



A study of Adjustment of High School Students of Ahmedabad in context 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. Hundred 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. Objectives

Objectives of present study are

1. To study level of adjustment of students.
2. To study the effect of gender on the adjustment of high school students of Ahmedabad.
3. To study the effect of type of school on the adjustment of high school students of Ahmedabad.
4. To study the effect of type of family on the adjustment of high school students of Ahmedabad.

3. Variables

In the present study variables are adjustment, gender, type of school, type of family. Out of which adjustment is dependent variable where as type of school, gender, type of family are independent variables.

4 Hypotheses of the Study

Hypothesis of the present study are as follows

- Ho₁ There will be no significant difference between mean scores of adjustment of boys and girls of High School of Ahmedabad.
- Ho₂ There will be no significant difference between mean scores of adjustment of High School students of the granted and non-granted school of Ahmedabad.
- Ho₃ There will be no significant difference between mean scores of adjustment of High School students belonging to joint family and nuclear family of Ahmedabad.

5. Importance of the Study

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 are 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

6. Population

The Population of the present study consist of all High School Students of Ahmedabad.

7. Sample

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

8. Tool of the Research

In the present, study the tool selected by the researcher for measuring level of adjustment of high school students is prepared and standardized by Dr. R. S. Patel.

9. 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.

10. Techniques of Analysis

The statistics such as mean, standard deviation, t - value will be used.

Table 1: Study of adjustment of students

SR.	Score Level of adjustment	No. of students
1	40 or more	A 227
2	23 to 40	B 84
3	23 or less	C 9

Students in "A" category are 227 with high level of adjustment. There are 84 students in 'B' category with medium adjustment level and only 9 students with very low adjustment which falls in 'C' category.

Ho₁ There will be no significant difference between mean scores of adjustment of boys and girls of High school of Ahmedabad.

Table 2: Analysis of adjustment among Boys and girls of Secondary School

Group	Number	mean	s.d.	T value	remarks
Boys	160	42.48	8.85	0.91	Not significant
Girls	160	43.46	8.58		

From the table it is evident that the $t = 0.91$ 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 adjustment of boys and girls of High School of Ahmedabad"

will not be rejected at 0.05 level. It means that there is no significant difference in the adjustment among the Secondary School boys and girls of Ahmedabad.

Ho₂ There will be no significant difference between mean scores of adjustment of High School students of the granted and nor, “ranted Schools of Ahmedabad

Table 3: Analysis of the Adjustment among High school students belonging to granted and Non granted Schools

Group	Number	mean	s.d.	T value	remarks
Granted	160	44.52	9.78	3.36	significant
Non granted	160	41.32	7.18		

From the table it is evident that $t_{cal} = 3.36$ is more than $t_{0.05} = 1.96$ and $t_{0.01} = 2.58$ which indicates that the difference is significant at 0.05 level and 0.01 level of significance. Thus the hypothesis that “There will be no significant difference between mean scores of adjustment of High School students of the granted and non granted Schools of Ahmedabad” will be rejected at 0.05 level and 0.01 level. It means that there is significant difference in the adjustment among Secondary Schools students of granted and nongranted of Ahmedabad.

Ho₃ There will be no significant difference between mean scores of adjustment of High School students belonging to joint family and nuclear family of Ahmedabad

Table 4: Analysis of Adjustment among High School students belonging to joint and nuclear family

Group	Number	mean	S.D.	t value	remarks
Joint family	194	43.20	7.70	0.07	significant
Nuclear family	127	42.54	9.32		

From the table it is evident that $t_{cal} = 0.7$ 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 adjustment of High 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.

11. Findings of the Study

The major findings of the study are as follows:

1. There is no significant difference between adjustment of girls and boys of high school of Ahmedabad. Thus, it can be said that the adjustment of boys and girls of High school students is almost similar.
2. There is significant difference between the adjustment of high school students of urban and rural areas of Ahmedabad. Thus, it can be said that adjustment of students of rural and urban area is not similar. Moreover mean of students of rural areas is higher which suggests that they face more adjustment problems.
3. There is significant difference between adjustment of granted and non granted high school students of Ahmedabad. Thus, it can be said that adjustment of granted and non-granted high school students is not similar. Moreover mean of students of granted school is higher which suggests that they face more adjustment problems.
4. There is no significant difference between the adjustment of joint family and nuclear family of high school students of Ahmedabad. Thus, it can be said that adjustment of high school students of joint and nuclear family is almost similar.

12. Suggestions of the Study

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.

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.

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.

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