

## A comparative study of adjustment problems of male and female adolescents studying in government and public schools of Ludhiana

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### Abstract

Stress has become an integral part of modern life and it spares none. One's success lies in the fact as to how one can overcome stress. Anxiety and fears talk everyone of us-child or adolescence, man or woman, house wife or working woman, person living in the cities or villages, the rich man or the poor man. A person who is more competent to bear external stress and strain in life is liable to be more adjusted than a person who is easily moved by external conditions. A well-adjusted happy and physically healthy individual is not only an asset to himself but a boon to society also. The society provides him with an environment of a particular type which has its won tempo and own peculiarities.

**Keywords:** Adjustment Problems, Adolescents.

### Introduction

Man is superior to animals in all aspects of behavior, but human beings themselves are not alike, even the growth pattern of an individual is unique and special. No two children ever develop at same rate. Nevertheless there is an orderly sequence in the course of human life. The helpless baby of today who is an adult of tomorrow has to cross various stage in the process of his development. There are certain periods in the process of development, they are termed as a 'Stage'. A stage is a period during which certain changes occur. There are four stages in the life of an individual. There are infancy period (0 to 5 yrs), Late childhood period (5 to 12 yrs). Adolescence period (12 to 19 yrs) and Adulthood period (beyond 19 yrs of age).

### Adolescence

Adolescence has often labeled as the period of stress and strain. Adolescence is best regarded as recapitulation of the first period of life. The development stage of adolescence has always been fascinated the educationist as well as attracted the attention of psychologist because the attention of psychologist because of its importance and impact on the total development of human personality. A large number of psychologists have made a deep study of adolescence stage under cross-cultural environment. They have arrived at stunning results to guide the future course of reactions to the needs and problems of the adolescents. Infact, Adolescence is an exciting but challenging, development stage.

### Adjustment

Adjustment is an important trait for a happy living in a society. It helps one to keep out basic impulses at tolerable levels, to believe in one's own abilities and to achieve desired reinforces. Thus, Adjustment helps for self-initiated growth and development along intellectual, emotional, social, physical and vocational dimensions. It is the process of establishing a satisfactory psychological relationship as well as constant interaction between the individual and his environment.

### Review of Related Literature

Kaur (2001) <sup>[4]</sup> studied on adjustment problems of adolescents of working and non-working women in relation to emotional intelligence. She concluded that the adolescents of working mothers are better adjusted as compared to that non-working mothers.

Pankaj Kumar (2002) <sup>[5]</sup> conducted a comparative study of adjustment problems of pre-adolescents and adolescent in Ambala. He concluded that both pre-adolescents and adolescents are equally adjusted.

M.Irfan, S. Trama, & H.K Sharma (2003) <sup>[7]</sup> studied that adjustment, achievement motivation and frustration among rural urban muslim students in Punjab. The study revealed that rural muslim students are more maladjusted. Low achievers and more frustrated than urban muslim students in Punjab.

Kumar (2003) state that the certain intensive change occur among the adolescents and society helps them to act in a particular manner through code of conduct. The socio-economic, personal factors, home, school and community environment affect their growth and development. Analysis of the data revealed the social isolation leads of the various adjustment problems among the adolescents.

### Objectives

1. To compare the adjustment problems of adolescents studying in government and public schools.
2. To compare the adjustment problems of male and female adolescents studying in government schools.
3. To compare the adjustment problems of male and female adolescents studying in public schools.

### Hypotheses

1. There exists no significant difference in the adjustment of adolescents studying in government and public schools.
2. There exists no significant difference in the adjustment of male and female adolescents studying in government schools.
3. There exists no significant difference in the adjustment of male and female adolescents studying in public schools.

### Delimitations

1. The study was delimited only to one variable that is adjustment.
2. The study was restricted to eight government and public schools of Ludhiana only.

### Methodology

Descriptive survey method was used for the collection of data.

### Sample of the study

The sample of present study consisted of 248 adolescents between 12-16 years. The sample comprised of 124 boys and 124 girls selected at random from the 8 senior secondary schools (government and public) of Ludhiana.

**Tool used:-** Adjustment inventory by V.K Mittal.

**Statistical Techniques Used:** - Differential and Inferential statistics were used.

### Analysis and Interpretation of Results

**Hypothesis-1** There exists no significant difference in the adjustment of adolescents studying in government and public schools.

**Table 1:** Table showing overall adjustment of adolescents of government and public schools.

Variables	N	Mean	S.D.	SE <sub>D</sub>	t-ratio	Level of significance
Govt. School Adolescents	124	170.73	18.27	2.38	8.90	Significant
Public School Adolescents	124	191.97	19.27			

Table-1 shows that 't'- value was found to be statistically significant at 0.01 level. It shows that there is a significant difference in mean scores of adjustment of adolescents of government and public schools.

**Hypothesis-2** There exists no significant difference in the adjustment of male and female adolescents studying in government schools.

**Table 2:** Table showing overall adjustment of male adolescent and female adolescents of govt. schools.

Variables	N	Mean	S.D.	SE <sub>D</sub>	t-ratio	Level of significance
Male Adolescents	62	163.11	14.02	2.99	5.09	Significant
Female Adolescents	62	178.35	18.95			

Table-2 shows that 't'- value was found to be statistically significant at 0.01 level. It shows that there is a significant difference in mean scores of adjustment of male and female adolescents of government schools.

**Hypothesis-3** There exists no significant difference in the adjustment of male and female adolescents studying in public schools.

**Table 3:** Table showing overall adjustment of male adolescents and female adolescent of public schools.

Variables	N	Mean	S.D.	SE <sub>D</sub>	t-ratio	Level of significance
Male Adolescents	62	191.69	19.75	3.47	0.16	Not Significant
Female Adolescents	62	192.25	18.93			

Table-3 shows that 't'- value was found to be statistically not significant at 0.01 level. It shows that there is no significant difference in mean scores of adjustment of male and female adolescents of public schools.

### Conclusions

1. Adolescents studying in different government and public school differ significantly in having adjustment problems.
2. Male and female adolescents studying in government schools differ significantly in having adjustment problems.
3. Male and female adolescents studying in public schools do not differ significantly in having adjustment problems.

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