

SOCIAL ADJUSTMENT OF ADOLESCENT STUDENTS OF CLASS IX OF PUDUCHERRY REGION

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ABSTRACT

The present study has been carried out to examine the social adjustment of adolescent students. Normative survey method was adopted on a sample of 300 higher secondary students from Puducherry region using simple random sampling technique. Social adjustment inventory constructed and designed by Dr. Romapal was used by the investigator to collect the data. The study revealed that there does not exist significant difference in social adjustment of adolescent students with respect to gender and their locality.

Key words: Social adjustment, adolescent students

INTRODUCTION

Adjustment is a life-long and never ending process. Of the various stages of human development adolescent period is the most dominant and problematic period with regard to the social, emotional and academic adjustment. Of the various factors, the level of adjustment is highly connected with the student's academic performances. Dropouts from the school and poor academic achievement are all due to the less adjustment of the students. It is this stage where the adolescents enter into the puberty stage and it paves way for their individual identity where they start to realize their contribution to the society and put themselves to work towards their commitment, dream, reality, action and expectation.

The adolescents at this stage realize themselves that they are surrounded by various problems, these problems make them unadjustable in the society where they mingle. Adjustment is nothing but behavior where a person strikes to have a balance between his desired requirements and changing life situations. A socially adjusted person will be of with good mental health, free from conflicts, stress, anxiety, defense mechanism and highly effective in his work place and he also gets along with others in a friendly way.

Social adjustment is nothing but the individual's potential to get along with the society with good social understanding, maintaining health relationships and social manners. Adjustment is further connected with the mind set up of the students which is nothing but about their behavior, thinking and getting along with the surrounding. Society is a cultural complex whole where every individual is expected to perform some duties which help them to get along with the social and cultural adjustment.

NEED AND SIGNIFICANCE OF THE STUDY

In the continuous process of life, adjustment seems to be the common word in every walk of life. Adjustment is needed for every individual in their life. School seems to be the best training place and vital tool in the hands of students to get adjust and acquaint with one among. Students at present facing serious challenges in their learning because of the expected great efforts from them. As a result of this, maladjustment seems to be the predominant factor in their search towards knowledge both at school and at home. Good adjustment is strong and important for an individual to grow fully and also to contribute for the welfare of the society.

A mal adjusted person seems to be with frustration and conflict and as a result he is not in a position to lead a life with full satisfaction. A adjusted person is able to tolerate social pressures and psychological stress than the person who is not adjusted or maladjusted. A well adjusted personality has good mental health and therefore he is able to hold a good balance between his social, psychological and biological needs. Adjustment results in an atmosphere of harmonious relationship between the task and the student under particular conditions. Thus there felt a need by the investigator that every individual should get along with the society and make the society relationship more friendly and thus it paved way to conduct the study.

OBJECTIVES OF THE STUDY

1. To study the social adjustment of adolescent students of higher secondary school in Puducherry region.
2. To check whether there exists significant difference between male and female adolescent students in their social adjustment.
3. To check whether there exists significant difference between urban and rural adolescent male students in their social adjustment.
4. To check whether there exists significant difference between urban and rural adolescent female students in their social adjustment.

DESIGN OF THE STUDY

Normative survey method was employed by the investigator for the present study

TOOL USED IN THE STUDY

Social adjustment inventory constructed and designed by Dr. Romapal was used by the investigator to collect the data.

SAMPLE AND SAMPLING TECHNIQUE

A sample of 300 higher secondary students has been chosen for the present study using simple random sampling technique which comprises of 150 male and 150 female of the age group of 16/17 to 18/19 years studying in higher secondary institutions in Puducherry region.

DATA ANALYSIS

Table-1

significant difference in social adjustment of adolescents with respect to gender

Variable	Group	Sub group	N	Mean	SD	't'	Sig.
Social adjustment	Gender	Male	150	86.0133	9.49955	0.56	NS
		Female	150	85.9600	6.76438		

On comparing Mean social adjustment of adolescent scores significant differences are not observed in the sub variable gender. Therefore there does not exist any significant difference between social adjustment of adolescent students with respect to gender.

Table-2

Significant Difference in Social adjustment of adolescents male students with respect to their Locality

Variable	Group	Sub group	N	Mean	SD	't'	Sig.
Social adjustment of male	Locality	Urban	75	86.3067	9.82547	0.251	NS
		Rural	75	85.9600	6.78719		

On comparing Mean social adjustment of male adolescent student scores significant differences are not observed in the sub variable locality. Therefore there does not exist any significant difference between social adjustment of male adolescent students with respect to locality.

Table-3

Significant Difference in Social adjustment of adolescents female students with respect to their Locality

Variable	Group	Sub group	N	Mean	SD	't'	Sig.
Social adjustment of female	Locality	Urban	75	86.0133	9.53159	0.39	NS
		Rural	75	85.9600	6.78719		

On comparing Mean social adjustment of female adolescent student scores significant differences are not observed in the sub variable locality. Therefore there does not exist any significant difference between social adjustment of female adolescent students with respect to locality.

EDUCATIONAL IMPLICATIONS

The present study has its effect on educational implications with special reference to adolescents. Significant relationship is not observed between the male and female adolescents with respect to their adjustment with others. Therefore it is concluded that they are depending on each other. A adolescent who is good adjustable with other students will definitely have good mental health, free from conflicts, stress, anxiety, worries and will not be of well adjusted character.

The present study will definitely contribute to the field of education to add further knowledge to the existing. The study has high importance for the adolescents. In particular, the findings of the present study will be highly useful for educationalists, educationalists policy makers, teachers, psychologists, administrators. The present study has clearly suggested the situation and also it paved way to point out the factors in charge for the social adjustment and finally it suggested how to get along with others in developing the friendly relationship between their peers.

CONCLUSION

The results of the present study clearly deliberate that residing place does not play an important role in the process of social adjustment. It is clearly understood that there are various challenging features of adjustment for the adolescents as it occupies a central position to be resourceful and productive social being. The way of getting along with the society varies from male and female. Female adolescents adjust better with the society when compared with the male adolescents. This may be due to the guidance of their parents and their suggestions regarding how to mingle with the society.

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