



A study of Adjustment of Higher secondary school Students of Ahmedabad in Relation to Certain Variables

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1. Introduction

To change oneself and adjust with environment to establish harmonious relation is adjustment. The process of adjustment, starts right from the birth of the child and continues till one's death.

The concept of adjustment is as old as human race on earth, systematic emergence of this concept starts from Darwin. In those days the concept was purely biological and used the term adaptation.

Insects and germs, in comparison to human beings, cannot withstand the hazards of changing conditions in the environment and as the season changes, insects die. Hundreds of species of insects and germs perish as soon as the winter begins.

Man among the living beings, has the highest capacities to adapt to new situations. Man as a social animal not only adapts to physical demands but he also adjusts to social pressures in the society.

Biologists used the term adaptation strictly for physical demands of the environment but psychologists use the term adjustment for varying conditions of social or interpersonal relations in the society. Thus, one can say that adjustment means reaction to the demands and pressures of social environment imposed upon the individual. The demands may be external or internal to whom the individual has to react: observe the life of a child, he is asked to do this and not to do other things. Child has to follow certain beliefs and set of values which the family follows. One's personality develops in the continuous process of interaction with his family and environment. There are other demands which may be termed as internal as hunger, water, oxygen, and sleep etc. If one does not fulfill the internal demands one feels uncomfortable with the development of the child, these physiological demands go on increasing and become more complex.

Thus, a well-adjusted person is like water which changes shape according to circumstances and finds its own way. To study adjustment problems and procedure researcher has selected the problem as stated in the statement of a problem.

2. Statement of the problem

A study of Adjustment of Higher secondary school Students of Ahmedabad In Relation to Certain Variables.

3. Definition of the key words

3.1 Adjustment

According to Shamshad Hussains' (1985)

“Problem of adjustment is a vital problem of modern world.”

The situations warrant to probe the different aspects of adjustment for formulating in Society.

In the present study adjustment refers to level of adjustments at home, at school, social adjustment and emotional adjustment.

4.Objectives

Objectives of present study are

1. To study adjustment of higher secondary school students of Ahmedabad students.
2. To study the effect of gender on the adjustment of higher secondary school Students of Ahmedabad.
3. To study the effect of type of family on the adjustment of higher secondary school students of Ahmedabad.

5.Variables

In the present study variables are adjustment, gender, type of school, type of family and area. Out of which adjustment is dependent Variable whereas type of School, gender, type of family and area are independent Variable.

6. Hypotheses

Hypotheses of the present study are as follows.

Ho₁ There will be no significant difference between mean scores of adjustments of boys and girls of Higher secondary school of Ahmedabad.

Ho₂ There will be no significant difference between mean scores of adjustments of Higher secondary school students belonging to joint family and nuclear family of Ahmedabad.

7. Importance

Adjustment is necessary in every stage of life. In childhood child is dependent totally on parents, but slowly and gradually as child grow and learn to share. But as the desire for need increases feeling of jealousy, hatred, complex feeling is developed. Thus, to explain the importance of adjustment becomes necessary and person can get well-adjusted with the present situations. Expectations are the main problems. More one expects more one need to adjust. Thus, the study may be useful from following perspective: Adaptability of Person in the society. Due to adjustment factor person can adjust himself in any condition.

8. Family acceptable

- Family can accept the person without or less hesitation.

Emotionally Satisfied

- Well-adjusted person can adjust in emotional situations. Person does not carry away by situation.

Harmonious relations

- Well adjustments stabilize the relations. To know oneself
- Well-adjusted person can realize' by analyzing oneself.

Emotional Stability

- Well-adjusted person can know what is right and wrong. Thus, has stability Handle responsibility
- Well-adjusted person can perform the task or handle the task expeditious.
- Well adjustment can cultivate good habits like politeness, kindness, respect, humble etc.

9. Population and Sample

9.1 Population

The Population of the present study consist of all Higher secondary school Students of Ahmedabad.

9.2 Sample

In the present Study the probability Sampling technique will be used to select 320 students as the Sample subjects from the given Population by Multistage sampling method.

10. Tool of the research

In the present study, the researcher has used adjustment tool prepared by Dr. R. S. Patel. As it is standardized tool available in Gujarati for adjustment study. The tool has four components. They are

1. Family adjustment
2. Educational adjustment
3. Social adjustment
4. Emotional adjustment

The pupil will respond as “Yes” “Neutral” and “No” with the time limit of 20 minutes.

11. Administration of the inventory

Researcher will give instructions to the respondent.

- Each question carries three options “yes”, “neutral” and “no”.
- Pupil will read question and answer suitable and applicable option
- Pupil will put “□” mark to the correct options.
- Pupil will have to attempt all the questions
- Pupil can clear doubts in case of misunderstanding
- Pupil should start filling opionnaire after completion of instructions by researcher.

12. Method of research

There are Various kinds of research methods in Education. The method of the present study will be the descriptive method of which Descriptive Survey method is used for this research.

13. Data collection

As per the research design 100 higher secondary school students for Ahmedabad are selected by the probability Sampling which is Multistage sampling method and by using adjustment scale. This adjustment scale will be given to the students in the scheduled period and the test will be conducted by the researcher on the sample to collect the data from the sample.

14. Review of Researches

1. Title: Aspirations, Adjustment and Role Conflict in Primary and Secondary School Teachers.

Researcher: PRASAD, P, 1985, Ph.D. Psy, Bhagalpur University

Objectives

- 1) The main purpose of the researcher was to study the aspirations adjustment and role
- 2) The main hypothesis was that male Secondary female secondary, male primary and female primary groups of School- Teachers would not differ significantly in their aspirations, adjustment and role conflict.

Research: Four hundred Schoolteachers (100 male Secondary, 100 females

Design secondary 100 male Primary and 100 female primary) working in different schools of Bhagalpur town were selected, adopting the stratified technique. The four groups matched in respect of age and experience. Three scales for measuring educational vocational and financial aspirations and role conflict inventories (six independent tools, viz. Perceived Role conflict Inventory, Role performance Inventory, other's Role Expectation Inventory I, II and III) were developed and used along with a personal Data Sheet and Saxena's Vagaktilva Parakh Prashnawali (Adjustment Inventory). By the administration of role-conflict, self-role conflict and role-expectation conflict) were developed.

Findings 1. Mean educational aspiration levels of the four groups of teachers were quite high. Secondary School teachers and female teachers manifested higher educational aspiration than primary and male teachers respectively

2. The Vocational aspiration level of teachers was closely linked with level of schools

3. Adjustment of teachers was related to their sex and not with the level of their schools. Males adjusted

hotter than females.

4. Primary and Secondary teachers were almost similar in their total adjustment. Mean adjustment of four groups was quite high.

2. Title : A Study Of The Adjustment Of Trainees Of Teachers Training Colleges In Gujarat.

Researcher: DONGA N. S. 1987, Ph.D. Edu; Sau. U.

Objectives 1) To Study adjustment differences among different groups according to the different levels of cultural and educational variables, viz sex, marital status, age.

2) To observe the effect of interaction on income, social status and residential accommodation on adjustment.

3) To study the adjustment differences among the different groups according to different levels of teacher aptitude, self concept and academic achievement. To Study the relationship of the different Variables with adjustment, 40 hypotheses were built.

Sample: A Cluster Sample of 1635 Student teachers. 979 male and 659 female from different Universities of Gujarat State, constituted the sample for the study of cultural and educational Variables. In same way Sample of 419 teacher- students from teacher training colleges of Sau. Uni was taken

Tools 1. An adjustment, inventory, adopted by researcher from Rotter's FSB was administered to 1635 teacher trainees.

2. The teacher Aptitude Test by Upadhyay and self-concept Inventory by Desai were administered to 419 student - teachers.

Findings

- Female trainees were more adjusted than male trainees.
- There was no significant effect of marital status, level of education, status in family and age on adjustment.
- Socially backward trainees were more adjusted than non - backward trainees
- Trainees of different colleges differed significantly in adjustment
- Trainees coming from the science faculty had the lowest adjustment.
- The middle – income group was most maladjusted.

Limitations of the study

This Study is Limited to Higher secondary school students of Gujarati medium schools of Ahmedabad.

15. Testing of Hypothesis

Ho₁ There will be no significant difference between meanscores of adjustments of boys and girls of Higher secondary school of Ahmedabad

Table 1: Analysis of adjustment among Boys and girls of Higher secondary school

Group	N	Mean	S.D.	t-value	Remarks
Boys	58	42.48	8.85	0.91	Not significant
Girls	42	43.36	8.58		

From the table it is evident that the $t_{cal} = 0.91$ is less than $t_{0.05} = 1.96$ which indicates that the difference is not significant at 0.05 level of significance. Thus, the hypothesis that "There will be no significant difference between the mean scores of adjustments of boys and girls of Higher secondary School of Ahmedabad" will not be rejected at 0.05 level. It means that there is no significant difference in the adjustment among the Higher secondary school boys and girls of Ahmedabad.

Ho₂: There will be no significant difference between mean scores of adjustments of Higher secondary school students belonging to joint family and nuclear family of Ahmedabad

Table 2: Analysis of Adjustment among Higher secondary school students belonging to joint and nuclear family

Group	N	Mean	S.D.	t-value	Remarks
Joint family	58	43.20	9.32	0.7	Not Significant
Nuclear family	42	42.54	7.70		

From the table it is evident that $t = 0.7$ is less than $t_{0.05} = 1.96$ which indicates that the difference is not significant at 0.05 level. Thus, the hypothesis that “There will be no significant difference between mean scores of adjustments of Higher secondary school students belonging to joint family and nuclear family of Ahmedabad will not be rejected at 0.05 levels. It means that there is no significant difference in the adjustment among the secondary students belonging to joint-and nuclear family.

16. Findings of the Study

The final step in scientific process of research is to summarize the findings, arriving at conclusions, making recommendations, formulating proper generalization for the population. On the basis of analysis and interpretation of data the researcher came to the conclusions that the major findings of the study are as follows:

1. There is no significant difference between adjustment of girls and boys of higher secondary school of Ahmedabad. Thus, it can be said that the adjustment of boys and girls of Higher secondary school’s students is almost similar.
2. There is no significant difference between the adjustment of joint family and nuclear family of higher secondary school students of Ahmedabad. Thus, it can be said that adjustment of higher secondary school students of joint and nuclear family is almost similar.

17. Suggestions of the study

17.1 For School

Special adjustment training programmes should be conducted for children of rural area.

- Teaching methods should be improved like Audio Visual aids can be used.
- Education should be based on field trip or visit.
- Special adjustment training programmes should be conducted for children of granted schools.
- All the educational facilities including concession in fees should be provided to students of granted schools.

17.2 For Teacher

- Teacher should see that the student is accepted in the class
- Teacher should create interest in the respective subject
- Teacher should not teach only from examination view point.
- Teacher should encourage student to take part in other activities like sports, dance, competitions etc.
- Teacher should have no bias and prejudice for any child.
- Teacher should develop positive attitude in the child.

17.3 For Parents

- Parents should devote time for their children.
- Parents should allow their child to develop interpersonal relationship with other children.
- Parents should also provide entertainment devices like T.V., radio, computer games etc. along with academics.
- Parents should not always pressurize child for study, some freedom should be given to child to set their own goal.

- Parents should also take interest in studies of child.
- Parents should encourage child to take part in social functions which will develop their confidence and have overall development.

18. Conclusion

As we know that a research work is one of the most valuable service related towards mankind. It enhances the efficiency of the researcher to get engaged in the welfare of man.

On the basis of the first four chapters the researcher can inculcate that present status of application of adjustment is of great importance.

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