



# DECISIVENESS AND ITS EFFECT ON ADJUSTMENT

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## **Abstract:**

In the present study, the decisiveness on and its effect on different dimensions of adjustment i.e. home, health, social, emotional and in total is examined. Differential Personality Scale developed and standardized by Sinha and Singh along with Mohsin-Shamshad Adaptation of Bell's Adjustment Inventory was utilized for investigation. The respondents (N=480) were divided in high decisiveness group and low decisiveness group on the basis of scores obtained by them on Differential Personality Scale. Then the median value of the scores was calculated. Those falling at and above the median value were placed in high decisiveness group (N=240) and those falling below it were placed in low decisiveness group (N=240). Mohsin-Shamshad Adaptation Inventory was administered to the respondents of both the high decisiveness and the low decisiveness groups. For the analysis and treatment of the scores t-test, r-test and chi-square test were used. On the basis of analysis it was concluded that the high decisiveness group of subjects have better adjustment pattern than the low decisiveness group of subjects. Thus decisiveness and adjustment were found positively and significantly related.

**Index Terms:** decisiveness, home, health, social, emotional

## **1.0 Introduction**

The term personality is used in many ways. It may refer to all three, is to know about a person, or what is unique about someone, or what is typical to a person. Personality is the dynamic organization within the individual of those psychophysical systems that determine has unique adjustment to his environment. Theories of personality have been broadly grouped into four categories: Type and trait approaches, Psycho dynamic theory, Learning and behaviour approaches and Humanistic approaches. Hyde and Kingsley (1944) reported that the symptoms of maladjustment are found more frequent in urban areas than in rural areas. It has been argued that urban people have lesser tolerance to stresses and are more sensitive than the rural people. However, some other investigations have shown poor adjustability with children belonging to rural areas especially due to defective child rearing practice and lack of proper socialization (Pearson, 1971; Thompkins, 1973).

The person having decisiveness trait takes a quick decision whenever he is confronted with controversial situations as he decides easily which of the activities is to be taken first in accordance with his preference and the situational demand. It has been rightly said that the decisive personality undertakes a journey after making a quick decision. He does not want to linger on and take much time in deliberation. He develops an attitude which helps in resolving a conflicting situation. The second quality of the decisive personality is that the person takes a clear stand whenever certain issues are raised before him. He seldom hesitates in solving the issue. The third characteristics of this type

of person is that he remains firm over his decision and further stick to them. In other words, he does not fluctuate from one moment to another as it gives him a tension if he feels shaky over his decision.

The other characteristic of this type of personality is that it helps the person in deciding the priority and accordingly attending to them. On the other hand non decisive persons or less decisive persons find it difficult to decide priorities. The most important characteristic is that the trait of decisiveness helps the man in making independent decisions with regard to social, religious, political and domestic issues. On the whole it appears that decisiveness as a trait of personality, determines human thought and action in such a way that decision making behaviour becomes easy, straight forward, independent and non-conflicting. Hence this personality trait seems relevant and significant as a determinant of adjustment/maladjustment.

## 2.0 Objective and Hypothesis:

**Objective:** The purpose of this study is to examine the effect of decisiveness on adjustment. It is intended to compare the high decisiveness subject with the low decisiveness subject in terms of their adjustment pattern.

**Hypothesis:** The high decisiveness group of subjects would have better adjustment pattern than the low decisiveness group.

## 3.0 Research Methodology: This section includes:

**(A) Sampling:** The incidental cum purposive sample consisting of 480 students was drawn from the student of undergraduate classes of the College of Patna University and Magadh University located in the central area of Patna town. The subjects were in the age group of 14 to 16 years in respect of sex, community, social economic status, area of inhabitation, etc.

**(B) Research tools:** The following research tools were used under this study:

**(a) Personal Data Sheet:** A Personal Data Sheet prepared by the researcher herself was used for collecting relevant information about the subjects. To be more specific information relating to age, sex, community, inhabitation, religion, and education etc. of the respondents were collected through this PDS.

### **(b) Mohsin-Shamshad Adaptation:**

For measuring adjustment of the respondents Mohsin-Shamshad Adaptation of Bell's Adjustment Inventory (1987) was used. It takes 35 to 40 minutes. The Inventory can be used both as a group test and as an individual test, as necessary. The Inventory is scored simply by counting the number of responses marked in each area of adjustment. The responses to which the score is to be given are mentioned in the Manual of the Inventory. High Score indicates poor adjustment and low score indicates better adjustment.

### **(c) Differential Personality Scale:**

Differential Personality Scale was developed and standardized by Sinha and Singh (1976). This scale is a heterogeneous scale of personality which measures nine major dimensions or traits of personality. The nine major dimensions with its meaning in brief are presented below:

1. **Decisiveness:** This trait refers to person's ability to take quick decision in controversial issues, to decide priorities and attend accordingly, to take clear cut stand over the given issues, etc.
2. **Responsibility:** It is defined in terms of a number of behavioural syndromes such as finishing a task in time, meeting people on appointed time, going somewhere according to a fixed schedule, attending a meeting in time, meeting people on appointed time, going somewhere according to fixed schedule etc.
3. **Emotional stability:** Person having traits of emotional stability has well control over his emotion, talks confidently with others, considers ailments in their proper perspective, faces comments and criticisms realistically, etc.

4. Masculinity: This trait refers to a person's ability to do arduous and risky work, his ability to handle challenges from others and face them boldly, accepting a Job in police or military, taking interest in mountaineering, fighting, etc.
5. Friendliness: Persons possessing such trait develop deeper acquaintance with people, often help other in time of trouble and show proper love and affection to even juniors and unknowns.
6. Heterogeneity: Persons having such trait have normal sex relationship with opposite sex, do not feel shy among members of opposite sex and take active participation in working with members of opposite sex.
7. Ego Strength: Persons having the trait of ego strength tend to concentrate and attend to different activities at a time, have feelings of adequacy and vitality, have adequate control over impulses and tend to show high coordination between thoughts and actions.
8. Curiosity: Persons having the trait of curiosity tend to explore the details of objects or things which are relatively new, tend to reach the destination in time, tend to know the contents of talks of others or reaction of others toward one's self, etc.
9. Dominance: Persons having the trait of dominance tend to dictate over others for their duty, tend to be the leader of the group, tend to settle controversy between rivals, tend to undertake the supervision of a difficult and complex task.

**(C) Procedures:** The procedure of the administration of the test/scales consisted of different phases. Scoring was made as per the manual of the concerned test or scale. The research tools were administered to the respondents in 20 phases, each phase consisted of one session. In the session Personal Data Sheet (PDS), Mohsin- Shamshad Adaptation of Bell's Adjustment Inventory and Differential Personality Scale of Sinha and Singh were administered to the respondents. The researcher reached the place in time and established a rapport with the respondents by talking with them. When they were ready to co-operate with her the personal data sheet was given to them with a request to fill in the blanks. Then Mohsin-Shamshad adaptation inventory was given to them. They were requested to go through the instructions given on the cover page of the inventory and do it accordingly. At the end Differential Personality Scale was given to them and they were requested to read the given instructions and to do accordingly. In the likewise manner in the remaining phases data were collected from all the respondents (N=480).

**(iv) Data analysis:** Using t-test the effect of the independent variable Decisiveness on the dependent variables (adjustment) was examined. Using the r-test the relationship of this independent variable under reference with adjustment was ascertained. Similarly, Chi- square test was employed as an association of this independent variable with the adjustment was examined. Keeping in view, the nature of the obtained data, it was decided to analyse the data according to the steps: 1. Comparison between the high and low decisiveness groups of subjects in terms of adjustment. 2. Correlation between decisiveness and adjustment irrespective of other factors.

#### **4.0 Results and Discussion:**

Based on the above collected and analysis, the effect of decisiveness as a trait of personality on adjustment on the dependent variable i.e. Adjustment with its four dimensions - home, health, social and emotional dimensions as well as overall adjustment is described below:

##### **Decisiveness as a determinant of adjustment:**

One objective of the present endeavor was to examine the effect of decisiveness as a trait of personality on adjustment. The respondents (N=480) were divided in high decisiveness group and low decisiveness group on the basis of scores obtained by them on Differential Personality Scale which was developed and standardized by Sinha and Singh. Those falling at and above the median value were placed in high decisiveness group (N=240) and those falling below it were placed in low decisiveness group (N=240). Mohsin-Shamshad Adaptation Inventory was administered to the respondents of both the high decisiveness and the low decisiveness groups. The results thus obtained were recorded in table 1.00 given below:

**Table 1.00**

Dimensions of adjustment	Decisiveness	N	Mean	SD	SE	t	df	P
Home	High	240	7.78	3.45	0.22	10.93	478	<0.01
	Low	240	12.59	5.67	0.37			
Health	High	240	12.16	6.73	0.43	6.32	478	<0.01
	Low	240	16.84	9.40	0.61			
Social	High	240	9.65	6.50	0.42	8.27	478	<0.01
	Low	240	14.61	6.62	0.43			
Emotional	High	240	11.93	5.99	0.39	4.92	478	<0.01
	Low	240	15.18	8.33	0.54			
Total	High	240	34.68	12.40	0.80	5.64	478	<0.01
	Low	240	41.39	13.60	0.88			

The results of Table - 1.00 clearly indicated the significant effect of decisiveness as a trait of personality on adjustment. The high decisiveness group of the respondents was found better adjusted in home dimension ( $t=10.93$ ,  $df=478$ ,  $P<0.01$ ). in health dimension ( $t=6.32$ ,  $df=478$ ,  $P<0.01$ ), in social dimension ( $t=8.27$ ,  $df=478$ ,  $P<0.01$ ), in emotional dimension ( $t=4.92$ ,  $df=478$ ,  $P<0.01$ ), and even in overall adjustment ( $t=5.64$ ,  $df=478$ ,  $P<0.01$ ). Thus, the fourth hypothesis as stated in the second section of the present study was confirmed. The finding might be interpreted in terms of clarity of mind and freedom from conflict on the part of the persons with high decisiveness (Singh, Chaudhary and Tauvab, 1992; Anjum and Laxmi, 2000).

#### **Relation between Decisiveness and adjustment :**

It was attempted to examine the relationship between adjustment as a dependent variable and decisiveness as an independent variable. Mohsin-Shamshad adaptation inventory was administered to all the respondents ( $N=480$ ) and their scores concerning different dimensions of adjustment besides over all adjustment were obtained. Differential Personality Scale constructed and standardized by Sinha and Singh was administered to the same four hundred eighty respondents and their scores on decisiveness were obtained. The two sets of scores were analysed and treated using product moment method of correlation and the results thus obtained were recorded in Table 2.00 given below:

**Table 2.00**

Variables	N	r	df	P
Home adjustment vs Decisiveness	480	0.551	478	<0.01
Health adjustment vs Decisiveness	480	0.453	478	<0.01
Social adjustment vs Decisiveness	480	0.395	478	<0.01
Emotional adjustment vs Decisiveness	480	0.543	478	<0.01
Overall adjustment vs Decisiveness	480	0.479	478	<0.01

The results recorded in Table-2.00 indicated a significant positive relationship between adjustment and decisiveness. The personality factor namely decisiveness was found significantly and positively related with home adjustment ( $r = 0.551$ ,  $df=478$ ,  $P<0.01$ ), with health adjustment ( $r = 0.453$ ,  $df=478$ ,  $P<0.01$ ), with social adjustment ( $r = 0.395$ ,  $df=478$ ,  $P<0.01$ ), with emotional adjustment ( $r = 0.543$ ,  $df=478$ ,  $P<0.01$ ), and also with over all adjustment ( $r = 0.479$ ,  $df=478$ ,  $P<0.01$ ). Thus, hypothesis as mentioned above in the present study was confirmed beyond 0.01 level of confidence. It was hypothesized that decisiveness as a personality factor would be found positively and significantly contributing to all the dimensions of adjustment, which was strongly supported. The finding might be interpreted in terms of more clear-cut stand concerning affairs of life and greater firmness in thought on the part of those respondents scoring high on decisiveness as compared to those scoring low on decisiveness as a personality trait. The finding is consistent with the finding based on t-test (Table-1.00).

#### Application of Chi-square test:

Chi-square test was used as an additional test to examine the effect of the independent variable under study on the sole dependent variable under reference. It should be noted that here only the overall adjustment was taken into consideration. Median score on the overall adjustment was taken as the cut mark. Those falling at and above the median were placed in high adjustment group and those falling below it were placed in low adjustment group. Percentage of the respondents falling into the high adjustment group and the low adjustment group was calculated. Chi-square test was employed to examine the significance of difference in their percentages. Chi-square test was used to examine the association of adjustment with ego strength and tabulated in Table 3.00.

**Table 3.00**

#### Showing the association of adjustment with decisiveness

Level of Overall adjustment	Subjects		X <sup>2</sup>	df	P
	High Decisiveness group N=240	Low Decisiveness group N=240			
High	144 (60%)	115(48%)	5.78	1	<0.05
Low	96 (40%)	125(52%)			

The results given in Table-3.00 showed better adjustment in the subjects belonging to the high decisiveness group than those belonging to the low decisiveness group ( $\chi^2=5.78$ ,  $df=1$ ,  $P<0.05$ ). This finding is relevant to the findings based on t-test (Table-1.00) and r-test (Table-2.00) given above.



## 5.0 Conclusion:

Based on the above analysis of data the following conclusion was drawn:

The high decisiveness group of subjects showed better adjustment pattern than the low decisiveness group of subjects. Thus decisiveness and adjustment were found positively and significantly related.

## 6.0 References

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