



LEVEL OF ADJUSTMENT AMONG ADOLESCENTS

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ABSTRACT

The present investigation was to find the difference between adolescents in relation to their level of adjustment. Survey method of investigation was employed. The findings of the study showed that there is no significant difference between boys and girls adolescents in relation to their level of adjustment. Also no significant difference was obtained between rural and urban adolescents in relation to their level of adjustment. No significant difference was also found between govt. and non-govt school adolescents in relation to their level of adjustment.

KEYWORDS: Level of adjustment, Adolescents.

INTRODUCTION

Adjustment is the process through which a person changes himself according to the situation which are not in his favour. A person does not always get success according to his desires and efforts. The reason for this lies in an unfavourable situation or the limited capacities of the individual. To cope up with such situations, he has to do adjustment. There are many factors which can influence the process of adjustment. These are level of aspiration, socio economic status, family environment, school environment, anxiety, frustration and emotional maturity. Adjustment helps an individual to achieve success in their life. Secondary school stage is the most important stage to develop the capacity to adjust in life. If a person succeeds to adjust in his or her adolescent stage, he or she can adjust throughout his or her life.

Cattell (1974) found positive co-relation between the self confidence, self esteem and social adjustment of adolescents.

Soman (1977) also observed that personal adjustment variable had a considerable influence on achievement.

Reddy (1978) found that academic adjustment was significantly related to the scholastic performance of secondary school pupils.

Sumbali (1981) in her study found that boys were more aggressive and less adjustive than girls.

Vashishtha (1991) found a positive relationship between adjustment and achievement.

Rathaiah and Bhaskara Rao (1997) found a positive relationship between adjustment and achievement.

Bookman (1996) found that academic adjustment was significantly related to the scholastic performance.

METHODOLOGY

The present study is a survey type in nature. Here the data has been collected personally from the students. The method applied is of descriptive type. Purposive sampling method was used to select the schools.

SAMPLE

A sample of 200 9th class adolescents (which includes boys, girls, rural and urban) was selected randomly from 10 government and non-government schools of Panchkula district of Haryana state.

OBJECTIVES

1. To study the level of adjustment among boys and girls adolescents.
2. To study the level of adjustment among rural and urban adolescents.
3. To study the level of adjustment among govt. and non- govt. school adolescents.

HYPOTHESES

1. There exists a significant difference between boys and girls adolescents in relation to their level of adjustment.
2. There exists a significant difference between rural and urban adolescents in

relation to their level of adjustment.

3. There exists a significant difference between govt. and non- govt. school adolescents in relation to their level of adjustment.

TOOLS

Adjustment Inventory by A.K.P. Sinha and R.P. Singh (1995).

RESULTS AND DISCUSSIONS

Table 1: showing difference in level of adjustment among boys and girls adolescents (N=100)

Sr. No.	N	Mean	S.D.	SEM	t- value
1	100 (boys)	11.24	2.69	0.269	1.444
2	100 (girls)	10.54	2.12	0.212	

It is observed from the table that the t- value is 1.444 which is not significant. Thus it shows that boys and girls show no significant difference in relation to their level of adjustment. Therefore, **hypothesis no. 1** i.e. there exists a significant difference between boys and girls adolescents in relation to their level of adjustment is rejected.

Table 2: showing difference in examination Anxiety among Rural and urban adolescents (N=100)

Sr. No.	N	Mean	S.D.	SEM	t- value
1	100 (rural)	10.89	2.75	0.275	1.587
2	100 (urban)	11.46	2.31	0.231	

It is observed from the table that the t- value is 1.587 which is not significant. Thus it shows that rural and urban adolescents show no significant difference in relation to their level of adjustment. Therefore, **hypothesis no. 2** i.e. there exists a significant difference between rural and urban adolescents in relation to their level of adjustment is rejected.

Table 3: showing difference in examination Anxiety among Rural and urban adolescents (N=100)

Sr. No.	N	Mean	S.D.	SEM	t- value
1	100 (govt.)	11.19	2.46	0.246	1.234
2	100 (non-govt.)	10.75	2.58	0.258	

It is observed from the table that the t- value is 1.234 which is not significant. Thus it shows that govt. and non-govt. adolescents show no significant difference in relation to their level of adjustment. Therefore, **hypothesis no. 3** i.e. there exists a significant difference between govt. and non govt. adolescents in relation to their level of adjustment is rejected.

CONCLUSIONS

On the basis of the present study the following conclusions have been drawn:

1. There is no significant difference between boys and girls adolescents in relation to their level of adjustment.

2. There is no significant difference between rural and urban adolescents in relation to their level of adjustment.
3. There is no significant difference between govt. and non- govt. school adolescents in relation to their level of adjustment.

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