

A STUDY ON ADJUSTMENT OF SECONDARY SCHOOL STUDENTS

Kamini Sharma, Ph.D.

Abstract

Due to technological advancement/progress in the present century, students behave like a machine demanding excessive concentration & speedy reaction. It is a great challenge to the student's personality development & adjustment. Therefore, good adjustment plays a pivotal role & helps in well physical & intellectual development. Now days the family, the school, the college, the educational institutions & the society are also complex that the students are facing a lot of problems in their daily life in relation to their adjustment. It is the responsibility of the researcher, the teacher as well as the parents that the problems should be identified very soon & immediate measures should be provided to the student for the betterment of their lives. The present study was conducted on secondary school student. The main objective of the study was to identify the adjustment problems among boys & girls of secondary school in Navi Mumbai. A sample of one hundred & twenty-five students was selected randomly from secondary school in Navi Mumbai. Adjustment inventory by M. N. Palsane was administered. 't' -test was applied to find the significant difference of adjustment across different variables. Analysis of results indicates that there is significant difference in total adjustment in boys & girls of secondary school. The study revealed those significant differences in home & family, personal & emotional & social adjustment in boys & girls of secondary school. There is no significant difference in education & health adjustment of boys & girls of secondary school.



Scholarly Research Journal's is licensed Based on a work at www.srjis.com

Introduction

Every individual, great or small, old or young is confronted with the problem of adjustment. The problem of adjustment has been in existence on earth since the appearance of the human race. The process of adjustment starts right from the birth of the child & continues till death. The problem of adjustment is both internal as well as external. Therefore, adjustment would be a condition in which individual feels that needs have been fulfilled & individual's behavior confirms the needs of a given environment or the environment will be changed in such a manner as it conforms to the needs of the individual.

The individual adapts himself to his environment in order to ensure his survival & maintain his existence. It is not an essential or inevitable for this process of adjustment to achieve success & it is because of this that he suffers mental conflict. The question which

must be answered is, why does mental conflict arise? A well adjusted individual seems to be one who has established some reasonable goals with his interests & abilities & who has settled down to work towards those goals without tension. Adjustment is a two- way process & involves not only the process of fitting oneself into available circumstances but also the process of changing the circumstances to fit one' needs. An adjusted child & normal child is one who attacks problems directly, accepts & tolerates normal amount of frustration, acts rationally, makes sincere efforts to reach his goal, enjoys company of others, is cheerful & energetic & possesses an optimistic view of life & things around him.

DIMENSIONS OF ADJUSTMENT IN SCHOOL.

- getting most out of specific studies and activities
- overcoming learning problems and instructional difficulties
- satisfactory progress in exploratory experiences
- optimum relationships between classroom objectives and individual outcomes
- choice of appropriate courses in accordance with 3A's age, ability and attitude.

- self-understanding and acceptance
- proper insight into needs, attitude and values
- overcoming emotional difficulties
- maintenance of health and personal hygiene.

Adjustment to academics, co-curricular and school routine.

Adjustment to and within the self.

Psychological Adjustment.

Social Adjustment.

- Development of a good memory
- development of a desirable interest.
- development of a good temperament.
- development of a desirable attitudes

Objectives-

1. To study the difference between the adjustment of boys & girls of secondary student studying in CBSE school.
2. To study the difference between the home & family adjustment of boys & girls of secondary student studying in CBSE school.
3. To study the difference between the personal & emotional adjustment of boys & girls of secondary student studying in CBSE school.
4. To study the difference between the social adjustment of boys & girls of secondary student studying in CBSE school.
5. To study the difference between the educational adjustment of boys & girls of secondary student studying in CBSE school.
6. To study the difference between the health adjustment of boys & girls of secondary student studying in CBSE school.

Hypotheses-

1. There will be no significant difference in adjustment of boys & girls of secondary student studying in CBSE School.
2. There will be no significant difference in home & family adjustment of boys & girls of secondary student studying in CBSE School.
3. There will be no significant difference in personal & emotional adjustment of boys & girls of secondary student studying in CBSE School.
4. There will be no significant difference in social adjustment of boys & girls of secondary student studying in CBSE School.
5. There will be no significant difference in educational adjustment of boys & girls of secondary student studying in CBSE School.
6. There will be no significant difference in health adjustment of boys & girls of secondary student studying in CBSE School.

Methodology-

Normative survey method of research was used for this study by the researcher.

Variables-

In this study, boys & girls of secondary school student studying in CBSE are the independent variables. An adjustment problem (home & family, personal & emotional, social, educational & health) of secondary student are the dependent variables.

Copyright © 2020, Scholarly Research Journal for Interdisciplinary Studies

Sample-

For the present study one hundred & twenty-five student were randomly selected from CBSE school of Navi Mumbai of Maharashtra state.

Tool used-

Adjustment Inventory for school students’ was constructed by M.N.Palsane with 375 items distributed on home & family environment, social, personal & emotional, educational & health adjustments was used.

Statistics to be used

t-test was used to study the significant difference in the adjustment problems of boys & girls of secondary school students.

Statistical Techniques:

The data were analyzed using Mean, S.D., & ‘t’ test.

Analysis of data & Interpretations

The analysis of the data & its interpretation are presented below-

Hypothesis1: There will be no significant difference in adjustment of boys & girls of secondary student studying in CBSE School.

Table-1 showing t-value of adjustment of boys & girls student

Gender	N	Mean	S.D.	t-value	Level of Significance
Boys	55	220	24.38	-8.68	Significant at 0.05 level
Girls	55	263	31.79		

The table-1 depicts that the mean score & S.D. of boys is 220 & 24.38 & mean score & S.D. of girls is 263 & 31.78. The result shows that overall adjustment of boys is different as compared to girls. It also reveals that the obtained t-value of -8.68 is greater than the table value of 1.98 at 0.05 significant level. Hence the hypothesis is rejected. It is thus inferred that there is significant difference in total adjustment between boys & girls of secondary school student.

Hypothesis 2: There will be no significant difference in home & family adjustment of boys & girls of secondary student studying in CBSE School.

Table-2 showing t-value of home & family adjustment of boys & girls student

Gender	N	Mean	S.D.	t-value	Level of Significance
Boys	55	23.70	28.35	-2.34	Significant at 0.05 level
Girls	55	33.25	7.96		

Table-2 depicts that the mean score & S.D. of boys is 23.70 & 28.70 & the mean score & S.D. of girls is 33.25 & 7.96. The result shows that the home & family adjustment of boys is different as compared to girls. It also reveals that the obtained t-value of -2.34 is greater than the table value of 1.98 at 0.05 significant level. Hence the hypothesis is rejected. It is thus inferred that there is significant difference in home & family adjustment between boys & girls of secondary school student.

Hypothesis 3: There will be no significant difference in personal & emotional adjustment of boys & girls of secondary student studying in CBSE School.

Table-3 showing t-value of personal & emotional adjustment of boys & girls student

Gender	N	Mean	S.D.	t-value	Level of Significance
Boys	55	65.98	17.62	-4.006	Significant at 0.05 level
Girls	55	83.98	24.31		

The table-3 depicts that the mean score & S.D. of boys is 65.98 & 17.62 & mean score & S.D. of girls is 83.98 & 24.31. The result shows that personal & emotional adjustment of boys is different as compared to girls. It also reveals that the obtained t-value of -4.006 is greater than the table value of 1.98 at 0.05 significant level. Hence the hypothesis is rejected. It is thus inferred that there is significant difference in personal & emotional adjustment between boys & girls of secondary school student.

Hypothesis 4: To study the difference between the social adjustment of boys & girls studying in CBSE school.

Table-4 showing t-value of social adjustment of boys & girls student

Gender	N	Mean	S.D.	t-value	Level of Significance
Boys	55	43.8	13.73	-4.041	Significant at 0.05 level
Girls	55	53.74	12.81		

The table-4 depicts that the mean score & S.D. of boys is 43.8 & 13.78 & the mean score & S.D. of girls is 53.74 & 12.81. The result shows that the social adjustment of boys is different as compared to girls. It also reveals that the obtained t-value of -4.041 is greater than the table value of 1.98 at 0.05 significant level. Hence the hypothesis is rejected. It is thus inferred that there is significant difference in social adjustment between boys & girls of secondary school student.

Hypothesis 5: There will be no significant difference in educational adjustment of boys & girls of secondary student studying in CBSE School.

Table-5 showing t-value of educational adjustment of boys & girls student

Gender	N	Mean	S.D.	t-value	Level of Significance
Boys	55	61.07	11.42	-0.663	Not Significant at 0.05 level
Girls	55	62.41	11.86		

The table-5 depicts that the mean score & S.D. of boys is 61.07 & 11.42 & the mean score & S.D. of girls is 62.41 & 11.86. The result shows that the almost there is no difference in educational adjustment of boys & girls. It also reveals that the obtained t-value of -0.663 is lesser than the table value of 1.98 at 0.05 significant level. Hence the hypothesis is accepted. It is thus inferred that there is no significant difference in education adjustment between boys & girls of secondary school student.

Hypothesis 6: There will be no significant difference in health adjustment of boys & girls of secondary student studying in CBSE School.

Table-6 showing t-value of health adjustment of boys & girls student

Gender	N	Mean	S.D.	t-value	Level of Significance
Boys	55	29.4	6.41	-0.955	Not
Girls	55	30.56	6.87		Significant at 0.05 level

The table -6 depicts that the mean score & S.D. of boys is 29.4 & 6.41 & the mean score & S.D. of girls is 30.56 & 6.87. The result shows that there is almost no difference in health adjustment of boys & girls. It also reveals that the obtained t-value of -0.955 is lesser than the table value of 1.98 at 0.05 significant level. Hence the hypothesis is accepted. It is thus inferred that there is no significant difference in health adjustment between boys & girls of secondary school student.

Conclusion

On the basis of present study, it can be concluded that there is significant difference in total adjustment between boys & girls of secondary school student. The study also concluded that boys & girls of secondary school differ significantly in home & family, personal & emotional & social adjustment. They do not differ significantly in education & health adjustment. The findings of the present study indicate that there is distinction between boys & girls in their adjustment. Adjustment is very important as it is a process by which an individual learns certain ways of behavior to cope with situation. Only one adjustable person can make his life successful. So, parents & educational institutions should pay attention to minimize the adjustment problems of students. General information on perceived academic, social & cultural issues in campus environment should be provided in order to make students transition smooth.

References

- Aggarwal J C (2014). Essentials of Educational Psychology. Third Edition, Vikas Publishing House Pvt.Ltd., Noida.*
- Chauhan Vandana (2013). A study on adjustment of higher secondary school students of Durg district. IOSR Journal of Research & Method in Education, Volume I, Issue I Pp 50-52.*

- Gnanai M.Y.,Ashraf Muhammad (2013). *A comparative study of Adjustment and Academic achievement of college students. Journal of Educational Research and Essays Vol. 1(1), Pp. 5- 8 Jan. 2013.*
- Kothari C.R.(2004). *Research Methodology-Methods & Techniques, Second Edition, New Age International (P) Limited,Publishers, New Delhi.*
- Koul Lokesh (2004). *Methodology of Educational Research, Third Revised Edition, Vikas Publishing House Pvt. Ltd. New Delhi.*
- Kumar Ajay (2013). *Attitude towards teaching profession in relation to Adjustment among Senior secondary school teachers, International Journal of Science & Research*
- Mangal S.K. (2006). *Advanced Educational Psychology. Second Edition, Prentice-Hall of India Pvt. Ltd.,New Delhi.*
- Palsane M.N. *Adjustment Inventory. Publishers-Anand Agencies.*
- Sharma Priyanka & Saini Nisha (2013). *Health, social & emotional problems of college students. IOSR Journal of Humanities & Social Science, Volume 14, Issue 5, Pp 21-34.*
- Sangeeta & Chirag (2012). *A Study of Adjustment problems of College students in relation to Gender, Socio-economic status & Academic achievement. International Journal of Behavioral social & movement Sciences, ISSN-2277-7547, Vol.01, Issue02, April 2012.Pp. 90-98.*