



Social Adjustment of Hindu and Muslim People

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Abstract:

The present investigation is to find out the difference in the adjustment of Hindu and Muslim people. The sample consisted of 120 Hindu and Muslim people. Out of which 60 were Hindu people and 60 were Muslim people. For this purpose of investigation "Social Adjustment Inventory (S.A.I.)". By Dr. R.C. Deva was used. The obtain data was analyzed through 't' test to know the mean difference between Hindu and Muslim peoples. The result shows that there is significant difference in social Maturity, Emotional Adjustment and Social adjustment of Hindu and Muslim people.

1. Introduction

Each individual tries his best to adjust himself in various situations. Everybody has a desire to live a happy life. That is the only reason why any individual tries his best to get adjusted in any situation in life. Positive thinking and positive behavior is essential for adjustment. Sometimes he struggles against situations to make his life happy. Sometimes he surrenders before situations. Such conflicts in life occur right from adolescent period. So this adolescent period is known as the golden period of life. He dreams and day dreams about life. Sometimes he feels that his needs are not realized and he turns to negative behavior. He cannot accept the hard and harsh realities of the real world. He never accepts realities and starts his struggle and conflicts in life. He keeps himself reserve and aloof and away from others. He revolts against elders and develops negative thinking and negative behavior. In this unusual situation the young people damage their life and society through negativity. Such situation arises due to lack of adjustment in adolescent period.

Adjustment is too much needed for a modern Man is surrounded by number of needs in the modern world. He lives under such complex environment which never did exist in the past. His personality and individuality are covered through tension, terror, fear, conflict, dis-satisfaction, mental stress etc. He should develop timely adjustment concept regarding happiness and contentness through satisfactory adjustment with his needs and means. This concept can be said a timely concept and ideology.

American psychologist Colman has named modern age as "Tension Age". Man thinks' himself modern but actually he lives under tensions and worries. He is surrounded by hurry and worry. People working various fields suffer from frustrations and conflict due to the lack of their knowledge regarding adjustment. Today's man feels anxiety and restlessness and gloominess. Explaining modern man's psychological problems Aricfrom says, "Man does not know how to behave with himself and how to pass time meaningfully". Aristotle has truly said, "Man's real existence does not depend on exerting sense of possession on the plenty of material things".

According to Ravindranath Tagor sense of possession suggest man's greatest limitation. Ultimately it harms man's physical and mental health. Real happiness lies in contentness, peace and enjoyment. It is very much essential to study the 'Psychology of Adjustment'. Man is a social animal so he lives and dies in society. He cannot separate himself from society. He is an integral part of society. If he has to live in the society, he has to adjust with others in society. It is necessary also for him to live

peacefully. Tulsidas has said that we should live in society and establish cordial relations so that mental peace and achievement can be attained. In the present study we try to measure Social Adjustment of Hindu and Muslim people.

2. Objectives

1. The purpose of the present investigation was the social Maturity of Hindu and Muslim people.
2. The purpose of the present investigation was the Emotional Adjustment of Hindu and Muslim people.
3. The purpose of the present investigation was the social Adjustment of Hindu and Muslim people.

3. Hypothesis

Ho₁ There is no significant difference between Hindu and Muslim people in Relation to social maturity.

Ho₁ There is no significant difference between Hindu and Muslim people in Relation to Emotional adjustment.

Ho₁ There is no significant difference between Hindu and Muslim people in Relation to social adjustment.

4. Method of the study

4.1 Sample

The sample of the present study consisted of 120 Hindu and Muslim people living in Ahmedabad district. Out of which 60 were Hindu and 60 were Muslim people.

4.2 Tool

In this study of measure social adjustment "Social adjustment inventory" by Dr. R.C. Deva was used which is a very reliable tool in this inventory. Its reliability is tested in the questionnaire that has been used in this study. The total of 100 statements is given the answer for which the response is 'YES' and 'NO'. This inventory used to measure social adjustment.

5. Statistical Strategy

't' test was applied to know the significant difference between social adjustment level of Hindu and Muslim people.

6. Results and Discussion

Table 1. Mean, S.D. and 't' value of Hindu and Muslim people among Social Maturity

Group	N	Mean	S.D.	't' value	level of significant
Hindu people	60	78.8	29.75	6.74	0.01
Muslim people	60	104.93	30.23		

Table 1 shows social maturity of Hindu and Muslim people, for the Hindu people the mean is 78.8, for the Muslim people the mean is 104.93 and S.D. is 29.75 and 30.23. For both group's level value is 6.74 and which is significant at 0.01 level.

Table 2. Mean, S.D. and 't' value of Hindu and Muslim people among Emotional Adjustment

Group	N	Mean	S.D.	't' value	level of significant
Hindu people	60	97.42	35.40	2.60	0.01
Muslim people	60	86.4	30.13		

Table 2 shows the Emotional adjustment of Hindu and Muslim, For the Hindu the mean is 97.42 for the Muslim the mean is 86.4 and S.D. is 35.40 and 30.13 for both group 't' level value is 2.60 and which is significant at 0.01 level.

Table 3. Mean, S.D. and 't' value of Hindu and Muslim people among Social Adjustment

Group	N	Mean	S.D.	't' value	level of significant
Hindu people	60	75.15	29.45	3.42	0.01
Muslim people	60	68.52	26.14		

Table 3 shows the Social adjustment of Hindu and Muslim, For the Hindu the mean is 75.15 for the Muslim the mean is 68.52 and S.D. is 29.45 and 26.14 for both group 't' level value is 3.42 and which is significant at 0.01 level.

7. Conclusion

1. There was a significant difference between Hindu and Muslim people regarding social maturity.
2. There was a significant difference between Hindu and Muslim people regarding Emotional adjustment.
3. There was a significant difference between Hindu and Muslim people regarding social Adjustment.

Reference

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