



## STUDY OF ADJUSTMENT PROBLEMS AMONG ADOLESCENTS

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### Abstract

*The present study was conducted to study of adjustment problems among adolescent. A sample 200 adolescent school students of Distt. Sri Muktsar Sahib, Sample of 100 were taken from Government Senior Secondary Schools and 100 were taken from private school. The tool was administered Bell's adjustment inventory (student form) developed by R.K Ojha (1968). The data was analyzed by employing Mean, SD and t-ratio. The major findings of the study revealed insignificant difference in the adjustments problems of adolescents studying in Government and private schools. Study also Revealed no significant difference in the adjustment problems of male and female adolescents studying in Government and Private schools.*



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## INTRODUCTION

Adolescent is a transitional period of one's life between childhood and adulthood, during which some important biological, psychological and social changes take place. It is a period of storm and stress. Adolescent have to adjust with their own changes in personality on one side and the changing socioeconomic environment on the other side. Some adolescent find it difficult to adjust normally with these changes and experience some problems, which are characteristics of the developing stage.

The term adjustment means a state of harmonious relationship between a person and his environment. It also refers to a continuous process by which a person changes his own behaviour or tries to changes the environment or bring change in both to produce satisfactory relationship with his environments. It also means how efficiently an individual perform his duties in different circumstances.

It is concerned with the individual's ability to cope effectively with his environment. According to Parameswaran and Beena (2004) Adjustment is a process by which a living organism acquires a particular way of acting or behaving or changes an existing form of behaviour or action. This adjustment is of two types viz. Adjustment to internal condition. A

balance between these two adjustment becomes necessary, as a person grow older. A adjustment is a very significant factor in the degree of achievement of students.

### **ADJUSTMENT**

generally speaking the term, adjustment appears in the literature with different shades. A very general meaning of adjustment is the process of living itself or dynamic equilibrium of the total personality. It is a lifelong process in which an individual learns the way of behaviour through which he enters into a relationship of harmony with his environment. Adjustment is a harmonious relationship between a man and his environment. One has to fit oneself in the prevailing circumstances when we adjust ourselves by this means we are changing in some any to adopt or accommodate. Adjustment is the main component of human life. The directory meaning of the word adjustment is to fit, make exact and the act of harmonious development. Adjustment is a state or the condition of harmony which helps in maintaining balance between needs and circumstances that influence the satisfactory of these needs.

According to Webster's Dictionary 'Adjustment is the act of adjusting or the condition of being adjusted.'

According to Bell, "Adjustment refers not only to person's overt behaviours but also to his own feelings himself, about other person and his environment. It is a way of reading to external stimulus."

### **OBJECTIVE**

To study the adjustment problems of adolescent studying in Government and Private Schools.

### **HYPOTHESIS**

1. There is no significant difference in the adjustment problems of adolescent studying in Government and Private schools.
2. There is no significant difference in the adjustment problem of male adolescent studying in Government and Private schools.
3. There is no significant difference in the adjustment problem of female adolescent studying in Government and Private schools.

### **SAMPLE**

Random sample technique was employed to select the sample of 200 Secondary School Students of District Sri Muktsar Sahib.

### **TOOL**

Bell's adjustment inventory (student form) developed by R.K Ojha (1968).

**RESULT AND DISCUSSION**

**Table 1 Showing t-ratio between adjustment problem of adolescent studying in Government and Private School**

Sr. No	Variable	N	Mean	S.D	S Ed	t-ratio	df	Level of Significance
1	Government School Students	100	67.46	9.77	22.28	0.41	198	Not Significant
2	Private School Student	100	66.52	20.66				

Table 1 shows that t-ratio between Government and Private school students is 0.41 which is less than the table value at 0.05 level (1.97) and 0.01 level (2.60). The obtained t-value is not significant at the level of 0.05 and 0.01 showing no difference between adjustment problems of Government and Private school students. Hence hypothesis I that there is no significant difference in the adjustment problem of adolescents studying in Government and Private school students is accepted.

**Table 2 Showing t-ratio between Adjustment Problems of Male adolescents studying in Government and Private Schools**

Sr. No	Variable	N	Mean	S.D	S Ed	t-ratio	df	Level of Significance
1	Male (Government School)	50	67.88	15.40	2.56	0.92	98	Not Significant
2	(Private School)	50	65.52	9.48				

Table 2 shows that t-ratio between male adolescents of Government and Private school is 0.92 which is less than the table value at 0.05 level (1.98) and 0.01 level (2.63). The obtained t-value is not significant at the level of 0.05 and 0.01 showing no difference between adjustment problems of male adolescents studying in Government and Private school. Hence hypothesis 2 that there is no significant difference in the adjustment problem of male adolescents studying in Government and Private school is accepted.

**Table 3 Showing t-ratio between Adjustment Problems of Female adolescents studying in Government and Private Schools**

Sr. No	Variable	N	Mean	S.D	S Ed	t-ratio	df	Level of Significance
1	Female (Government School )	50	67.58	16.10				
					2.910	0.17	98	Not Significant
2	Female (Private School )	50	67.04	13.79				

Table 3 shows that t-ratio between male adolescents of Government and Private school is 0.17 which is less than the table value at 0.05 level (1.98) and 0.01 level (2.63) .The obtained t-value is not significant at the level of 0.05 and 0.01 showing no difference between adjustment problems of female studying in Government and Private school. Hence hypothesis 3 that there is no significant difference in the adjustment problem of male adolescents studying in Government and Private school is accepted.

### CONCLUSION

There is no significant difference in the adjustment problem of adolescents studying in Government and Private schools. There is no significant difference in the adjustment problems of male and female adolescents studying in Government and Private schools.

### EDUCATIONAL IMPLICATIONS

1. The teacher should provide motivation to student for their better adjustment.
2. The teacher should encourage the student for participating in their adjustment.
3. This study shows that there is no difference in the male and female school students. So the age old prejudiced opinion that the female are inferior to male should be discarded.

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