



## A STUDY ON ADJUSTMENT PROBLEMS OF HIGHER SECONDARY SCHOOL STUDENTS

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### Abstract

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*The present study has been designed to investigate the adjustment of higher secondary school students concerning their gender, locality, management. Three hundred higher secondary school students studying in the tirupati town of Chittoor district were selected as samples. In this investigation, Adjustment Inventory was developed by Sinha&Singh (1971). It consists of 60 items with three alternative options such as always, sometimes, and never. There are 23 positives and 37 negatives. If the respondent finds 'always', the positive items will be given a weightage of 2 points. Similarly, 1, 0 points are given to mark 'sometimes' and 'always' respectively and in the case of negative items, the scoring is reversed, i.e. from 0 (always) to 2 (never). The split-half reliability of the coefficient was 0.95. The results showed that higher secondary School Students do not significantly differ in their adjustment problems due to variation in Gender and management and locality.*

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**Keywords:** *Adolescents, Adjustment Higher secondary School Students*

### Introduction

Adjustment is the process of getting along with one other. It is described as the process by which an individual changes his/her behavior based on the requirements needed in order to establish a much more connected and a healthy relationship between oneself and the environment. It is the ability to accommodate oneself to the changing circumstances as a mark of maturity. In brief, adjustment refers to the behavior of an individual according to the requirements of the society in which they survive along with fulfilling their own needs and

dreams. According to the Evolution Theory proposed by Darwin in 1859, Species that constantly adapt themselves to the changes in the environment and the society have a greater chance of survival and mutate when compared to others that eventually fade and die. Therefore, changing and adapting to a new environment has become a major requirement for one's survival. This holds true for every species holding up their life today. Those who adapt have a peaceful life and can live with joy when compared to others who fail to adapt and continue their poor form of life and eventually be suppressed by the environment.

Successful adjustment is crucial to having a high quality of life. Understanding one's own strengths and weakness is a key factor for a successful adjustment. One must be flexible enough to understand and have the will to change accordingly. A well-balanced lifestyle also plays a crucial role in the concept of adjustment. When one is willing to face the society and life a prosperous life, he/she should be willing enough to adapt to the conditions that the society is currently in. The basic concept of adjustment is not very new to us. It has been prevailing in the society from a very long time. The elder generation has taught us how to accompany to the sudden changes and how to cope-up with them. This generation has more advantages when they adapt than the previous generations. The adaptation might be new and difficult at the beginning but as the time passes, all of us will understand it and thus try to become a better person for a society.

### **Need and importance of Adjustment**

The goal of an adjustment is to meet needs by minimizing frustration and tension. It helps us to live a happy and fulfilling life. It helps to strike a balance between our needs and our ability to meet needs. It caters to the needs of the individual who are regulated by the demands of different environmental conditions.

### **Significance of the Study**

Adjustment is the process of allowing an individual to receive, arrange, modify or to become a correspondent. It is the method of learning and implementing the various patterns of the environment into one's practical life. Every human being wants to adapt to different situations. They constantly try to adapt to the ever-changing society because it is the only method to live a happy and a peaceful life that they wish for. Behaviour is a key factor that defines one's level of adaptation with the society in which they prevail. They should have a positive and a constructive behaviour. Man is a social animal and he can adapt to new

conditions quickly. Even the Higher secondary School Students in their teens try to adapt to new situations and the changing environments. It is the time when a student strives to develop a proper adjustment in a variety of areas, including emotional adjustment, social adjustment and academic adjustment. Therefore, the adjustment in higher secondary School Students is of great importance for their study.

## **Review of Related Literature**

### **Statement of the Problem**

The topic of the current research is “*A Study on Adjustment problems of higher secondary School Students*”.

### **Objectives of present investigation**

- To assess the levels of adjustment problems among higher secondary school students.
- To study the differences of the below variables on the adjustment problems of higher secondary school students.
  - a) Gender b) Management c) Locality

### **Null Hypotheses**

- The higher secondary School Students don't differ in their levels of adjustment problems.
- The following variables don't make a significant difference in the higher secondary School Students' adjustment problems.
  - a) Gender b) Management c) Locality

### **Limitations**

The geographical area of the investigation is limited to one district, namely Tirupati in Andhra Pradesh. The sample size was limited to 100 higher secondary School Students.

### **Research Design**

In this research, the descriptive survey research design was used and the higher secondary school students were selected as a sample. The study was conducted on a sample of 100 higher secondary school students from Tirupati town Chittoor district of Andhra Pradesh. This sample was selected using a random sampling method to ensure population representation.

a) **Tool used:** *Adjustment Inventory for School Students* developed and standardized by Sinha and Singh (1971) was employed for data collection and it consists

of 60 items with three alternative options such as always, sometimes, and never. There are three areas on this inventory, namely emotional, social and educational adjustment. Each area contains 20 statements ( $3 \times 20 = 60$ ). There are 23 positives and 37 negatives. If the respondent finds 'always', the positive items will be given a weightage of 2 points. Similarly, 1, 0 points are given to mark 'sometimes' and 'always' respectively and in the case of negative items, the scoring is reversed, i.e. from 0 (always) to 2 (never). The range of scores is from 0 to 160. The split-half reliability of the coefficient was 0.95.

**b) Statistical Techniques Used:** Mean, Standard Deviation, Percentage, Critical Ratio, were used in the study to analyze the data.

### Data Analysis

**Table 1: Adjustment Problems of Higher secondary School Students -Gender- Mean - SD - C.R.**

Gender	N	Mean	S.D.	C.R.	Remarks
Boys	50	77.21	14.24	1.66	Not Sig. at 0.05 level
Girls	50	72.56	13.62		

The C.R. value (1.66) is less than 1.96 at 0.01 level of significance. Therefore, the null hypothesis is not accepted. Gender of higher secondary schools students makes no significant difference in their adjustment problems.

**Table 3: Adjustment Problems of Higher secondary School Students –Type of Management- Mean –SD – Critical Ratio**

Family type	N	Mean	S.D.	C.R.	Remarks
Private	50	72.25	12.37	1.53	Not Sig. at 0.05 level
Government	50	76.51	15.17		

The C.R. value (1.53) is less than 1.96 at 0.05 level of significance. Therefore, the null hypothesis is accepted. It indicates that government and private higher secondary school students do not differ in their adjustment.

**Table 4: Adjustment Problems of Higher secondary School Students -Locality- Mean - SD - C.R.**

Locality	N	Mean	S.D.	C.R.	Remarks
Rural	50	71.43	12.37	1.66	Not Sig. at 0.05 level
Urban	50	74.46	14.61		

The C.R. value (1.66) is less than the table value 1.96 at 0.05 level of significance. Therefore, the null hypothesis is accepted. Locality of higher secondary school students did not make a significant difference in their adjustment problems.

#### **Major findings of this investigation**

- Gender of higher secondary school students make no significant difference in their adjustment problems.
- management of higher secondary school students make no significant difference in their adjustment problems, whereas locality of higher secondary school students make no significant difference in the adjustment problems

**Recommendations:** This study calls for school authorities to initiate adjustment programs for higher secondary school students. Orientation programs, social activities, and student organizations should be set up within the school environment to promote overall adjustment among students. Therefore, students should maintain a positive, free, open, and friendly environment in which they can communicate freely with teachers. A good school environment is very important in turning students into good people who can meet the challenging demands of life. Many programs need to be organized in schools to suit different student needs. Parents need to be made aware of their role in transforming the child into a well-adjusted personality. Provide guidance and counselling center, educational counsellor, financial assistance programs, and training programs to meet the needs of different students. Providing adequate rest, socialization, physical activity and recreation can improve students' well-being and adjustment.

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