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## Adjustment among Women Reference to Geographical Area

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### *Abstract*

*The main purpose of this research was to find out the main difference between urban and rural area women in Adjustment. The total sample consisted of 80 women were taken. The research tool for Adjustment was measured by Dr. Bhatt.. Here 't' test was applied to check the significance of Adjustment in rural and urban area women. There is no significant different show, the hypothesis is rejected. Result is show that Adjustment in More in Urban Women compare to Rural Women.*

### **Introduction**

The mankind faces many problems in today's speedy and developing era. We know that Adjustment of individual is becoming weak due to all these problems. God has gifted body and mind to human beings. Man takes much care of his body, but when he is mentally ill, he does not give full attention towards it. Man has started running here and there for his development, as a result of which his Adjustment is found becoming weak. If the Adjustment of individual is good, he will know himself and will be able to know as to up to what extent the work being performed by him is good and up to what extent it is bad, and will be able to conclude as to what result will be attained for the work being performed by him. Our society is developing society, wherein Adjustment of each individual is found different. The Adjustment of a woman and a man in society is found in different manner. Our society is man oriented society; as a result the proportion in which mental development of men takes place, the mental development of women does not take place. Due to such difference, her Adjustment becomes weak. Just like the difference is found in Adjustment of man and woman, similarly, difference is found in Adjustment of woman in rural and urban areas. In comparison of rural women, more independence is found in urban women. They are self reliant, while rural women are found dependent. Because of rituals, traditions etc., their full development is seen. Because of it, difference in Adjustment of women residing in urban and rural areas is found.

The problem of Adjustment is considered a burning issue of modern era. If a human being wants to lead good and happy life, he will have to take care of Adjustment. If Adjustment is weak, deficiencies of weakness, inferiority complex, unnecessary worries or fear etc. are found in an individual. The World Health Organization n [WHO] states that each individual wish to lead happy and peaceful life.

Our society being man oriented, difference is seen in rearing of son and daughter, because of it, it badly affects her Adjustment. Due to such differentiation, atrocities are committed on women in many families, which also make serious effect on Adjustment of women. In today's times, sexual harassments with women are committed in more proportion; because of which Adjustment of women deteriorate. In our society, many restrictions on women are seen because of customs and rituals and as a result skills hidden in women become suppressed and she cannot become fully independent and has to depend on others, which also adversely affects her Adjustment.

"Adjustment includes precautions steps to prevent mental illness and through it growth can be seen in Adjustment"

**Walter J. Eoville**

"Adjustment mans proper study of the aspects which affected in individual or society Co-ordination and also of time use of the aspects of the study"

**Kiein**

"In individual view or personal view on and king of behavioral growth which requires a great strength to solve the problem is Adjustment"

**Hedly**

### Objective of the study

To study the Adjustment among the urban and rural working women.

### Hypothesis

There is no significant difference between the urban and rural working women for their Adjustment.

### Research Methodology

#### Variables

##### (A) Independent Variables

- 1) Urban
- 2) Rural

##### (B) Dependent variables

Adjustment

### Tools used

The following tools were used in the present study

#### (1) Personal data sheet

Personal data sheet developed by the investigator was used to collect information about the types of area.

#### (2) Adjustment

The Adjustment Scale use by Bhatt used from the study. This scale reliability of 0.73 and a validity of 0.54.

### Sample

Sample in this study consist 80 subjects having 30 urban and 30 rural working women from Surendranagar District.

### Statistical Analysis

In this study 't' test was used for statistical Analysis.

### Result and Discussion

**Showing the difference between two groups as urban and rural in terms of their Adjustment.**

Variable	Group	N	Mean	S.D.	t	Significant
Adjustment	Urban	40	55.53	9.94	3.60	0.05
	Rural	40	49.87	8.32		

### N.S = Not significant

The above table shows the mean difference between two groups in terms of Adjustment. The mean for the urban is 55.53 and SD 9.94, as well as the mean of rural is 49.87 and SD 8.32. The obtained 't' is 3.60, that is significant difference level 0.05. Hence it is concluded that there is significant difference between urban and rural working women in terms of their Adjustment. This result rejected the hypothesis that "There is no significant difference between the urban and rural working women for their Adjustment". The mean of the result is that Urban Women Are More Adjustable in his life compare to Rural women.

### Conclusion

Urban women are More Adjustment in Compare to Rural Women.

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