



TO STUDY THE EFFECT OF BIRTH ORDER ON ADJUSTMENT OF ADOLESCENTS

RICHA BAGHEL¹ | DR. MANORANJAN TRIPATHY²

¹ B. A(HONS), PSYCHOLOGY, DEPARTMENT OF PSYCHOLOGY, DEV SANSKRITI VISHWAVIDYALAYA.

² ASSISTANCE PROFESSOR, DEPARTMENT OF PSYCHOLOGY, DEV SANSKRITI VISHWAVIDYALAYA, GAYATRIKUNJ, SHANTIKUNJ, HARIDWAR, UTTARAKHAND, INDIA.

ABSTRACT:

As we know that birth order and adjustment is related with each other and has some impact on each other, and affect the daily routine of the adolescents in different settings. Birth order in terms of adjustment refers to how the first born and second born adolescent adjust with their daily stressors of life and how they are able to cope with this stressor. The present study investigated the effect of birth order on adjustment of adolescents. For this research 60 participants between the age range of 14-18 were selected by the simple random sampling method and ex-post facto research design is used. For testing this research null and alternative hypothesis were used. For inclusive method, researcher have included school going subjects of age group 14-18 years, both first and second born adolescents are included, where as in exclusive method researcher excluded 18+ peoples and also college going students, because the researcher wants to study in adolescents. For collecting the data, researcher applied Adjustment Inventory and t-test is used for statistical analysis. Results show that there is significant difference between the level of adjustment of first born and second born adolescents. Thus, the null hypothesis has been rejected and the alternative hypothesis is accepted. Results also reveal that adjustment level is high in second born adolescents as compared to first born adolescents.

KEYWORDS:

BIRTH ORDER & ADJUSTMENT.

INTRODUCTION

Birth order is the chronological order of sibling births in a family. Birth order, defined as an individual's rank by age among siblings, has long been of interest to psychologists as well as lay-people. Much of the fascination has focused on the possible role of birth order in shaping personality and behavior. **Alfred Adler (1870-1937)** was a pioneer in the study of birth order. His research suggested that the position a child had by the order of birth significantly affected the child's growth and personality. Research in the late twenties century and early twenty-first century shows even greater influence, contributing to intelligence, career choice, adjustment, and to a certain degree, success in adulthood. In general, firstborn children have been found to be responsible, assertive, task-oriented, perfectionist, and supporters of authority. Because they often look after their younger siblings, they get experience leading and monitoring others, often rising to leadership positions as adults. Whereas second born often report feeling inferior to older children because they do not possess their sibling's advanced abilities. Sometimes they are very competitive with their firstborn sibling. Others choose to focus their energies in areas different from those in which their older sibling is already established. This competition

with firstborns drives second born to innovation, doing or being different from their older siblings in order to make themselves stand out in the family dynamic. They often are more competent at an earlier age than their older siblings because they have had their example to follow.

Whereas the adjustment term originated from the biological term "adaptation". Biologists used the term "adaptation" strictly for the physical demands of the environment, but psychologists use the term "adjustment" for varying conditions of social or inter-personal relations in the society. It is the degree to which a person is able to cope with the demands of life. In adjustment adaptation is done by the individual to conditions in his or her family and community, especially in social interactions with those with whom regular personal contact is necessary. Adjustment refers to the behavioural process by which human and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. Humans and animals regularly adjust to their environment. For example, when they are stimulated by their physiological state to seek food, they eat to reduce their hunger and thus adjust to the hunger stimulus. The word "adjustment" means to fit, make suitable, adapt, arrange, modify, harmonize, or make correspondent. This is typically a response brought about by some change that has taken place. The stress of this change causes one to reach a new type of balance or homeostasis between the individual and their

environment. Adjustment must encourage specific changes so that the optimum relationship between the self and surrounding can be achieved and maintained. Adjustment involves the organization of personality which leads to the stability that is a dynamic adjustment of the individual to his social and physical environment. It is fitting oneself to circumstances, as when we say that a student is adjusted to 4 or gets along well, with the group in which he finds himself. It also refers to any operation whereby an organism or organ becomes more favourably related to the environment or to the entire situation. As we know that birth order and adjustment is related with each other and has some impact on each other, and affect the daily routine of the adolescents in different settings. Birth order in terms of adjustment refers to how the first born and second born adolescent adjust with their daily stressors of life and how they are able to cope with this stressor. There are some researches which show the relationship between birth order and adjustment. **Teltsch & Breznitz (1988)** conducted a research work on effect of school entrance age on academic achievement and social-emotional adjustment of children. Result reveals that oldest people were better adjusted both socially and emotionally and were more highly rated by their teachers. Younger girls showed a slight advantage over younger boys in the stoichiometric measure only. **Sullivan & Schwebel (1996)** conducted a study on birth-order position, gender, and irrational relationship beliefs and found that first and lastborn children are likely to develop different strengths and vulnerabilities in their personality and develop different approaches to adjusting to the environmental demands they face. **Waghmare (2016)** conducted a study on birth order and adjustment among college students and found that there is no significant difference between first born, and second and third born students on Home, Social, Emotional and Health Adjustment. **Akhtar & Alam (2016)** conducted a research work on impact of gender on adjustment and academic achievement. Where he collected 90 samples between the range of 14-17. The result shows that high achievement and low achievement students differed significantly in overall adjustment and high academic achievement groups are more adjusted as compared to low academic achievement groups. **Das (2016)** conducted a study on adjustment problems and academic achievement among school going adolescents. The result reveals that the female participants were significantly better in home, social, health, and emotional adjustment in comparison to male participants. In relation to academic achievement, adolescent girls had reported better score as compared to adolescent boys. **Priya & Raina (2016)** conducted study to examine the effect of gender, family size and birth order on social adjustment of

adolescents. Results reveal that male later born students had better social adjustment as compared to male first born students. Findings also suggested that female first born students had better social adjustment as compared to female later born students. **Combs-Draughn (2016)** conducted a research on the impact of psychological birth order on scholastic achievement and motivation. Results show that psychological birth order predicted student motivation in the area of reward responsiveness. **Srivastava (2018)** conducted a research to study the level of academic achievement among school going students about their social adjustment. Results shows that the high and low, male and female, as well as Bengali and English medium academic achievers differ in their social adjustment problems are found to be significant whereas the urban and rural academic achievers do not differ in their social adjustment problem are found to be non-significant. **Patel & Singh (2017)** conducted a research work to identify the role of working and non-working mothers on the academic achievement and adjustment of their children. Result shows that the academic achievement of male and female students of working and non-working mothers did not differ significantly. However, a significant difference was observed in the educational adjustment. Further, there was no significant difference in the social and emotional adjustment of boys and girls of non-working mother. **Arshad & Husky, et.al. (2020)** conducted study between birth rank and academic achievement of children in a cross-country study to examine whether firstborn children perform better in primary school than later-born children. Results founds that first or second born children displayed greater performance in mathematics and in reading as compared to children whose birth rank was third or above. Results also found that children from large families, especially when they are not first or second born appear to be at greater risk for academic difficulties.

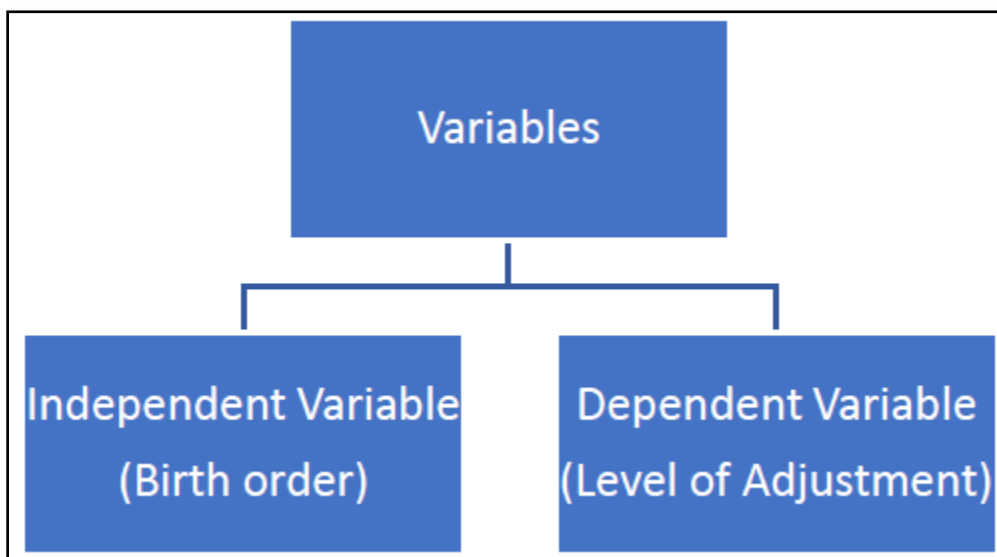
RESEARCH PROBLEM FOR THIS RESEARCH WORK:

"Is there any significant effect of birth order on adjustment of first born and second born adolescent?"

Researcher formulated following research objectives:

- To find the effect of birth order on adjustment of adolescents
- To find the effect of birth order on adjustment of firstborn adolescents.
- To find the effect of birth order on adjustment of second born adolescents.

DESCRIPTIONS OF VARIABLES:

**RESEARCHER FORMULATED FOLLOWING NULL HYPOTHESES:**

1. There is no significant difference between first born and second born adolescents on the level of adjustment

SAMPLE & SAMPLING: With the help of simple random sampling researcher collected 60 sample i.e. (first born 30 and second born 30) with the age range between 14 to 16, and Ex-post facto research design was used in this present investigation.

INCLUSION CRITERIA: In this research, researcher have included school going adolescents of age group 14-18 years, both first and second born adolescents are included.

EXCLUSION CRITERIA: In this research, researcher excluded 18+ peoples and also college going students, because the researcher wants to study in school adolescents.

PROCEDURE OF DATA COLLECTION:

- Researcher has used adjustment scale for collecting data related to first born and second born adolescents.

- Questionnaire are created on google forms and circulated via online platform
- Simple random sampling is used but the age range lie between 14-18 years.
- After data collection, scoring has been done through concerned manual.

RESEARCH TOOLS: Researcher applied Adjustment scale constructed by A.K.P. Sinha and R.P. Singh (1993). A total number of items in this scale is 60 & the age norm is 14-18.

STATISTICAL TECHNIQUES: In this, researcher did a study over a variable i.e. Birth Order and Adjustment. Researcher used t-test for statistical analysis.

RESULT AND INTERPRETATION: Collected data through above mentioned inventories were analyzed in terms of mean, standard deviation & t-test method. The results have been presented in the tables.

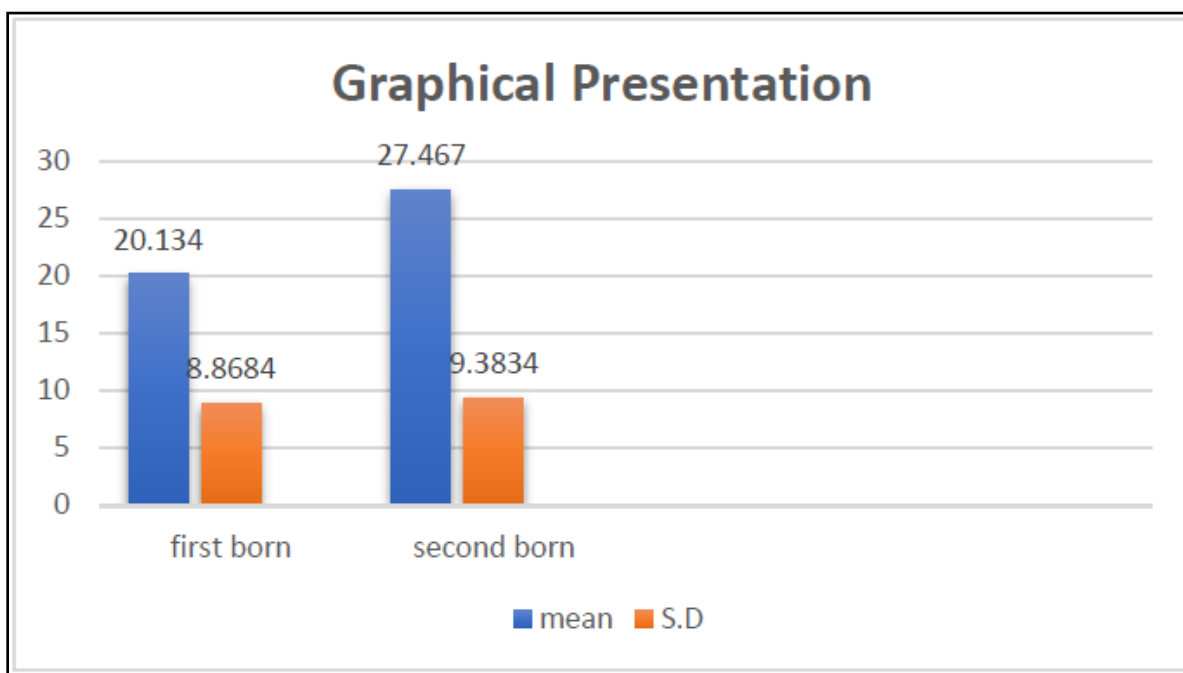
Ho: There is no significant difference between first born and second born on the level of adjustment.

Ha: There is significant difference between first born and second born on the level of adjustment

COMPARING THE LEVEL OF ADJUSTMENT ON BIRTH ORDER:

Groups	N	Adjustment Scores			SE _D	t-test	Significance Level
		Mean	SD	SE _M			
First born	30	20.134	8.8684	1.619	2.356	3.112	at 0.01 level
Second born	30	27.467	9.3834	1.713			

df=58



From the above result and graphical representation, it is interpreted that there is significant difference between the level of adjustment of first born and second born adolescents. The null hypothesis has been rejected and the alternative hypothesis is accepted. Results reveal that adjustment level is high in second born adolescents as compared to first born adolescents.

As we know that adjustment refers to the behavioural process by which human and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. It must encourage specific changes so that the optimum relationship between the self and surrounding can be achieved and maintained. The above scores show that second born adolescents has high adjustment level as compared to first born which means second born adolescents can easily adjust with their environments as compared to first born. Results also reveal that second born adolescents can easily cope with daily life stressors better than firstborn adolescents. Second born think things differently as they have a role model in front of them which can share the different life experiences which can somehow motivate second born to not do the same mistake as their elder sibling did. Sometime second born also feel competition with first born which leads second born to become innovative, doing or being different from their older siblings in order to make themselves stand out in the family dynamic. They often are more competent at an earlier age than their older siblings because they have had their example to follow and also adjust with their elder ones.

CONCLUSION:

The main aim of the study is to reveal whether there is an effect of Birth order on the level of adjustment or not. The research study includes the first born and second born adolescents. The sample include 30 first born and 30

second born adolescents. After the data collection, analysis was done with the help of t-test and result were formulated which shows that the birth order affects the level of adjustment of first born and second born adolescents.

LIMITATIONS AND SUGGESTIONS:

- As the sample size is small for this research, a researcher could increase the size of the sample of generalization of the research
- The new researcher can work on the same factors with different variables and different age and sex
- Other independent variables can be included in the future studies
- Other dependent variables can be included in the future studies
- In future researches the researcher uses other adjustment inventory

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