



**A STUDY OF THE EFFECT OF HIGHLY SATISFACTORY FAMILY CLIMATE
AND HIGHLY DISSATISFACTORY FAMILY CLIMATE ON THE HOME AND
HEALTH ADJUSTMENT OF THE STUDENT**

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Abstract

The present study explores the effect of highly satisfactory family climate and highly dissatisfactory family climate on the home and health adjustment of the student. A random sample of 250 students studying in XII class of senior secondary schools of district Moga and Faridkot of Punjab were taken as sample for this investigation. The study involves two tools Adjustment inventory (Bell, 1989), Family climate scale (uniyal and Dr.Beena Shah 1982). The data has been analysed by applying t-test on order to find significant difference between highly, Satisfactory and dissatisfactory family climate on home and health adjustment. Finding of the study revealed that significant difference in the Home adjustment of students due to highly satisfactory family climate and highly dissatisfactory climate and significant difference in the Health adjustment of students due to highly satisfactory family climate and highly dissatisfactory climate.

Keyword: *family climate, home adjustment, health adjustment, highly satisfactory climate, highly dissatisfactory climate.*

Introduction

Family climate of the family may be regarded as providing a network of forces and factors which surround engulf and play on the individual. It was the over –all climates in the home, rather than single action that influenced behaviour. If the home climate tended toward coldness in one area it tended toward coldness in all areas. A wholesome relation among the family members is the first requirement. Evidently bad feelings between parents and children or between siblings such as resentment of parental discipline, rejection, favouritism, hostility and jealousy are bound to make adjustment to the home situation difficult. The willing acceptance of parental authority is the second requirement.

Children in foster care traverse a challenging journey through childhood, with many obstacles to their optimal development. Many have experienced compromised prenatal environments, maltreatment prior to foster care, or multiple moves while in foster care. The impact of these experiences on their development can be devastating over the short and long term. However, as with other children at environmental risk, a stable, nurturing family environment can protect foster children against the negative effects of these experiences. It must be

emphasized that Adjustment so defined is relative, not absolute in character. We must make sure that relative terms such as Normality, Abnormality, Maladjustment, Mental Health and Personality are clearly understood

The well-adjusted person is one who, within the limitations imposed by his own capacities and personality make-up, has learned to react to himself and his environment in a mature, wholesome, efficient and satisfying manner and can resolve mental conflicts, frustrations and personal and social difficulties without developing symptomatic behavior. The well-adjusted person, therefore, is relatively free of disabling symptoms such as chronic anxiety, worry scruples, obsessions, phobias, indecision and psychosomatic disturbance that interfere with his moral, social, religious or vocational aims. He is a person who lives in or helps to create a world of interpersonal relations and mutual enjoyment that contribute to the continuous realization and growth of personality. Adjustment is relative, secondly, because its qualities vary to some extent with the society or culture in which it occurs. And finally, it is relative because of certain individual variations.

Home and Health Adjustment

Of the many factors conditioning human adjustment it is generally agreed that none is more important than the home and family. This is not because of all social groups, of which an individual becomes a part, the family is the most natural unit and the individual himself is an integral part of the parents of the unity. The family may be large or small, predominantly male or female, with the children clustered together in age or spread over a period of twenty years. Each one of these gives rise to distinctive family constellation. It can exemplify by the situation of the only child. Here the constellation is very simple. The only child has no siblings to relate to and must look to adults for the source of his experiences, play activities amusements, security, and recognition rivalry and so on. He can easily get lost on a world of adult concept expectations and demands & he may find it difficult to make the proper adjustment.

The wholesome relation among the members of the family group is the first requirement. Evidently bad feelings between parents' & children or between siblings such as senescent of parental discipline, rejection, favoritism, hostility and jealousy are bound to make adjustment to the home situations difficult. The child who actively dislikes one of the parents or who is intensely of the attention and affection of the parents to bestow another child will find it impossible to meet the demands of family living. The willing acceptance of parental authority is another requirement. The capacity to assume responsibility and accept restriction is the third requirement. Many parents who show a lack of interest in their children's activities,

school achievements, hobbies, and other aspiration are adjusting poorly to the demands of family living. Children exposed to violence within their homes experience the most deleterious outcomes. For example, children exposed to physical maltreatment often experience impairments in their physical health, cognitive development, academic achievement, interpersonal relationships, and mental health. Children in foster care are particularly vulnerable to detrimental outcomes, as they often come into state care due to their exposure to maltreatment, family instability, and a number of other risk factors that compromise their healthy development. Foster children may be witnesses to and victims of family violence, or may not have been supervised or provided for in an appropriate manner. They may have been subjected to the inadequate and impaired caregiving that results from a variety of parental difficulties, such as substance abuse, mental illness, and developmental disabilities. Moreover, these children are predominantly from impoverished backgrounds, a situation that exacerbates the risk factors they experience.

Srivastava, Saxena and Kapoor (1978):- reported that in the area of home adjustment, tribal girls were found to be significantly higher than their non tribal counterparts. The high score of tribal girls in the area of the area of home adjustment may be attributed to their well – adjustment family relations. **Sharma (1998):-** In her study found that home adjustment of students of sanatan dharma schools is better than the students of khalsa, D.A.V & Convents schools similarly she found that students of khalsa schools are more adjusted on health adjustment than the students of the sanatan, D.A.V and convents schools.

Mohanraj and Latha (2005) investigated the relationship between family environment, home adjustment and academic achievement in adolescents. The study was homogeneous in age and home environment. The sample was assessed using Moos and Moos family environment scale and Bell's adjustment inventory. Family environment seemed to influence home adjustment as well as academic performance. Raju and Rahamtulla (2007) found that adjustment of school children primarily depends on the school variables like the class in which they study, medium of instruction and type of management of the school. Parental education and occupation of the school children were also found to influence the adjustment of students Roy and Mitra (2012) examined the pattern of adjustment among early and late adolescent school students. The study revealed that early and late adolescents group differed significantly from each other in the home, health and social areas of adjustment. Girls showed better adjustment than boys. Peerzada (2013) designed a study to compare the adjustment of science and social science higher secondary school teachers in different area like home adjustment, school adjustment, emotional adjustment etc. and showed that the social science

teachers have more adjustment problems than science teachers Tolnay, S., and Crowder, K (1999) exploring the various family processes that pertain to stability may be a more useful means of understanding the specific characteristics of family stability that support healthy child development. For example, parental mental health, stable relationships among caregivers, and positive parenting are cited as markers of family stability. Characteristics of the home environment, such as warmth, emotional availability, stimulation, family cohesion, and day-to-day activities, have also been implicated in the notion of family stability Wulczyn, F., Hislop, K., and Jones Harden, B (2002) Children who experience family stability have caregivers who remain constant, consistent, and connected to them over time; caregivers who are mentally healthy and engage in appropriate parenting practices; a cohesive, supportive, and flexible family system; and a nurturing and stimulating home environment.

Objectives:-

1. To find the effect of family climate on Home adjustment.
2. To find the effect of family climate on Health adjustment.

Hypothesis:-

There will no significant difference in the Home adjustment of students due to highly satisfactory family climate and highly dissatisfactory climate.

There will no significant difference in the Health adjustment of student due to highly satisfactory family climate and highly dissatisfactory climate.

Sample:-

A random sample of 250 students studying in XII class of senior secondary schools of district Moga and Faridkot of Punjab were taken as sample for this investigation.

Tools:-

- Adjustment inventory (Bell, 1989)
- Family climate scale (uniyal and Dr.Beena Shah 1982)

Statistical Techniques

The data has been analysed by applying t- test on order to find significant difference between highly, Satisfactory and dissatisfactory family climate on home and health adjustment

Data Analysis & Interpretation

Data have been analyzed in view of the hypothesis formulated above.

Family Climate and Adjustment

Study of the Effect of family climate on the level of adjustment of students

- (I) Home Adjustment

Table A Means and SD's of home Adjustment scores of students of HSFC /HDFC

Students	N	Mean	SD	T	Significance level
HSFC	60	9.80	8.26	3.92	.01
HDFC	60	5.17	4.13		

Table A show means, SD's difference of means and 't' value of HDFC & HSFC students. HDFC means is 9.80 & S.D is 8.26. Mean of HDFC is 5.17 & S.D is 4.13 Difference of means of both the climates is 4.63. The means of HSFC is significantly higher the mean of HDFC by 4.63.

A perusal of table A reveals that the level of home adjustment of students of HDFC is far superior in home adjustment than those who have HSFC. The value of 't' is found to be 3.92, which is significant at 0.01 level .It clearly shows that a positive impact is found between family climate and home adjustment. In brief, better is the family climate better would be the home adjustment.

Table B Means and SD's of health adjustment scores of students of HSFC / HDFC

Students	N	M	SD	t	Significance Level
HSFC	60	9.17	6.13	3.25	0.01
HDFC	60	5.89	4.22		

The table B describes the comparison of HSFC / HDFC students regarding their health – adjustment. The mean of HSFC students is 9.17 and S D. is 6.13. mean of HDFC is 5.89 and s.d.4.22. Difference of means is 3.28 a perusal of exhibit reveals that the level of health – adjustment of student having HSFC is far superior to those who have HDFC. The value of t is 3.45, which is significant at 0.01 levels. It means the family climate affects the health – adjustment of students. The reason appears that HDFC students are not able to get good food habits, balanced diet, exercise habits immunization cleanliness, etc. health, norms maintained by HSFC are generally not observed in HDFC, so the students belonging to HDFC are not able to participate in co – curricular activities. They do not show that sort of excellence in games, sports and other activities, which are shown by HSFC students.

Findings

A significant difference in the Home adjustment of students due to highly satisfactory family climate and highly dissatisfactory climate, therefore hypothesis there will no significant difference in the Home adjustment of students due to highly satisfactory family climate and highly dissatisfactory climate is rejected.

A significant difference in the Health adjustment of student due to highly satisfactory family climate and highly dissatisfactory climate, therefore hypothesis there will no significant

difference in the Health adjustment of students due to highly satisfactory family climate and highly dissatisfactory climate is rejected.

Conclusion and implications

The highly satisfactory family climate differ significantly with highly dissatisfactory family climate regarding the health and home adjustment, which shows highly satisfactory family climate influenced by home and health adjustment. A student having good health and home adjustment is better in family climate. A child have rejection or jealous from the parents feel maladjusted in the family climate. A child has good health by exercise and co-curricular activity help the student to adjust with family climate. For health and home adjustment, its policymakers and practitioners, must ensure safe and stable family environments for children in foster care. Ensuring that each foster child receives a permanent home is a major step toward this goal, but it is not sufficient. The implementation of high-quality programs that document effectiveness in promoting positive family experiences for foster children is essential. In order to create "harm-free, effective family climate " for foster children, child welfare systems must provide support and training to foster parents, establish a well-specified model of care to promote child well-being, focus on the positive behaviours of caregivers and children, and create consumer-oriented services that respond specifically to child and family needs.

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