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A COMPARATIVE STUDY OF ADJUSTMENT OF SECONDARY SCHOOL STUDENTS



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Short Profile

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ABSTRACT:

The main purpose of this study was to compare the adjustment level of boys and girls of secondary school student in the Sonapat city with the help of survey method using Bell's Adjustment inventory (1994) as a tool for collection of data. The present study was found that there was no significant difference in the adjustment level between boys and girls. It was also emerged clearly that there was no significant difference in the mean adjustment of boys and girls of secondary schools students in the Sonapat district. The reason could be that the students from different school had realized the importance of the adjustment. But the range score also reveals that girls are having good and

excellent adjustment level than the boys in home area and boys are having good and excellent emotional adjustment level than the girls.

KEYWORDS

psychology, sociology and education , emotional adjustment .

INTRODUCTION:

The word adjustment means that behaviour that permits people to meet the demands of the environment. It is also defined as a response to stress and adjust. Different psychologists and the leaders of educational thoughts defined the process of adjustment in different terms. The concept of adjustment was first given by Darwin, who used it as adaptation? to survive in the physical world. Adjustment and adaptation are frequently used in the same sense. Initially, adaptation was used by person at meant to attempt to survive in physical conditions of environment .later on psychology come out with the new term Adjustment with a broader concept. New Adjustment means behavioral reaction to personal demands and social adjustment is commonly used in our everyday life. It is equally popular in the discipline of psychology, sociology and education. Life is a continuous series of change and challenges. Everyone is facing such situations for his survival or growth. Different persons use different ways to satisfy these needs. The strategy used by the individual to manage this is called adjustment. Sometimes, the efforts of the individual are successful and satisfying, then it is a case of good adjustment. But if a person meet frustration in his efforts continuously, the personality adjustment may not be proper, then it might be a case of maladjustment. Muni and Pavigrahi, (1997) found that girls were better adjusted in all the areas of adjustment pattern than boys. Sathpathy and Singal, (2001) made study of predicating social emotional adjustment of the sensory impaired adolescents

Shalu and Audichya, (2006) assessed and compared the school adjustment and reported a significant difference emotional adjustment among the gender were boys scored better, whereas no significant difference was observed in school, social and educational adjustment..

NEED OF THE STUDY

In this 21 Century, life is not so simple, as the society is changing day be day leading towards more sophisticated stage. Our lives are also becoming tougher and more complex. In this, so called sophisticated society to lead a well adjusted tension free simple life incumbersome task. However it is matter of great concern for the secondary school student's who is on their adolescent stage. As the adolescent stage is the spring of life. It is a period of great stress and strain, storm and strife. It is attractive but uneven and unsecured. It is a period when physical and mental changes take place. Due to which they can not concentrate the study effectively.

To quote Aristotle: "Education is the creation of sound mind in sound body. But stress can decrease their effectiveness of mind and eventually harm their health. So, that necessary guidance and counseling services may be suggested for there better adjustments.It is also seen that there is a difference in adjustment level of male and female students. So, that the researcher want to see the difference level of adjustment among them in the areas of (health, emotional, social and home adjustment). Therefore this study has been planned in this direction.

OPERATIONAL DEFINITION OF THE TERM OF USED

ADJUSTMENT: Adjustment is the process by which living organism maintains a balance between his need and the circumstances that influence the satisfaction of these need.

Secondary School Students: Secondary School students are students of classes IX X, XI, and XII. These are those students who are passing through the period of adolescence, which is the most

important period of human's life.

OBJECTIVES

- To compare the home adjustment level of boys and girls of secondary school student.
- To compare the health adjustment level of boys and girls of secondary school students
- To compare the social adjustment level of boys and girls of secondary school student.
- To compare the emotional adjustment level of boys and girls of secondary school students.
- To classify the students based on their adjustment score.

Methodology: The descriptive survey method was used for this study. This study involved the student of Secondary Schools located in Sonipat District. Sample of the students is selected from Sonapat district. It was of 200 students, out of them 100 are boys and 100 are girls. The sample was selected by using Random sampling technique.

Tool:- The standardized test named "Bell's Adjustment Inventory conduct by (R.K OJHA, 1994). was used as tool for this study.

Collection of Data: After selecting the sample the test was administrated on the secondary school students under the standard instructions given in the manual scoring of the test were done according to the manual.

Statically Technique:-Following techniques were used for calculation of data: Calculation of mean, Calculation of standard deviation, Collection of t- value.

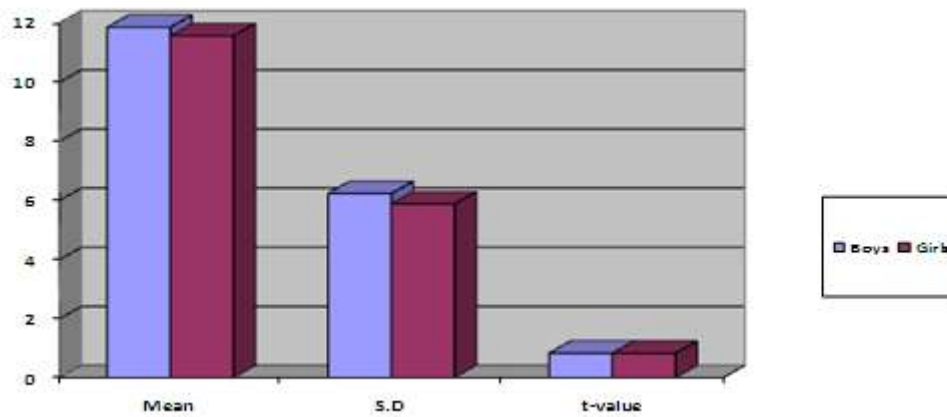
ANALYSIS AND INTERPRETATION

The analysis and interpretation of data and discussion of result in term of objectives of the study and the results have been interpreted in following sections:

Comparison of home adjustment between boys and girls of secondary school students.

Table No. – 1

Student	N	Mean	S.D	T-value	Level of significance	
Boys	100	11.85	6.23	0.83	0.05	0.01
Girls	100	11.56	5.88		1.96	2.58

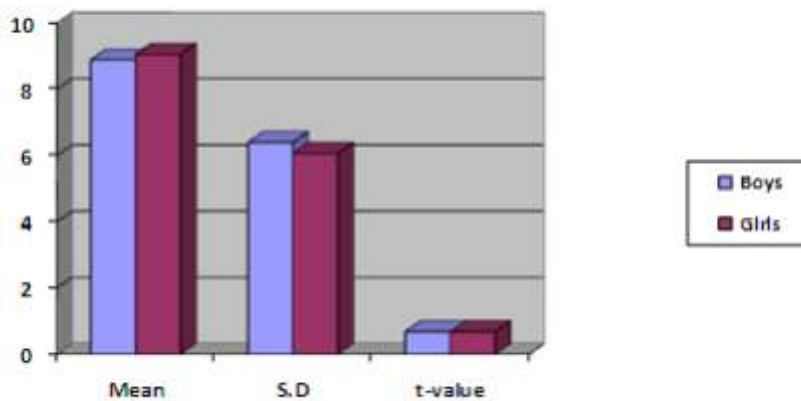


The fig 1.1 shows that the mean score of boys and girls are 11.85 and 11.56 respectively .S.D score of boys and girls are 6.23 and 5.88 respectively and t-value of boys and girls are 0.83. This reveals that two groups of school students do not differ significantly with regard to their home adjustment.

Comparison of health adjustment between boys and girls of secondary school students.

Table No. – 2

Student	N	Mean	S.D	T-value	Level of significance	
Boys	100	8.89	6.40	0.68	0.05	0.01
Girls	100	9.06	6.07		1.96	2.58



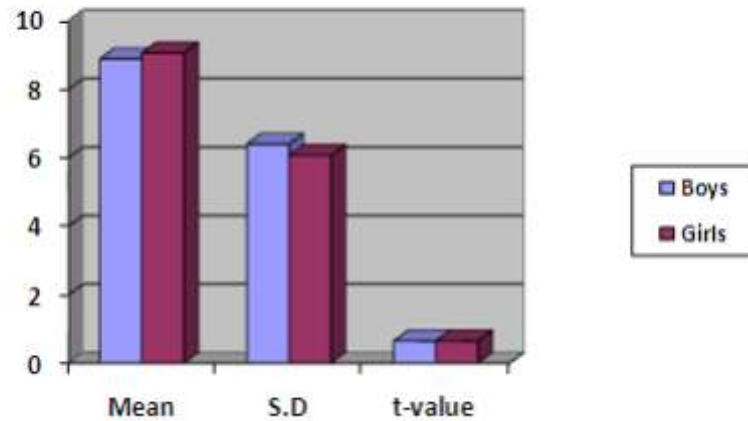
The fig 1.2 shows that the mean score of boys and girls are 8.89 and 9.06 respectively .S.D score of boys and girls are 6.40 and 6.07 respectively and t-value of boys and girls are 0.68. It reveals that two groups of school student do not differ significantly with regard to their health adjustment.

Comparison of social adjustment between boys and girls of secondary school students.

Table No. – 3

Student	N	Mean	S.D	T-value	Level of significance	
Boys	100	10.48	6.59	0.65	0.05	0.01
Girls	100	11.83	6.64		1.96	2.58

Fig:-1.3



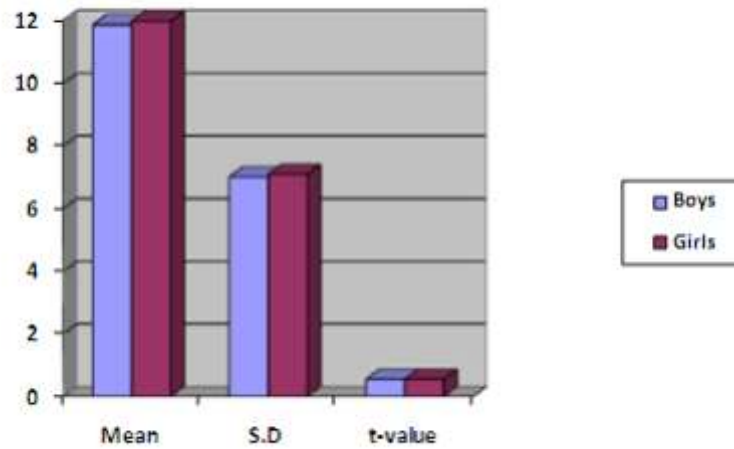
The fig 1.3 shows that the mean score of boys and girls are 10.48 and 11.83 respectively. S.D score of boys and girls are 6.56 and 6.64 respectively and t-value of boys and girls are 0.65. It reveals that two groups of school student do not differ significantly with regard to their social adjustment.

Comparison of emotional adjustment between boys and girls of secondary school students.

Table – 4

Student	N	Mean	S.D	T-value	Level of significance	
Boys	100	11.86	7.01	0.55	0.05	0.01
Girls	100	11.98	7.09		1.96	2.58

Fig:-1.4



The fig 1.4 shows that the mean score of boys and girls are 11.86 and 11.98 respectively .S.D score of boys and girls are 7.1 and 7.09 respectively and t-value of boys and girls are 0.55. It reveals that two group of school students do not different significantly with regard to their emotional adjustment.

Table-2.1 Classification of secondary school students based on home adjustment score.

Category	Description	Male		Female	
		Number	Percent	Number	Percent
A	Excellent	10	10%	6	6%
B	Good	10	10%	14	14%
C	Average	34	34%	48	48%
D	Unsatisfactory	10	10%	7	7%
E	Very unsatisfactory	36	36%	24	24%

Table-2.2 Classification of secondary school students based on health adjustment score.

Category	Description	Male		Female	
		Number	Percent	Number	Percent
A	Excellent	8	8%	9	9%
B	Good	15	15%	10	10%
C	Average	31	31%	40	40%
D	Unsatisfactory	6	6%	14	14%
E	Very unsatisfactory	40	40%	27	27%

Table-2.3 Classification of secondary school students based on social adjustment score.

Category	Description	Male		Female	
		Number	Percent	Number	Percent
A	Excellent	11	11%	10	10%
B	Good	6	6%	8	8%
C	Average	36	36%	37	37%
D	Unsatisfactory	13	13%	17	17%
E	Very unsatisfactory	34	34%	28	28%

Table-2.4 Classification of secondary school students based on emotional adjustment score

Category	Description	Male		Female	
		Number	Percent	Number	Percent
A	Excellent	11	11%	11	11%
B	Good	38	38%	10	10%
C	Average	22	22%	29	29%
D	Unsatisfactory	12	12%	19	19%
E	Very unsatisfactory	17	17%	31	31%

Findings:

- It was found to be insignificant difference in health adjustment between boys and girls of secondary school students.
- It was found to be insignificant difference in the home adjustment between boys and girls of secondary school students.
- It was found non-significant difference in the social adjustment between boys and girls of secondary school students.
- It was found non-significant difference in the emotional adjustment between boys and girls of secondary school students.

Results on the bases of Range score

- Table 2.1 shows that Girls are having good and excellent adjustment level than the boys in home area.
- Table 2.2 shows that based on health adjustment score there is no significant difference between boys and girls.
- Table 2.3 shows that based on Social adjustment score there is no significant difference between boys

and girls.

- Table 2.4 shows that boys are having good and excellent emotional adjustment level than the girls.

DISCUSSION & CONCLUSION

Famous psychologist and writer Davit J. Schwartz said that, "How we think shows through in, how we act. Attitude are mirrors of the mind, they reflect thinking." In the same way famous psychologist William James said that the greatest discovery of my generation is that human beings can alter their lives by altering their adjustment. From these two one can easily infer the significance of adjustment. Psychologist and educationists through their experiences have realized the importance of adjustment in human life.

The mean adjustment score of students of the present study reflected that the adjustment level is average. It was also emerged clearly that there was no significant difference in the mean adjustment of boys and girls of secondary schools students in the Sonapat district. But on the bases of the range score it was found that Girls are best adjusted in home area. And also on the bases of the range score it was found that boys are best adjusted in emotional area. The reason could be that the students from different school had realized the importance of the adjustment.

EDUCATIONAL IMPLICATIONS

This investigation, if truly and sincerely followed, has tremendous impact on education for every person because adjustment is necessary in life. Well adjusted person get success in his life a compare to unadjusted person because they can handle difficult circumstances in easy way. Life satisfaction should be necessary for happy life and self realization. The findings can be applicable at several stages such as:

1. It will helpful in making good relation between boys and girls of secondary school students.
2. It will helpful in social life adjustment of students.
3. Promote healthy attitude and interest between boys and girls of secondary school students.
4. It will helpful in intellectual development of student
5. It will helpful in home adjustment of students.
6. It will helpful in decreasing psychological diseases.
7. It will helpful in emotional adjustment of student life.

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