



RESEARCHES ON CORRELATES OF ADJUSTMENT: A REVIEW STUDY

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Abstract

Education is the most vital input for the growth and prosperity of a nation. It has the power to transform human beings into human resources. Every human makes efforts to adjust himself to his surroundings because a wholesome adjustment is essential for leading a happy life and gaining satisfaction. The process of adjustment becomes still more complicated when his interaction with one situation comes into conflict with the requirements of the other situation. One situation may give rise to pleasure while the other may give rise to pain. The resulting tension may cause disturbance in his psyche, produce uncomfortable physical symptoms or may even lead to abnormal behaviour. As adjustment is very important factor for developing the quality of research work and many researches were conducted in this particular variable but in there is a need to know the present condition of this particular variable. Review has been done on adjustment and its correlates. In order to make the comprehensive review, this paper included previous studied conducted from 2010 to 2018. Studied conducted mainly on adjustment and its correlates of students from high school to master level and teachers were taken into consideration.



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Introduction

Education is the most vital input for the growth and prosperity of a nation. It provides strength and resilience to enable people to respond to the changing needs of the hour. Education is the backbone of all national endeavours. It has the power to transform human beings into human resources. We cannot build a sustainable and prosperous nation without the health and vitality of higher education. Apart from the primary and secondary education, higher education is the main instrument for development and transformation. "Higher education has special value in the contemporary knowledge society which contributes both directly and indirectly to the wealth of a nation" (MHRD Report, 2010-11). Knowledge society is mainly depends upon the research work. Research work is also depend upon the adjustment of the researcher in the course.

The term adjustment is often used as a synonym for accommodation and adaptation. Strictly speaking, the term denotes the results of equilibrium, which may be affected by either of these processes. It is used to emphasise the individual's struggle to a long or survive in his or her social and physical environment. Adjustment includes two important factors i.e. individual and the environment. Individual includes heredity and biological factors, psychological factors, and the quality of socialisation etc. Whereas, the environment includes all the social factors.

The process of adjustment becomes still more complicated when his interaction with one situation comes into conflict with the requirements of the other situation. One situation may give rise to pleasure while the other may give rise to pain. The resulting tension may cause disturbance in his psyche , produce uncomfortable physical symptoms or may even lead to abnormal behaviour.

Definition of Adjustment

According to Shaffer & suffer (1961) “Adjustment is the process by which living organism maintains a balance between its need and the circumstances that influence the satisfaction of these needs.

According to Gates, Jerslid and others (1970) “Adjustment is a continual process by which a person varies his behavior to produce a more harmonious relationship between himself and environment”.

Ways of Adjustment:

Adjustment is a process of interaction which has some ways to make it perfect. If we use these ways it will be very easy to us to adjust everywhere in any situation. The ways are mentioned below:

- By interacting between individual self and his/er situation.
- Adapting self with the environment as both are amenable and changeable.
- By finding out the ways which enables the person to satisfy his/er needs and maintain harmony with the environment.
- By adapting social and cultural values.
- By adapting new pattern of personality by every individual as per the environment, situation and working field.
- By developing strength and ability to bring desirable changes in the conditions of one's environment.

No universal criteria can be set for all times because criteria involve values judgment which differ from culture to culture and from generation to generation within the same culture. Broadly, four criteria have been evolved by psychologists to judge the adequacy of adjustment. These are like :

- 1) **Physical health:** The individual should be free from physical ailments like headache, ulcers, indigestion and impairment of appetite. These symptoms in individual have sometimes psychological origin and may impair his physical efficiency.
- 2) **Psychological comfort:** One of the most important facts of adjustment is that individual has no psychological diseases as obsession, compulsion, anxiety and depression etc. these psychological diseases if occur excessively cause to seek professional advice.
- 3) **Work efficiency:** The person, who makes full use of his occupational or social capacities, may be termed as will adjust in his social set up.
- 4) **Social acceptance:** Everybody wants to be socially accepted by other persons. If a person obeys social norms, beliefs and set of values, we may call him well adjusted but if he satisfies his needs by antisocial means then he is called maladjusted. But we see that societies differ in deciding the universally acceptable criteria of good behaviour, for example, in our country smoking and drinking are supposed to be antisocial but there are societies where these activities are quite normal for social adjustment.

Adjustment is necessary for every individual for surviving in this world. A child starts to adjust itself after its birth and continues till death. Learning to adjust in society is starts from home and it is modified in schools and colleges. As we know that Higher education plays an important role for the development of any nation. It helps in strengthening the nation as it indicates a means to make developed economy. In this knowledge based globalized era the role of higher education has become very important. It has three basic functions; teaching, research and dissemination. All higher education institutions in present days are expected to generate and disseminate the knowledge. Research is one of the important components under the system of higher education for generating knowledge which also need proper adjustment with the institution, researcher and guide as well.

Every human makes efforts to adjust himself to his surroundings because a wholesome adjustment is essential for leading a happy life and gaining satisfaction. As the M.Ed students are the future teacher educator who may face lot of adjustment problems. it is better to train them in these directions so as to make them adjusted. An adjusted M.Ed students no doubt possess all the capacities to make use of the opportunities and available resources for students

welfare and also social welfare related to research work. They are the prospective teachers' educators and their adjustment can definitely play a significant role in the development of teachers whom they are going to teach. So it is essential to know the adjustment of M.Ed. students.

A lot of researches have been carried out by considering these variables. In present context with this background the investigator made an attempt to review the researches conducted in previous years on adjustment and its correlates such as educational, social and demographic variables.

As adjustment is very important factor for developing the quality of research work and many researches were conducted in this particular variable but in there is a need to know the present condition of this particular variable. For achieving this objective the researchers reviewed the previous researches on adjustment from the **year 2010 to till now** only.

Previous researches on adjustment and its correlated

a) From 2010 to 2014

Ningamma & Armin (2010) conducted a study on relationship between Adjustment and Self-esteem among adolescents and found that **home, parents, self esteem had positive influence over emotional adjustment** of the students, where the analysis revealed that higher the self esteem better the adjustment. School, academic self esteem had positive influence over health adjustment of the students, where the analysis revealed that higher the self esteem better for the high adjustment. **Devi (2011)** made a study on Adjustment of students in relation to Personality and Achievement Motivation and concluded that there is correlation between emotional adjustment and achievement motivation in a positive way but not significant. The correlation between social adjustment and achievement motivation is seen to be significant. Achievement motivation has no effect on the adjustment, Extraversion has positive effect on social, educational and general adjustment, Neuroticism has negative effect on the emotional, social, educational and general adjustments. This indicates that emotional stability had a positive effect on all these aspects of adjustment of students . There was no significant effect of sex on general adjustment but the effect of area was found significant. **Sharma (2012)** carried out a study on Adjustment and Emotional Maturity among first year college students. Findings showed that majority of first year students were in the moderate category where home and health areas are concerned. However, 72% of the respondents were found to be at the low level for the educational area which suggests that students faced more difficulties in adjusting academically. While at the same time low scores

in social (56%) and emotional (52%) areas show that they experience problems in these areas in college campus. **Chauhan (2013)** made a study on adjustment of higher secondary school students of durg district of Chhattisgarh and concluded that there is significant difference in total adjustment between male and female of higher secondary students. 50 % female and 19.60% male students have good Adjustment. However, 52.94% male and 38.33% female have average adjustment similaly 6.66% are unsatisfactory and 19.60% unsatisfactory adjustment level. So that females had good and excellent adjustment level than the male higher secondary school student. **Gupta (2013)** conducted a Study of Problems of Adjustment of Senior Secondary School Students. Researcher found that 1. The boys possessed a good level and girls possessed a moderate level in their home adjustment. 2. The boys and girls possessed a good level in their health and emotional adjustment. 3. The boys possessed a moderate level and girls possessed a good level in their social adjustment. **Rajeswari & Eljo (2013)** Studied on Emotional Adjustment of Adolescent School Students and concluded that there is no significant relationship between gender and the level of their emotional adjustment. **Nadeem & Bhat (2014)** conducted a study on Adjustment Level among Secondary School Teachers in Kashmir and found that the secondary school teachers male and female differ significantly on health, social, emotional and total adjustment but not differ significantly on home and occupational adjustment. The secondary school teachers rural and urban differ significantly on health, social, emotional and total adjustment but do not differ significantly on home and occupational adjustment.

Discussion

Adjustment study done with various psychological variables like self-esteem, mental health, emotional intelligence, personality, achievement motivation etc. (**Devi, 2011; Rajeswari & Eljo, 2013**) found that there is no significant difference between male and female students on their adjustment. They are studied in the same class, taught by the same teachers and perceived a favourable institutional climate. In institutions no discrimination allowed. Many government programme run to upliftment to female so that females comes in equal to male. **Nadeem & Bhat (2014)** concluded that male and female differ significantly on health, social, emotional and total adjustment but not on home and occupational adjustment. However rural and urban differ significantly on health, social, emotional and total adjustment but not on home and occupational adjustment. It happens may be due to awareness and different programme run by government and non-government organisation at urban as well as rural areas. **Devi (2011)** concluded that there is correlation between

emotional adjustment and achievement motivation in a positive way but not significant and correlation between social adjustment and achievement motivation is seen to be significant.

A critical analysis reveals that in between 2010 and 2014, only two studies were qualitative in nature however all most all the studied used a quantitative technique such as t-test, correlation, ANOVA. In other words, it can be drawn at the conclusion that the studies were loaded with quantitative analysis during the above mentioned period.

b) From 2015- 2018

Singh (2015) conducted study on Mental Health and Adjustment in Science and Arts Students and found that there is no significant difference were found between college students of science and art stream. Whereas Science students were found poorly adjusted to art students. **Kumar** (2015) studied on Attitude towards Teaching Profession in relation to Adjustment among senior secondary school teachers and found that there is no significant difference exists between means of adjustment among male and female senior secondary school teachers of Ferozepur District. Similarly there is no significant difference exists between means of adjustment among urban and rural senior secondary school teachers of Ferozepur District. **Bharvad** (2015) conducted a study on Emotional Intelligence and Adjustment among school students and found that male students of urban and rural schools are having significantly different adjustment score as compared to female urban and rural students. It means there is high adjustment of female urban and rural school students. However there is a significant interaction between stream and gender of adjustment of urban and rural school students. It indicates that both school results are closure in the level of school adjustment. Researchers such as (**Dixit 2015; kumar & padhi 2015**) studied on the Emotional intelligence and Adjustment. Researcher revealed that there was significant difference in the level of adjustment of urban and rural B.Ed. students. However there was significant difference in the level of adjustment of urban and rural male B.Ed. students. There was significant difference in the level of adjustment of urban and rural female B.Ed. students. **Khan & Khan** (2016) completed a research report on the relationship between Teaching Aptitude and Adjustment of Teachers of secondary & higher secondary schools of Raipur city. Researcher found that there is no high and positive significant relationship between Teaching Aptitude & Teachers Adjustment of Secondary & Higher Secondary Schools Teachers. However there is no significant difference between the Teachers Adjustment of Secondary & Higher Secondary School Teachers. There is significant difference between the Teachers Adjustment of male & female teachers of Secondary & Higher Secondary School

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teachers. **Sekar & Lawrence (2016)** investigated on Emotional, social, educational adjustment of higher secondary school students in relation to academic achievement and found that there is significant relationship between emotional, social, educational adjustments of students in relation to the academic achievement. Similarly there is significant relationship between emotional, social, educational adjustments of rural area students in relation to academic achievement. **Zalawadia (2017)** carried out a study on Adjustment of College Students in relation to certain variables in Rajkot city. Researcher found that there is no significant difference between the Adjustment of boys and girls. It means adjustment of the boys and girls students are equivalent. Similarly there is no significant difference between the Adjustment of student from B. Sc and M.Sc degree. It means adjustment of student B.Sc is equivalent to that of student M.Sc degree. **Murthy (2018)** made a study on Adjustment of IX standard students in relation to their Home Environment. The study revealed that there is no significant relationship between adjustment and school environment of IX standard students. The result also revealed that there is no significant between adjustment of Boys and Girls. The Girls is more adjustment than the Boys. The private unaided school students is higher adjustment than the private aided and Government school students. **Waghmare (2018)** conducted a study on Adjustment among 12th standard students and found that there is no significant difference between male and female 12th standard students in their Adjustment.

Discussion

Researchers (**Kumar, 2015; Zalawadia, 2017 ; Murthy, 2018; Waghmare, 2018**) found that there is no significant difference between male and female students in their Adjustment. **Singh (2015)** found that there is no significant difference were found between college students of science and art stream. Whereas Science students were found poorly adjusted to art students. (**Dixit 2015; kumar & padhi 2015**) found that there is significant difference in the level of adjustment of urban and rural students. **Sekar & Lawrence (2016)** found that there is significant relationship between emotional, social, educational adjustments of students in relation to the academic achievement. Similarly there is significant relationship between emotional, social, educational adjustments of rural area students in their academic achievement.

A critical analysis of the researches done in between 2015 and 2018, shows that not a single research followed qualitative technique and all the researches were done by using quantitative technique such as t-test, correlation, ANOVA. In other words, it can be drawn at the conclusion that there is a paradigm shift from qualitative to quantitative technique .

Conclusions

From the researches it can be concluded that adjustment is related to various psychological variables like self-esteem, mental health, emotional intelligence, achievement etc. It is also correlated with some demographical variables like gender, parents educational qualification, experience of teachers, locality. So if we give good education to the students then they will be able to adjust everywhere in a good way. Similarly if the parents are educated they can teach their children to adjust in every field it may be social, educational, emotional as well. Supervisors also play a vital role for the adjustment of M.Ed. students without which research can't be carried out in a smooth way.

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