



THE IMPACT OF FAMILY ENVIRONMENTS ON ADOLESCENTS' ACADEMIC ADJUSTMENT

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Abstract

A balanced, healthy home environment is imperative for adolescents' all-round development and can support the continued growth of their abilities. The family environment, and the adolescent's adaptation to it, plays a vital role in personality formation because it is in this setting that the child informally acquires necessary skills. Adolescence is a stage of extensive mental and physical change; therefore, children need family values, loving relationships, trust, and parental guidance to face challenges. At different stages of life, situations may arise when a person cannot fulfill his wants and needs. If a person fulfills his needs, he adjusts to his surroundings. A positive family environment positively affects adolescents, allowing them to fulfill their responsibilities efficiently at home, in the neighborhood, and at school. A positive home environment affects a child's emotional, cognitive, and social development. Only through a balanced, positive attitude can values and ideals develop in the child, helping build his personality and develop good citizenship qualities. Conversely, many factors in the home environment influence educational adjustment. This research paper analyzes the various factors in the home environment and their role in educational adjustment.

Key Terms: Home Environment, Adjustment, Educational Adjustment

Introduction

Adolescence is the third stage of human development and is considered a period of intense upheaval, stress, and conflict. The word 'Adolescence' originates from Latin and means to move towards maturity. This stage, between the ages of 12 and 18, is considered very important compared to other stages of development and growth. It is called the spring period of life because, at this stage, the child is neither a complete child nor an adult.

Education is the basis for a person's all-round physical, mental, and spiritual development. Since education is a social process, it is imperative to create an environment that supports the continuous development of adolescents' physical, intellectual, and moral abilities. The family environment and available resources play a vital role in this development. The family is the primary school where students learn to adjust. A well-adjusted child is more likely to succeed in the future and develop independent thought and confidence. The adolescent's home is a sacred learning center where parents and the family environment instill knowledge and experience.

Education plays a vital role in every person's life, as it is a fundamental process for refining a person's inherent abilities and personality. This process enables him to integrate into society as an adult and provides the knowledge and skills needed to become a responsible citizen. Education has long been a powerful medium for building personality and transferring knowledge from one generation to another. Therefore, education not only connects the individual with society but also helps in maintaining cultural continuity. Through the education received in adolescence, a person imbibes social values and ideals.

At home, teenagers receive informal education alongside their parents and family, acquiring skills relevant to future needs. The family environment provides students with real-life experiences and encourages them to use their knowledge effectively and develop their inherent abilities. This environment supports learning, moral values, and character development, and motivates them to adjust well in society. Every adolescent's personality is influenced by their surroundings; without a conducive environment, many talents may remain stunted. Therefore, teenagers try to adapt to their surroundings with ease. Exposure to different habits, interests, and attitudes on school premises leads to physical and mental changes, and the home environment plays a very important role.

Parents play a crucial role in laying the foundation for their children's early development. The child's first educational experience comes from home, as the family is the first school. Parents' contribution is indispensable in providing direction and shaping the child's future.

Adolescents and Balanced Environments

Adolescence is the stage in which a person experiences extensive physical, mental, and social changes. Hormonal changes during this period support sexual maturity. During adolescence, children need family values, affectionate relationships, and constant support from parents to face challenges. The environment plays a major role in personality formation and behavior; therefore, adolescents' conduct depends largely on it. Parents have a primary responsibility to ensure a balanced environment that builds emotional security and helps

children absorb new experiences. 'Resilience' is an essential skill at this stage, as parents should encourage their children to be independent and creative.

Balanced Environment and Adjustment

Adjustment is a continuous process through which a person changes his behavior to establish a balanced relationship between himself and the environment, as it directly impacts life. If a person is adjusted, his personality is complete, and he leads a happy life because he constantly adapts to various areas such as family, school, and society to meet his personal needs. In every person's life, there are situations when he cannot fulfill his wants and needs; if he fulfills these needs, he adjusts to his environment. Environmental factors such as geography, family, and school also significantly affect adjustment. The environment should allow the adolescent to meet his basic needs; otherwise, he will be misadjusted and remain dissatisfied. These needs should be fulfilled in a way that does not interfere with the needs of others. If a child's educational ability is excellent, he will likely have high intellectual ability; however, with a proper environment and education, the personality of a child with a dull intellect can also improve and be distinguished.

Home Environment & Adjustment

The adjustment process is complex, and it develops gradually in children. However, this process can be easier if you pay attention to specific points. The family plays the first and most important role in a child's adjustment, after which the school and its environment support effective adjustment. If a child spends more time at home, parents must provide a healthy environment, because an adverse environment can hinder the child's development. Therefore, to make education effective, parents should improve the home environment. A positive family environment shapes a worthy and virtuous child. When all family members fulfill their responsibilities faithfully and cooperate with each other, they earn a respected place in society as a prosperous family. A positive family environment strongly influences children, helping them fulfill their responsibilities effectively at home, in the neighborhood,

and at school. Therefore, we must make not only the home and school, but also the neighborhood environment healthy, because the environment plays an important role in children's personality development, and collective efforts create human ecology. If the family environment is excellent, then the person will definitely be intelligent. Even a child with normal intellectual ability can become an excellent leader and a great personality if he develops in a good environment. On the contrary, if a talented child with high potential from birth lives in an unfavorable environment, he may not become a skilled engineer or doctor and may not prove useful to society.

Adjustment conditions in the home surroundings

According to a research study by **Gupta and Rani (2015)**, the home and surroundings play an important role in a student's personality development. Their findings show that an ideal family environment positively affects a child's emotional, cognitive, and social development. A well-ordered home environment forms the basis of loving relationships and proper upbringing among family members, which develops moral values and ideals in children and equips them with good citizenship qualities. On the other hand, the Indian family structure is undergoing drastic changes today, resulting in a decline in traditional values and a steady decline in mutual love and sympathy. The main factors include Westernization, industrialization, and rising economic pressures. The luxurious needs of a modern lifestyle and the influence of foreign culture have drastically increased spending, so one person's income is no longer sufficient, and it has become mandatory for both husband and wife to work to support the family. According to **Rachna Verma Mohan & Prabhakar (2020)**, in such situations, parents cannot focus enough on the children, and the children feel neglected. Without parental affection, they often develop anger, resentment, and rebellion, and they remain stressed and insecure. In such an environment, ensuring children's all-round development and improving their academic achievement seems extremely challenging. To achieve this difficult goal, the family must create an environment of love, trust, and support. When these three elements combine, the child's natural development proceeds smoothly, which automatically provides opportunities to inculcate moral values and achieve academic excellence.

Main Factors Influencing Educational Adjustment in the Home Environment

1. Family: The family is a basic unit in our social structure. The fragmentation of joint families and the growing trend of nuclear families have a profound impact on the environment of adolescents. Often in nuclear families, children experience loneliness, due to

which their energy is not properly directed, and they are mentally introverted and unable to express their feelings.

2. Working Parents: The lack of communication and affection between the parents due to their professional obligations or other engagements leads to a lack of communication and affection between the adolescents. The lack of proper guidance and emotional support results in the distance between the parents and the children, leading to a sense of insecurity and a lack of confidence in adolescents.

3. Lack of communication: Due to the lack of communication between parents and children, adolescents share their problems or thoughts with another irresponsible person, which increases the chances of them going on the wrong path. Sometimes there is also a lack of this type of communication, which can result in frustration and depression in adolescents.

4. Neglect of the needs of the adolescent: Many parents fail to understand and meet the proper expectations and needs of the teenagers, as a result of which the teenagers start feeling inferior. Also, when parents do not pay adequate attention to a teenager's daily routine, it adversely affects their performance, preventing them from reaching their full potential and causing them to lag behind in various fields. Ultimately, this creates a feeling of hopelessness in teenagers.

5. Parental Aspirations and Pressures: Often, parents choose courses or subjects that suit their aspirations without assessing the interest and potential of the teenagers. As a result, students cannot express their inherent qualities and talents, which leads to frustration. Also, constant pressure to score high marks in exams from the beginning creates in adolescents the belief that the only purpose of life is to earn academic marks.

6. Family environment: The family environment has a very deep impact on the psyche of adolescents. If parents have ideological differences, siblings lack intimacy, or the family environment is contentious, adolescents may stay away from home or migrate and often fall prey to bad company. If a teenager is in contact with relatives, acquaintances, or friends who have a negative attitude, it can also negatively affect their thinking. Therefore, a difficult family background seriously affects teenagers' mental health.

7. Differentiating adolescents: In the case of having more than one child, parents or family members often behave discriminatorily on the basis of academic performance. Prioritizing children who perform excellently can lead to inferiority complexes and frustration in children who score comparatively low.

8. Homesickness: When teenagers go away from home against their will for studies or coaching, they develop a feeling of 'homesickness', but due to fear, they are not able to express it or return; As a result, they develop conditions like loneliness and depression.

9. Punishing Response for Adolescents: Instead of developing a sense of right and wrong on a logical basis for the mistakes made by adolescents, adopting punitive reactions gives rise to a sense of frustration and rebellion in them. In addition, comparing and reprimanding adolescents for those from other families or friends often creates a sense of hopelessness and inferiority.

10. Parental Ambition: Parents often try to realize their dreams or ambitions that they could not fulfill on their own, without evaluating the potential, aptitude, and suitability of the teenager. Under pressure to fulfill this imposed desire, adolescents become victims of mental stress and frustration.

11. Lack of cohesion in activities: In today's competitive era, teenagers are put under a lot of pressure by parents, educational institutions, and coaching centers. Because of limited time, heavy academic loads, and health problems, they cannot balance these demands, resulting in frustration.

12. Fulfillment of Demands- Highly affluent parents often fulfill every demand of adolescents from an early age without any rational consideration, as a result of which they do not develop the capacity to accept rejection. So in practice, when their desires are not fulfilled, they start to develop an inferiority complex.

13. Addiction Habit: Addiction contaminates the family environment, which adversely affects adolescents, and they gradually fall prey to harmful tendencies.

Conclusion

Today's teenagers reflect the nation's current state and its future prospects; they are the country's wealth and the builders of the next generation. Therefore, the nation's leadership will ultimately be in their strong hands. The foundation for these youths to take up the responsibility of the country is being laid continuously. While parents, teachers, and society are happy to see their progress and healthy development, they are sometimes also apprehensive about the undesirable changes that arise. Education plays a vital role in adolescents' all-round development and social upliftment. Education is the most powerful medium for expanding intellectual capacity, building personality, and setting society's direction. It can sensitize emotions, guide interests, and positively shape thinking and behavior.

Education plays a vital role in shaping human behavior. Only through proper education can effective solutions to various challenges and obstacles arise in adolescents' lives. Due to the physical, emotional, and social changes that occur during adolescence, children are often unable to reconcile with their parents, teachers, or classmates. In this situation, feeling incapacitated, they can become victims of mental frustration and distress.

Therefore, adolescents must be provided with a suitable social environment and quality education from an early stage so they can overcome adjustment problems and achieve academic cohesion.

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