

# “A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF ADJUSTMENT AND QUALITY OF LIFE AMONG ADOLESCENTS IN SELECTED HIGHER SECONDARY SCHOOL STUDENTS AT PUDUCHERRY”.

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## Abstract

Descriptive survey research design was used to assess the level of adjustment and quality of life among adolescents secondary school student at puducherry. The objectives were to determine the level of adjustment and quality of life among adolescents, to find the relationship between the level of adjustment and quality of life among adolescent and to associate the level of adjustment quality of life among adolescent in selected demographic variables. A total of 50 students were selected by using convenient sampling technique. Adjustment Inventory Questionnaire and Biglow's Responent Self Report Questionnaire was used to assess the level of adjustment and quality of life among adolescent school students. The data were analyzed through Pearson's correlational test and Chi-square test. The result reveals that findings of the study have been discussed in terms of the objectives and hypothesis. The study results were concluded that the level of adjustment and quality of life among adolescents. Majority of adolescents had moderate quality of life (78%), there are 12% of adolescents had good quality of life and 10% of adolescents had poor quality of life. The value of R is 0.03058. It shows that the relationship between level of adjustment and quality of life is very weak.

**Key Words:-** Adjustment, Quality of life and adolescents

## INTRODUCTION

“I am living out my adolescent dream of travel and adventure “ - Tim Cahill (1944)

Adolescent shows strong feelings and intense emotions at different times. Emotion is the current of energy that are within us. Emotions may be defined as the stirred up an organism involving internal and external changes in the body. Our emotions control our behavior. Emotion is a dynamic inner adjustment in the organism that operates for the satisfaction and welfare of the individual. Mood fluctuation appears during this stages. These emotional ups and downs can lead to increased conflict and adjustment problems among adolescents. It becomes very difficult for the adolescents to cope up with these changes. There is a need to understand these problems faced by adolescent otherwise it would lead to mal-adjustment. Parents and teachers are more responsible for the emotional adjustment of the child. Therefore educations for the adolescents must be planned in such a way enabling them to adjust personally, socially emotionally and educationally to the various environment. The important area of adjustment as home, health, social, emotional, school adjustment.

Quality of life is the subjective component of well being defined by WHO, the general well being of individual and societies, outlining negative and positive features of life. It observes life satisfaction including everything from

physical health, family, education, employment wealth, religious belief finance and environment. Quality of life multidimensional rather than unidirectional concept it look into may domains and factors that have an impact on life style.

## **NEED FOR THE STUDY:**

India has the largest population of adolescents in the world being home to 234 million individual aged 10 to 19 years. Releasing the UNICEF flagship the state of the world children' report at the Raj Bhavan in Guwahati, patnaik said the country's adolescents constituted 20 percent of the world 1.2 billion adolescents. Stating nine out of ten among the 1.2 billion adolescents live in the developing world. A district of Puducherry has been released by Directorate of Census Operation in Puducherry. In 2011 Puducherry had population of 950,289 of which male and male female were 468,258 and 482,031 respectively. In 2001 census, Puducherry has a population of 735,332 of which males were 369,428 and remaining 365,904 were females. There was changes of 29.23 percent in the population compared to population as per 2001. In the precious census of india 2001, Puducherry district recorded increased of 20.83 percent of its population compared to 1991.

Adolescents account for about 1/5<sup>th</sup> Indian population (as on 2004) resent researcher suggest that more young people are beginning to report of mental health problem as they perceive more stress. It is estimated that 6 to 9 million children and adolescent in the United State have mental behavioral problems. Indian council of medical research reported that about 12.8 percent of children (1 to 16 years) suffer from mental health problems. According to finding 69.56 percent of adolescent had suicidal behavior due to parent child problems, about 17.39 percent due to partner relation problems. 8.69 percent due to adjustment disorder and 4.35 percent children due to depression. Adolescent in disadvantaged communities are at elevated risk for exposure to multiple stressor indicating high rate of crime and victimization, family poverty, family conflict, increased prevalence of deviant peers and school with inadequate resource.

## **STATEMENT OF THE PROBLEM**

“A descriptive study to assess the level of adjustment and quality of life among adolescents in selected higher secondary school students at Puducherry”.

## **OBJECTIVES**

- To determine the level of adjustment and quality of life among adolescent
- To find the relationship between the level of adjustment and quality of life among adolescent.
- To associate the level of adjustment and quality of life among adolescent in selected demographic variables.

## **HYPOTHESIS:-**

H1 - There will be a significant difference between the level of adjustment and quality of life among adolescence.

H2 - There will be a significant association between the level of adjustment and quality of life with selected demographic variables.

## RESEARCH METHODOLOGY

**RESEARCH APPROACH:** Quantitative approach

**RESEARCH DESIGN:** Descriptive survey research design

**SETTING OF THE STUDY:** Bahour, Kasthuribai Gandhi government school, at Puducherry

**POPULATION:** Adolescent students those who were the age of 12 to 19 years.

**SAMPLE:** 12 to 19 years old adolescents students who met the inclusion criteria

**SAMPLE SIZE:** 50 adolescents

**SAMPLING TECHNIQUE:** Convenient sampling technique

### CRITERIA FOR SAMPLE SELECTION:

#### INCLUSION CRITERIA:-

- Adolescent those who were the age of 12 to 19 years old
- Adolescent those who are willing to participate in the study
- Adolescent who can understand Tamil and English

#### EXCLUSION CRITERIA:-

- Those who were absent on the day of data collection.
- Adolescent those who are not willing to participate in the study.

#### DESCRIPTION OF THE TOOL:

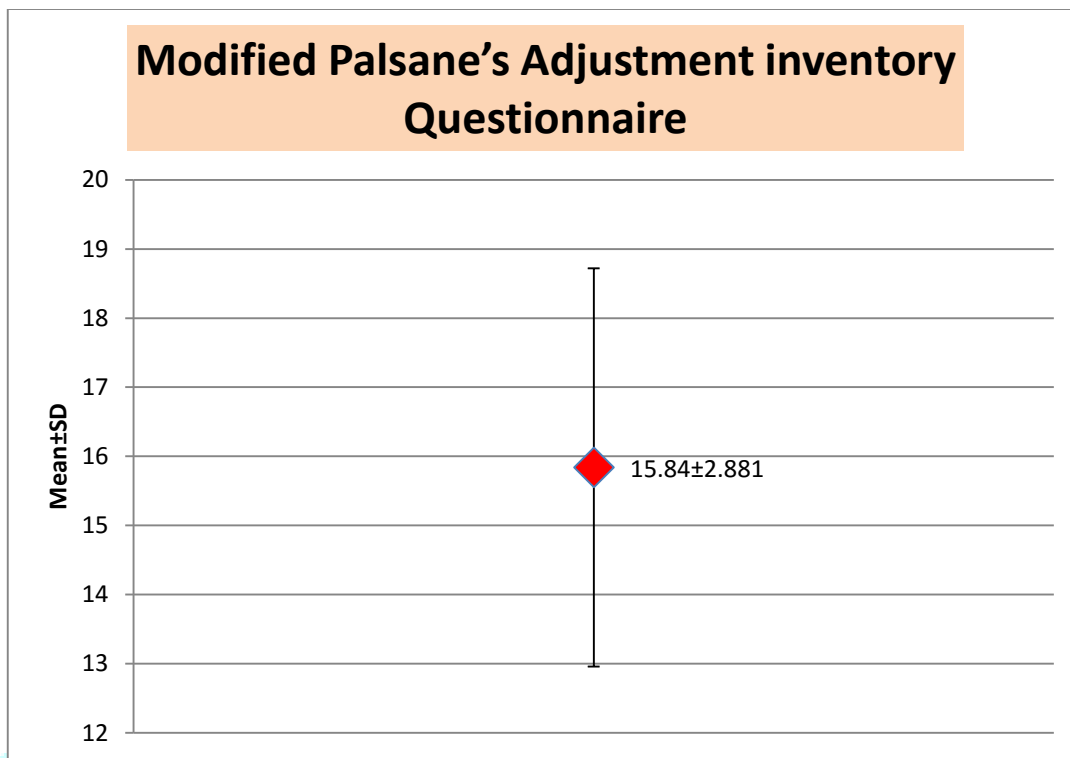
- A. Demographic Variables
- B. Modified Palsane's adjustment inventory questionnaire
- C. Modified Biglows'sresponentself report questionnaire for quality of life.

**PLAN FOR DATA ANALYSIS:** Descriptive and inferential statistics was used

## DATA ANALYSIS AND INTERPRETATION

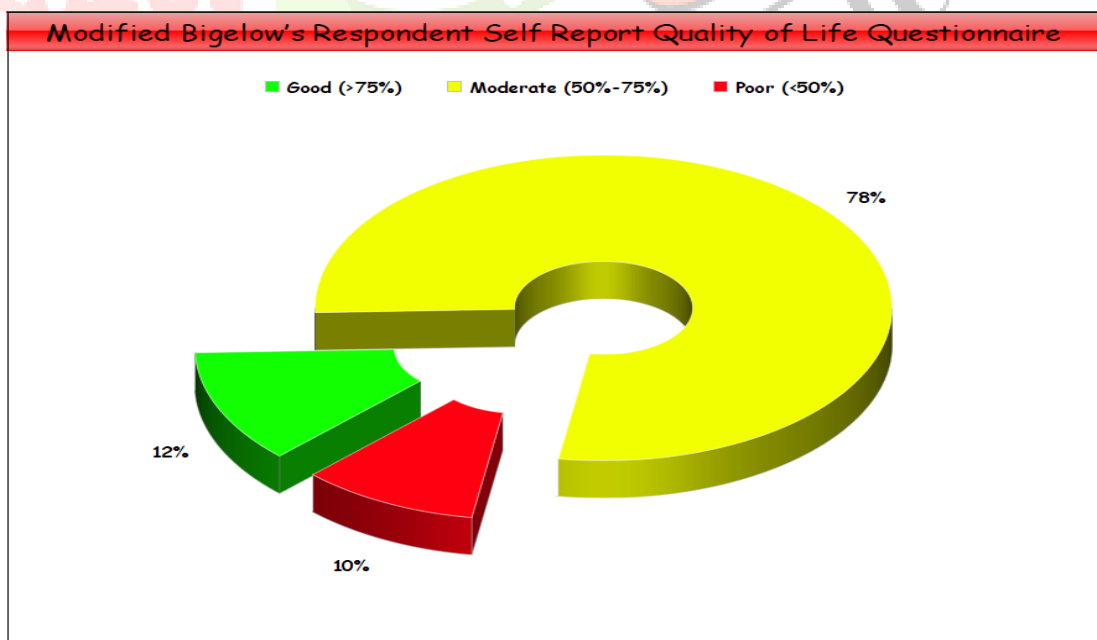
**Section II Determine the level of adjustment and quality of life among adolescent**

**Modified Palsane's Adjustment inventory Questionnaire**



This shows the score of Adolescent according to the Modified Palsane's Adjustment inventory Questionnaire. It shows that the overall Mean and Standard deviation is 15.84±2.881. The mean and standard deviation of Social Adjustment and Education Adjustment is 8.32±1.719 and the mean and standard deviation of Home and Family Adjustment is 2.48±1.147. Similarly the mean and standard deviation of Personal and Emotional Adjustment is 2.24±0.959 and the mean and standard deviation of Health Adjustment is 2.8±0.857.

**Modified Bigelow's Respondent Self Report Quality of Life Questionnaire**



This shows the score of Adolescent according to the Modified Bigelow's Respondent Self Report Quality of Life Questionnaire. It shows that majority of Adolescent had Moderate Quality of Life (78%). There are 12% of Adolescent had Good Quality of Life and 10% of Adolescent had Poor Quality of Life.

## Section III Correlation between the level of adjustment and quality of life

Table 4.3.1 Correlation between Level of Adjustment and Quality of Life

	Maximum Score	Mean	SD	r Value	'p' value
Level of Adjustment	25	15.84	2.881	0.03058	0.832 (NS)
Quality of Life	60	37.58	6.401		

(S – Significant, NS – Not Significant)

This table shows the correlation between Level of Adjustment and Quality of Life by using Pearson's Correlation. The value of R is 0.03058. It shows that the relationship between Level of Adjustment and Quality of Life is very weak.

#### Section IV Association the level of adjustment and quality of life among adolescent in selected demographic variables

Shows the association between the demographic variables and Quality of life of Adolescent. It shows that Mother's Education, Father's Occupation and Residence had relationship with the Quality of Life since the p value is less than 0.05 and rest of the variables had no relationship with the Quality of life.

#### RESULTS:

Majority of the adolescents had moderate quality of life (78%), 12% of adolescents had good quality of life and 10% of had poor quality of life. Significant association was found with mothers education and fathers occupation with selected demographic variables

**NURSING IMPLICATION:** The nursing implication of the study could be discussed under nursing practice, nursing education, nursing administration and nursing research.

**NURSING PRACTICE:** The nurses are trained to handle the adolescents with various adjustment problem resulted from the adjustment while social environment. The nurse should assess the level of adjustment and quality of life among adolescents in while providing the service to the clients.

**NURSING EDUCATION:** Impart the adjustment and quality of life in nursing curriculum, this will help the student to have adjustment and quality of life while handling the client in health care setting.

**NURSING RESEARCH:** The findings of the study help the research to indentify the various aspect of adjustment and quality of life and how it will help the client to overcome from critical situation.

### RECOMMENDATIONS:

On the basis of findings of the study. It is recommended that,

- Similar study can be conduct for a large sample to generalize the finding.
- A study can be done to assess the level of adjustment and quality of life among adults and senior citizens.

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