

STUDY OF ADJUSTMENT PROBLEMS AMONG ADOLESCENTS

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ABSTRACT

The present study was conducted to study of adjustment problems among adolescents. A sample 200 adolescents school students of Distt. Sri Muktsar Sahib. Sample of 100 were taken from Government Senior Secondary Schools and 100 were taken from private school. The tool was administered Bell's adjustment inventory (student form) developed by R.K. Ojha (1968). The major findings of the study revealed insignificant difference in the adjustment problems of adolescents studying in Government and Private schools. Study also Revealed no significant difference in the adjustment problems of male and female adolescents studying in Government and Private schools.

Keywords: Dynamic equilibrium, Adjustment, Adolescents, Harmonious development.

INTRODUCTION

Adolescence is a transitional period of one's life between childhood and adulthood, during which some important biological, psychological and social changes take place. It is a period of storm and stress. Adolescents have to adjust with their own changes in personality on one side and the changing socioeconomic environment on the other side. Some adolescents find it difficult to adjust normally with these changes and experience some problems, which are characteristics of this developing stage.

The term adjustment means a state of harmonious relationship between a person and his environment. It also refers to a continuous process by which a person changes his own behavior or tries to change the environment or brings change in both to produce satisfactory relationship with his environment. It also means how efficiently an individual performs his duties in different circumstances.

It is concerned with the individual's ability to cope effectively with his environment. According to Parameswaran and Beena (2004) Adjustment is a process by which a living organism acquires a particular way of acting or behaving or changes an existing form of behavior or action. This adjustment is of two types viz. adjustment to internal conditions. A balance between these two adjustments becomes necessary, as a person grows older. Adjustment is a very significant factor in determining the degree of achievement of students.

ADJUSTMENT

Generally speaking the term, adjustment appears in the literature with different shades. A very general meaning of adjustment is the process of living itself or dynamic equilibrium of the total personality. It is a lifelong process in which an individual learns the ways of behavior through which he enters into a relationship of harmony with his environment.

Adjustment is a harmonious relationship between a man and his environment. One has to fit oneself in the prevailing circumstances when we adjust ourselves by this means we are changing in some way to adopt or accommodate. Adjustment takes place when an individual efforts to reduce tension and he encounters as he strives to achieve his goal.

Adjustment is the main component of human life. The dictionary meaning of the word adjustment is to fit, make suitable adaptation, arrangement, modify, make exact and the act of harmonious development. Adjustment is a state or the condition of harmony which helps in maintaining balance between needs and circumstances that influence the satisfaction of these needs.

According to Webster's Dictionary 'Adjustment is the act of adjusting or the condition of being adjusted.'

According to Bell, "Adjustment refers not only to person's overt behaviours but also to his own feelings about himself, about other persons and his environment. It is a way of reacting to external stimulus."

OBJECTIVE

To study the adjustment problems of adolescents studying in Government and Private Schools.

HYPOTHESES

1. There is no significant difference in the adjustment problems of adolescents studying in Government and Private schools.
2. There is no significant difference in the adjustment problems of male adolescents studying in Government and Private schools.
3. There is no significant difference in the adjustment problems of female adolescents studying in Government and Private schools.

SAMPLE

Random sample technique was employed to select the sample of 200 Secondary School Students of District Sri Muktsar Sahib.

TOOL

Bell's adjustment inventory (student form) developed by R.K. Ojha (1968)

RESULT AND DISCUSSION**TABLE 1**

Showing t-ratio between adjustment problems of adolescents studying in Government and Private School

Sr. No.	Variable	N	Mean	S.D.	S.Ed	t-ratio	df	Level of Significance
1	Government School Students	100	67.46	9.77	22.28	0.41	198	Not Significant
2	Private School Students							

Table 1 shows that t-ratio between Government and Private school students is 0.41 which is less then the table value at 0.05 level (1.97) and 0.01 level (2.60). The obtained t-value is not significant at the level of 0.05 and 0.01 showing no difference between adjustment problems of Government and Private school students. Hence hypothesis 1 that there is no significant difference in the adjustment problems of adolescents studying in Government and Private school students is accepted.

TABLE 2

Showing t-ratio between Adjustment Problems of Male adolescents studying in Government and Private Schools

Sr. No.	Variable	N	Mean	S.D.	S.Ed	t-ratio	df	Level of Significance
1	Male (Government School)	50	67.88	15.40	2.56	0.92	98	Not Significant
2	Male (Private School)							

Table 2 shows that t-ratio between male adolescents of Government and Private school is 0.92 which is less then the table value at 0.05 level (1.98) and 0.01 level (2.63). The obtained t-value is not significant at the level of 0.05 and 0.01 showing no difference between adjustment problems of male adolescents studying in Government and Private school. Hence hypothesis 2 that there is no significant difference in the adjustment problems of male adolescents studying in Government and Private school students is accepted.

TABLE 3

Showing t-ratio between Adjustment Problems of Female adolescents studying in Government and Private Schools

Sr. No.	Variable	N	Mean	S.D.	S.E _d	t-ratio	df	Level of Significance
1	Female (Government School)	50	67.58	16.10	2.910	0.17	98	Not Significant
2	Female (Private School)	50	67.04	13.79				

Table 3 shows that t-ratio between female adolescents of Government and Private school is 0.17 which is less then the table value at 0.05 level (1.98) and 0.01 level (2.63). The obtained t-value is not significant at the level of 0.05 and 0.01 showing no difference between adjustment problems of female studying in Government and Private school. Hence hypothesis 3 that there is no significant difference in the adjustment problems of female adolescents studying in Government and Private school students is accepted.

CONCLUSION

There is no significant difference in the adjustment problems of adolescents studying in Government and Private schools. There is no significant difference in the adjustment problems of male and female adolescents studying in Government and Private schools.

EDUCATIONAL IMPLICATIONS

1. The teacher should provide motivation to student for their better adjustment.
2. The teacher should encourage the student for participating in their adjustment.
3. This study shows that there is no difference in the male and female school students. So the age old prejudiced opinion that the females are inferior to male should be discarded.

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