

The participation in the study was voluntary and participant's confidentiality was ensured. The respondents were informed about the purpose of the study. They were advised that they could withdraw from the study even during the process.

Statistical Analysis of the Study

The data was analyzed using SPSS.

Results and Discussion

Table-1 Shows the Descriptive Statistics of the Variables

Variable	Particulars	Frequency	Percentage	N
Gender	Males	30	50.0	60
	Females	30	50.0	
Age	13	23	38.3	60
	14	18	30.0	
	15	19	31.7	
Family Type	Nuclear	43	71.7	60
	Joint	17	28.3	

The above Table-1 shows the frequency and percentage of the sample. There are 30 males and 30 females and 43 in nuclear family and 17 in joint family. There are 23 students in the age group of 13, 18 in the age group of 14 and 19 in the age group of 15 yrs.

Table-2 Shows the Difference between Male and Female on Dimensions of Adjustment

Males			Females		
Dimension of adjustment	Mean	SD	Mean	SD	"t" value
Home	4.47	1.252	3.13	1.074	.254NS
Health	5.77	1.194	5.80	1.126	.954NS
Social	5.87	1.548	5.03	1.299	.418NS
Emotional	5.77	1.194	5.80	1.126	.954NS
Overall adjustment	21.93	3.129	19.77	3.137	2.679NS

The above table-2 shows the mean, SD and “t” value of males and females in dimensions of adjustment. The “t” value in home, health, social, emotional and overall adjustment is .254, .954, .418, .954, 2.679. The values are not significant which indicated that there is no significant difference in adjustment between males and females high school students. Thus it does not support the hypotheses “There will be a significant difference in adjustment between male and female adolescents”.

Table -3 Shows the Difference between Type of Family and Dimensions of Adjustment

Nuclear family			Joint family		
Dimensions of Adjustment	Mean	SD	Mean	SD	“t” Value
Home	3.95	1.463	3.41	.870	1.42NS
Health	5.70	1.206	6.00	1.00	.915NS
Social	5.58	1.592	5.12	1.11	1.097NS
Emotional	5.79	1.489	5.71	1.26	.207NS
Overall adjustment	21.14	3.576	20.12	2.369	1.085NS

The above Table-3 shows the difference between nuclear and joint family of high school adolescents in dimensions of adjustment. The “t” value of dimensions home, health, social, emotional and overall adjustment is 1.42, .915, 1.09, .2017, 1.08. These “t” values are not significant which indicates that there is no difference in adjustment among students of nuclear and joint family. Thus it does not support the hypotheses “There will be a significant influence of type of family on adolescent adjustment”.

Table – 4 Shows Difference In Overall Adjustment with Regard To Age

Variable	Age	Source of variance	Sum of squares	DF	Mean square	Calculated “F” value
Overall adjustment	13yrs	Between	61.25	2	30.626	3.018*
	14yrs					
	15 yrs	within	578.398	57	10.147	

*Sig at 0.05 level

Discussion

Adolescence is a period of stress and storm, adjustment during this turmoil stage creates a lot of emotional upheavals. Better adjustment leads to better self concept, attitude and academic performance. Various factors can influence adolescent’s adjustment like parenting style, parent’s education, rural or urban setting, number of siblings in the family, ordinal position etc.

The present study on adjustment of school students –A comparison between male and female adolescents, the results indicate that male and female adolescents do not differ in their adjustment. From table 2 it can be inferred that male and female adolescents do not differ in home, health, social and emotional adjustment. The results of the study are similar to the findings of Adhiambo, et al., (2011). A comparative study by Devika.R, (2013) and Solankhi Mahesh (2014) also have similar study findings. Table 3 shows that type of family in which the adolescent grows up does not influence their adjustment. Similar result is found in the study by Emmanuel.D (2013), Thakkar &

Modi, (2014). Table 4 shows the influence of age and adjustment. The “F” value obtained is significant at 0.05 level which indicates that there is an influence of age in adolescent students adjustment. Based on the study it can be said that adjustment is an important component for adolescent in their academic pursuits, well-being etc. The study suggests to conduct training programs for adolescents to equip them in handling the biological, emotional, social and psychological changes that takes place.

Conclusion

Adjustment is a very important aspect among secondary school students, as it affects their academic performance and well-being. From the study it can be concluded that male and female adolescents do not differ in adjustment. The type of family in which they are brought up does not have an influence in their adjustment. Age of the adolescent influences their adjustment. With increasing age the adolescent is well-adjusted.

Limitation

- The study included students from only urban schools.
- The sample was small and collected from only one school.

Suggestion

- Similar study can be conducted among college students.
- Such studies can be undertaken with high and low academic achieving students.
- SES, and education of the parents can be further studied with respect to adjustment.

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