



A Study the Adjustment of Male & Female Higher Secondary Students

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Introduction:

Adjustment is a vital problem of the modern world. The present century is characterized by psychological disorder and disturbed interpersonal relationship. Human adjustment is a complex process. The making of desirable adjustments to the various demands of life is influenced by the differing inherited characteristics and varying environmental conditions and situations to which an individual is exposed. The achievement of desirable life adjustment depends upon the recognition of the significance of inherited potential and environmental conditions as these affect his/her way of life. Adjustment is a kind of interaction between the individual and his/her environment for the sake of bringing harmony between them. Adjustment is a dynamic and continuous life long process. A well-adjusted person manifests certain behavioural characteristics; he/she has the capacity to conform to the norms of the society. He/she expresses confidence in him and in others. He/she shows strong sense of security and responsibility. He/she ably satisfies his emotional needs as well as of others. He/she has well defined goals in his/her life and a set of values. He/she is well adapted to reality and time.

Adjustment is a continuous process that tends to bring out more or less changing attitudes throughout the individual's life. Some adjustment connotes happiness and freedom from personal problems. While for others, it means an unhappy conformity to group demands and expectations. Adjustment is a lifelong process and can be defined as a person's interaction with his environment. It is a process in which an individual learns certain ways of behavior through which he enters a relationship of harmony or equilibrium with his environment. He thereby tries to lead a life acceptable to society Adjustment generally refers to the modification to compensate for the meet special conditions. In the dictionary the term adjustment means to fit, make suitable, adapt, arrange, modify, harmonies or make correspondence. Whenever we make an adjustment between two things adapt or modify one of both or both to correspond to each other. We modify our self-according to seasons because we cannot modify the seasons.

In order to lead a healthy, happy and satisfying life one has to learn the various ways of adjustment. The first on bring coping with ones environment as effectively as possible the individual has to safeguard his self against turning into a normal and abnormal personality there was teachers life adjustment very important. As such, adjusted teachers do much to bring about adjustment Teachers who are reasonably satisfied and adjusted are efficient and provide improvement in education, the present study was, therefore, planned to explore the adjustment of primary school teachers primary school teachers adjustment study specially for school types and teachers gender effect in adjustment.



Objective:

1. To investigate the gender difference of adjustment among male and female higher secondary students.
2. To find out the area wise difference of adjustment among rural and urban higher secondary students.

Hypothesis:-

3. There will be significant difference of adjustment among male and female higher secondary students.
4. There will be significant difference of adjustment among rural and urban higher secondary students.

Sample:-

The random sampling method was adopting in selecting the sample of the study. The study was carried out on a sample of 120 male and female higher secondary students. 60 Urban higher secondary students 30 male and 30 female, 60 Rural higher secondary students 60 male and 60 female higher secondary students. The subject selected in the sample will be in the age group of 16 to 20 who are living in urban and rural areas since minimum 5 years.

Design:

2×2 factorial design was used for research.

Gender (A)	Area (B)	
	Rural (b1)	Urban (b2)
Male (a1)	a1+b1	a2+b1
Female (a2)	a1+b2	a2+b2

Variable:-

In the present study there were one dependent variable adjustment is included. The independent variables are Gender and Area of residence. These independent variables have each two levels. The first independent variable gender there is the two levels are male and female. In the second independent variable area of residence there are two levels i.e. urban and rural.

Tools use for data collections:-

1. Bell Adjustment Inventory

The inventory is developed by H. M. Bell in the year 1934. In the process of adaptation, the inventory was once again subjected to all the technical procedures for test standardization which renders it especially suitable for use in the Hindi speaking areas. Since the standardization samples comprised undergraduate students of different rural and urban colleges, this inventory can be used in the final classes of the high schools and also in colleges, individual as well as group situations. Mohsin-shamshad adaptation of Bell adjustment inventory (1969) consists of 135 items, retained as a result of item analysis, out of 140 items. The inventory measures adjustment in four different areas—some home,



health, social and emotional—separately, as well as yields a composite score for overall adjustment.

Both test-retest and odd-even reliabilities of different areas as also of the total test are summarized as. The items of each sub-scale were selected on the basis of the strength of their association with the total test scores in the sub-test. For this purpose, the method of extreme groups’ comparison was used consisting of the 27% upper and 27% lower scoring groups following Kelley’s (1939) recommendation.

Statistical Analysis:

The total data sets obtained for adjustment scale prepared scoring. For the each subjects initially data of age group were separately tabulated by employing frequency distribution and descriptive statistics. Find out the gender and area wise differences using a 2x2 factorial analysis of variance technique and calculations were carried out with the help of calculated and SPSS software was used.

Table 1
Summary of two ways ANOVA for Adjustment

Source	Sum of Squares	df	Mean Square	F	P
Gender	1840.83	1	1840.83	7.85	0.01
Area	1190.70	1	1190.70	5.08	0.05
Gender × Area	93.63	1	93.63	0.40	NS
Error	27180.80	116	234.31		
Total	30305.97	119			

Table No. 2
Mean and SD for adjustment

	Male	Female	Rural	Urban
Mean	47.10	39.26	46.33	40.03
SD	16.02	15.01	17.91	13.18
N	60	60	60	60

Table No. 2 shows that the mean and SD values of adjustment for male and female higher secondary students. Its indicating that mean value of male higher secondary students 47.10 and SD 16.02 is comparatively small than the mean value of female higher secondary students 39.26 and SD 15.01 on adjustment. The second independent variable is gender. It is represented by main effect ‘A’. Main effect ‘A’ is significant. (F= 7.85, df =1 and 116, P > .01). According to this ‘F’ ratio the first Hypothesis that is “There will be significant difference of adjustment among male and female higher secondary students” is accepted.

Table No. 2 shows that the mean and SD values of adjustment for rural and urban higher secondary students. Its indicating that mean value of urban area adolescence 46.33 and SD 17.91 is comparatively larger than mean value of rural area higher secondary students 40.03 and SD 13.18 on adjustment. According to mean and f value higher secondary



students from rural area has better adjustment than the urban area higher secondary students. The table No. 1 shows that subjects from urban and rural areas higher secondary students differ significantly among themselves on the adjustment scores. A summary of two way ANOVA shows that main effect area is significant ($F = 5.08$, $df 1$ and 116 , $p > .05$). According to this result hypotheses no.2 'There will be significant difference of adjustment among urban and rural higher secondary students is accepted.

Some studies are supported to the present study result. Ojha and Maurya (2013) investigated the resilience and adjustment among male and female adolescents. Results showed significant difference between male and female adolescents increase of their adjustment. Similar resilience capacities were found in case of both male and female adolescents. Result also revealed that there is significant relationship between resilience and adjustment among adolescents.

Singh Chamyal Devendra (2014) studied on A Comparative Study of the Adjustment among Secondary and Senior Secondary School Students. The sample chosen for the study was 220 students of secondary and senior secondary school students out of which 120 were boys and 100 were girls. Results revealed a significant difference in adjustment (emotional, social and educational) among secondary and senior secondary school students of government and private schools and rural and urban areas. Sarkar and Banik, (2017) investigated the adjustment and academic achievement of the adolescents of West Tripura districts. It indicates female adolescents have better adjustment capacity than their male counterparts.

Conclusion:

1. There is significant difference of adjustment among Male and Female higher secondary students.
2. There is significant difference of adjustment among urban and rural higher secondary students.

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