



A Comparative Analysis Of Emotional Adaptation In Individuals From Harmonious And Conflicted Families.

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Abstract

The investigator make a comparative analysis of emotional adaptation in individuals from harmonious and conflicted families. A total of 80 students both from harmonious and conflicted families (boys and girls) of 9th class of secondary schools (public and private) were taken as respondents. The tool used for data collection 'A survey on familial adjustment'. After the analysis of data the result highlights that there is no significant difference between individuals of harmonious and conflicted families with regard to emotional adjustment. There is no significant difference between male and female individuals of harmonious families with regard to emotional adjustment. There is no significant difference between male and female individuals of conflicted families with regard to emotional adjustment. There is significant difference between male individuals of harmonious and conflicted families with regard to emotional adjustment at 0.01 level. There is significant difference between female individuals of harmonious and conflicted families with regard to emotional adjustment.

Introduction

In the context of a family, it's crucial for individuals to adapt and accommodate each other in various ways. The ability to be adaptable is a fundamental aspect of a happy marital life. Many challenges within both families and society often stem from difficulties in making these necessary adaptations adjustment can be described as the capacity to effectively get along with others. It involves possessing the necessary skills to align ourselves with others and respond as per the expectations of those we interact with. It means having the abilities required to fit in and respond appropriately to the people we associate with. Adjustment is a process of reacting to stressors. Essentially, it involves maintaining an equilibrium between oneself and the surrounding environment, ensuring that one's efforts to meet their needs are successful. The concept of adjustment gradually develops within each individual as they progress through various life stages, including living within a family, pursuing education, seeking vocational opportunities, and engaging in social relationships. In summary, adjustment is an active and evolving process where individuals learn to adapt to their surroundings, harmonize with others, and effectively fulfill their needs as they navigate different life situations and stages.

Emotional adjustment

Emotions are heightened mental states or sensations. Effectively managing these emotions represents emotional adjustment. Emotional adjustment, also known as personal or psychological adjustment, involves maintaining emotional balance when dealing with both internal and external sources of stress. This is achieved through cognitive processes that include acceptance and adaptation.

Marital Discord

In a family where one or both parents are not finding fulfillment in their relationship, one spouse might express their dissatisfaction by behaving in a hostile manner and intentionally engaging in actions to upset the other person.

Importance of study

In recent times, family problems are on the rise, mainly due to the crises experienced within these family units. It's possible that the family was initially formed as an attempt to alleviate some of the factors that contributed to individual crises. The nature and quantity of these crises can vary depending on the circumstances of the marital status and the responsibilities associated with married life. Issues often arise due to immature perspectives on marriage and the obligations that come with it, unrealistically high expectations about married life, a lack of emotional connection, and self-centered motives. Additionally, problems can emerge in married life when extramarital relationships occur or when individuals enter into love marriages without a proper understanding of the responsibilities and duties that come with married life. These factors contribute to the development of familial problems.

Objective of the study

The aim of this study is to conduct a comparative analysis of emotional adaptation in individuals from harmonious and conflicted families.

Sample

The sample for the present study consists of 80 individuals each from harmonious families and conflicted families.

Tool and analysis

The tools used for the study is 'a survey on familial adjustment (Malayalam). The scores obtained were subjected to statistical analysis using 't' test.

Table 1 Mean, Standard Deviation and 't' value of Emotional Adjustment among individuals of harmonious and conflicted families

Harmonious families			conflicted families			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
3.83	1.19	80	4.35	1.21	80	1.95

In terms of emotional adaptation, individuals from harmonious families achieved an average score of 3.83 with a standard deviation of 1.19, while individuals from conflicted families attained an average score of 4.35 with a standard deviation of 1.21. This suggests that individuals from conflicted families tend to have higher scores in emotional adjustment compared to those from harmonious families. The 't' value of 1.95 signifies that there is a noteworthy distinction between individuals from harmonious and conflicted families in terms of their emotional adjustment.

Table 2 Mean, Standard Deviation and 't' value of emotional Adjustment based on Sex among individuals of harmonious families

Male			Female			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
3.61	1.15	36	4	1.23	44	1.03

In the context of emotional adjustment, individuals from harmonious families had an average score of 3.61 with a standard deviation of 1.15. Among them, female individuals achieved a higher average score of 4.00 with a standard deviation of 1.23, indicating that, on average, females tend to have better emotional adjustment than males in these families. However, the 't' value of 1.03 suggests that there is no statistically significant difference between male and female individuals from harmonious families concerning their emotional adjustment.

Table 3 Mean, Standard Deviation and 't' value of emotional Adjustment based on Sex among individuals of conflicted families

Male			Female			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
4.65	0.99	36	4.13	1.33	44	1.41

Regarding emotional adjustment, male individuals from conflicted families achieved an average score of 4.65 with a standard deviation of 0.99. In contrast, female individuals from these conflicted families obtained an average score of 4.13 with a standard deviation of 1.33. The higher average score obtained by females suggests that, on average, females exhibit better emotional adjustment than males in these families. However, the 't' value of 1.41 indicates that there is no statistically significant difference between male and female individuals from conflicted families when it comes to their emotional adjustment.

Table 4 Mean, Standard Deviation and 't' value of Emotional Adjustment of male individuals between Harmonious families and conflicted families

Harmonious families			conflicted families			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
3.61	1.15	80	4.65	0.99	80	2.86

In terms of emotional adjustment, male individuals from harmonious families achieved an average score of 3.61 with a standard deviation of 1.15, while male individuals from conflicted families obtained a higher average score of 4.65 with a standard deviation of 0.99. The elevated average score among male individuals from conflicted families is notable. The 't' value of 1.03 suggests a significant difference between male individuals from harmonious and conflicted families concerning their emotional adjustment, and this difference is statistically significant at the 0.01 level.

Table 5

Mean, Standard Deviation and 't' value of Emotional Adjustment of Female individuals between Harmonious families and conflicted families

Harmonious families			conflicted families			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
4.00	1.23	80	4.13	1.33	80	0.34

Regarding emotional adjustment, individuals from harmonious families obtained an average score of 4.00 with a standard deviation of 1.23, while individuals from conflicted families had an average score of 4.13 with a standard deviation of 1.33. The higher average score among individuals from conflicted families indicates that, in terms of emotional adjustment, they tend to fare better than those from harmonious families. The 't' value of 0.34 suggests a significant difference between individuals from harmonious and conflicted families regarding their emotional adjustment.

Major findings and conclusions

1. There is no significant difference between individuals of cordant and discordant families with regard to emotional adjustment.
2. There is no significant difference between male and female individuals of cordant families with regard to emotional adjustment.
3. There is no significant difference between male and female individuals of discordant families with regard to emotional adjustment.
4. There is significant difference between male individuals of cordant and discordant families with regard to emotional adjustment at 0.01 level.
5. There is significant difference between female individuals of cordant and discordant families with regard to emotional adjustment.

Reference

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