

# CONSTRUCTION AND STANDARDIZATION OF ADJUSTMENT SCALE

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**Abstract:** A trait cannot be measured without appropriate tool. A tool in researcher's hand is look like a professional having a tool to work. In social sciences, the tools may be in a form of questionnaire, rating scales, inventories, batteries etc. A good tool should posses a valid statements and they are judges the accuracy of the measures. Adjustment is essential quality of the teacher which will used to harmonize with students and the colleagues for successive teaching –learning development. At first of item analysis, the four dimensions such as socaila adjustment, emotional adjustment, mental adjustment and physical adjustment and they were identified through different definitions of Adjustment. The investigator has preliminary developed the Adjustment scale with 47 items by with five point scale such as strongly agree, agree, undecided, disagree and strongly disagree. After scrutinizing for repetitions of item 6 items were removed. For item analysis, the preliminary survey was conducted with 100 random samples of B.Ed trainees and the data were subjected to item analysis. End the item analysis, 31 item were retained and it comprises for Adjustment Scale. The Adjustment scale has face validity and the reliability of the tool is 0.79 which was found by using Spearman-Brown Formula. The Norm of the Adjustment Scale was established.

**Keywords:** Adjustment, Social Adjustment, Physical Adjustment, Random, B.Ed Students, Preliminary Survey

## 1.1 Introduction:

A pilot study or pilot project or pilot experiment is a small scale preliminary survey conducting in order to evaluate feasibility, time, cost, adverse events, and affect size in an attempt to predict an appropriate sample size and improve upon the study design prior to performance of a full scale research project. A pilot study is a mini –version of full scale study or a trial run done in preparation of the complete study. The latter is also called “feasibility” study. It can also be a specific pre- testing of research instruments, including questionnaires or interview schedules. The pilot study will thus follow after the researcher has a clear vision of the research topic and questions, the techniques and methods which will be applied, and what the research schedule will look like. It is “reassessment without tears”, trying out all research techniques and methods, which the researcher have in mind to see how well they will work in practice.

## 1.2 Meaning and Definitions of Adjustment:

According to Mangal (2016), the dictionary meaning ‘adjustment’ is to fit, make suitable, adapt, arrange modify, harmonize or make correspondent. It simply says that an adjustment between two things, we adopt or modify one or both of them to correspondent to each other. In some situations, one of the factors may not be changeable and so one which has to be modified in some way to suit others.

According to Driver (1952) quoted “Adjustment means the modifications to compensate for or meet special conditions”.

According to Webster (1951), “Adjustment is the establishment of a satisfactory relationship, as representing harmony, conformance, adaptation or the like”.

Based on the definitions, the Investigators of the paper have defined adjustment as “the act or process of changing or adjusting something that is in a novel situation”.

## 1.3 Identifying the Dimensions of Adjustment scale:

After critical analysis of the definitions of adjustment as quoted in proceeding paragraphs, the investigators have identified and formulated the following dimensions.

- ✓ Social adjustment
- ✓ Emotional adjustment
- ✓ Mental adjustment
- ✓ Physical adjustment

The descriptions of the dimensions are explained briefly and as given below:

### 1.3.1 Social Adjustment:

Social adjustment is an effort made by an individual to cope with standards, values, and needs of a society in order to be accepted. It is defined as a psychological process which involves coping with new standard and value. Psychologists use the term adjustment of varying conditions of social and interpersonal relation in the society. Thus adjustment can be called the reaction to the demands and pressures of the social environment upon the individual. In the technical language of psychology “getting along with the members of society as best as one can is called adjustment.

### 1.3.2 Emotional Adjustment:

Emotional adjustment also referred as personal adjustment (or) psychological adjustment is the maintenance of emotional equilibrium in the face of internal and external stressors. This is facilitated by cognitive process of acceptance and adaptation. An example would be maintaining emotional control and coping behavior in the face of identity crisis.

### 1.3.3 Mental Adjustment:

The act or processes by which an individual adapts his attitudes, traits or feelings to the social environment.

### 1.3.4 Physical Adjustment:

Adjustment continues is a process that begins at the presentation of symptoms and throughout the course of the illness and response to changes in illness status .physical illness can conceptualized as a stressor, the demands of which depend upon the characteristics and serenity of the illness.

## 1.4 Construction of Adjustment Scale:

Scale construction is a complex task to the investigator. It may be extended to several steps. They are

- ✓ Planning
- ✓ Preparation for preliminary forms
- ✓ Pre try out
- ✓ Editing
- ✓ Pilot study
- ✓ Item analysis and
- ✓ Preparation for final form

### 1.4.1 Planning:

The first and essential step of the term analysis is planning. In this step the investigator has identified the dimension of the variable in which the item would be developed. The investigators of the study have identified the dimensions from the useful definitions and they are,

- ✓ Social Adjustment,
- ✓ Emotional Adjustment,
- ✓ Mental Adjustment, and
- ✓ Physical Adjustment

The above dimensions are explained in the head of Identification of Dimensions.

### 1.4.2 Preparation of Preliminary Form:

Investigator has developed the preliminary form of adjustment for high school teachers with 47 statements the investigator takes care to avoid ambiguity and repetition of the statements. Every statements hold five graded options such as “Strongly Agree, Agree, Undecided, Disagree ,Strongly Disagree”. Scoring for the positive statements, 5,4,3,2,1 and for the negative statements the reverse of the score was followed.

### 1.4.3 Pre- tryout:

The preliminary form of adjustment scale for B.Ed students was given to the subject experts in the field of education and psychology and the teachers. They are requested to check the clarity of statements and its appropriateness of the language. Based on their suggestions, the research tool was further edited and they are explained below.

### 1.4.4 Editing:

Soliciting the response of the teachers at the pre try out stage, the editing of the developed research tool was partially completed. On the basis of criticisms and suggestions of the subject experts the 6 statements were removed and 41 statements were integrated. The description of the items is given in the below table 1.1

Table No 1.1 Description of Items in Adjustment Scale

S.No	Dimensions	Item No. Preliminary Forms	Items type
1)	Social Adjustment	1.	Positive
2)		2.	Negative
3)		3.	Positive
4)		4.	Positive
5)		5.	Negative
6)		6.	Positive
7)		7.	Positive
8)		8.	Positive
9)		9.	Positive
10)		10.	Negative
11)		11.	Positive
12)		12.	Positive
13)	Emotional Adjustment	13.	Positive
14)		14.	Positive
15)		15.	Positive
16)		16.	Positive
17)		17.	Positive
18)		18.	Positive
19)		19.	Negative
20)		20.	Negative
21)		21.	Negative
22)		22.	Positive
23)	23.	Positive	
24)	24.	Negative	
25)	25.	Positive	
26)	26.	Positive	
27)	Mental Adjustment	27.	Positive
28)		28.	Negative
29)		29.	Positive
30)		30.	Positive
31)		31.	Positive
32)		32.	Positive
33)	Physical Adjustment	33.	Negative
34)		34.	Negative
35)		35.	Positive
36)		36.	Negative
37)		37.	Positive
38)		38.	Negative
39)		39.	Negative
40)		40.	Positive
41)		41.	Negative

#### 1.4.5 Pilot study:

After editing the item a pilot study for establishing the qualities of a good tool. The Adjustment scale was administered to 100 randomly selected B.Ed student are working in Thanjavur district of Tamilnadu. The teachers were requested to mark their

responds against the statements of adjustment scale and the investigator assured that the responses will be used for research purpose and it will be confidential. There was no time limit for responding but anymore can answer the statement of the scale with 45 to 50 minutes. The responded were collected and scored.

#### 1.4.6 Item analysis:

The Adjustment Scale is in interval scale .Thus the investigator has used to test for item selection. According to Edward (1965),the item value greater than 1.75 were retained and lower the critical value were rejected (cited in kamatchi, 2013). The statuses of the items are given in the following table 1. 2.

**Table No 1.2 Item Analysis of Adjustment Scale**

S.No	Dimensions	No. of Item Preliminary Forms	't' value	Item no in the final form	Results	Items type
1)	Social Adjustment	1.	3.40	1	Retained	Positive
2)		2.	1.56	-	Rejected	Negative
3)		3.	2.50	2	Retained	Positive
4)		4.	3.29	3	Retained	Positive
5)		5.	1.60	-	Rejected	Negative
6)		6.	2.25	4	Retained	Positive
7)		7.	1.26	-	Rejected	Positive
8)		8.	2.39	5	Retained	Positive
9)		9.	5.88	6	Retained	Positive
10)		10.	4.77	7	Retained	Negative
11)		11.	3.34	8	Retained	Positive
12)		12.	3.23	9	Retained	Positive
13)	Emotional Adjustment	13.	2.72	10	Retained	Positive
14)		14.	2.59	11	Retained	Positive
15)		15.	2.91	12	Retained	Positive
16)		16.	4.70	13	Retained	Positive
17)		17.	4.56	14	Retained	Positive
18)		18.	3.99	15	Retained	Positive
19)		19.	0.59	-	Rejected	Negative
20)		20.	2.78	16	Retained	Negative
21)		21.	2.54	17	Retained	Negative
22)		22.	3.47	18	Retained	Positive
23)		23.	3.17	19	Retained	Positive
24)		24.	4.15	20	Retained	Negative
25)		25.	1.93	21	Retained	Positive
26)		26.	3.36	22	Retained	Positive
27)	Mental Adjustment	27.	2.67	23	Retained	Positive
28)		28.	4.31	24	Retained	Negative
29)		29.	4.05	25	Retained	Positive
30)		30.	3.16	26	Retained	Positive
31)		31.	4.22	27	Retained	Positive
32)		32.	0.92	-	Rejected	Positive
33)	Physical Adjustment	33.	1.76	28	Retained	Negative
34)		34.	0.76	-	Rejected	Negative
35)		35.	1.94	29	Retained	Positive
36)		36.	0.78	-	Rejected	Negative
37)		37.	1.73	-	Rejected	Positive

38)		38.	1.57	-	rejected	Negative
39)		39.	1.12	-	rejected	Negative
40)		40.	3.14	30	Retained	Positive
41)		41.	2.93	31	Retained	Negative

#### 1.4.7 Preparation of Final Draft

After item analysis the 31 items were retained for final tool of adjustment. These are given below.

**Table No 1.3 Final Form of Adjustment Scale.**

S. No.	Dimension of Adjustment	Number of Items
1	Social Adjustment	1 to 12 (2,5,7 rejected)
2	Emotional Adjustment	13 to 26 (19rejected)
3	Mental Adjustment	27 to 32 (32rejected)
4	Physical Adjustment	33 to 41 (34,36,37,38,39)
	<b>Total</b>	<b>31</b>

The final draft of the tool is given in the table 1.4

**1.4 Final Draft of Adjustment Scale**

Dimensions	Item No.	Items type
Social Adjustment	1	Positive
	2	Positive
	3	Positive
	4	Positive
	5	Positive
	6	Positive
	7	Negative
	8	Positive
	9	Positive
Emotional Adjustment	10	Positive
	11	Positive
	12	Positive
	13	Positive
	14	Positive
	15	Positive
	16	Negative
	17	Negative
	18	Positive
	19	Positive
	20	Negative
	21	Positive
	22	Positive
Mental Adjustment	23	Positive
	24	Negative

Physical Adjustment	25	Positive
	26	Positive
	27	Positive
	28	Negative
	29	Positive
	30	Positive
	31	Negative

### 1.5 Qualities of the Adjustment Scale:

The Adjustment scale having the following qualities,

#### 1.5.1 Reliability:

Reliability was calculated and selection of items were made on the basis of the agreement split half reliability using Spearman-Brown formula is 0.79.

#### 1.5.2 Validity :

For finding the face validity, the investigator has sent the tool to two Associate Professors in education and one school teacher who possesses M.Ed degree, and the suggestive alteration were made in the tool as per directing of the subject experts. So the Adjustment Scale has face validity. The intrinsic validity of the tool is 0.88.

### 1.6 Scoring procedure of the adjustment scale:

The scoring procedure of the Adjustment Scale is given the table 3.4.

**Table 1.5 Scoring Procedure of the Adjustment Scale**

Options	Score	
	Positive Statement	Negative Statement
Strongly agree	5	1
Agree	4	2
Undecided	3	3
Disagree	2	4
Strongly disagree	1	5

### 1.7 Norms of the Adjustment Scale:

The scoring procedure of the Adjustment Scale is given the table 3.5.

**Table 1.6 Norms of the Adjustment Scale**

Z- Score	Interpretation
-1 to +1	Average
Below- 1	Poor
Above-1	Good

### 1.8 Conclusion:

The Adjustment Scale has been constructed and standardized by the Investigator & Research Supervisor.

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