

# ADJUSTMENTS AMONG HIGHER SECONDARY ADOLESCENT GIRLS

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## **Abstract**

*Adjustment is an inert balance between a living being and its physical and social surrounding in which there is no stimulus change evoking a response. "Adjustment" is referred to as the adequacy of the personal and interpersonal processes that are used by a person to adapt to our environment. On the words of Henry Smith (1961), it may be accomplished that a good adjustment is one which is both realistic and satisfactory. Adolescence is a very important stage in everyone's life; it is a period of rapid changes and crucial phase in learning new things. In this period an individual is neither child nor adult. During adolescence stage, many physical, psychological, behavioural, cognitive, emotional changes take place. In girls due to pubertal changes, they have more adjustment problems. The present study strives to examine the adjustments among higher secondary adolescent girls. Fifty adolescent girls between 15- 17 years was selected at random for the study. Global Adjustment Scale questionnaire form 's' (G.A.S) was used to assess adjustment level among adolescents girls. A self-developed Questionnaire was used to collect socio-demographic information about the subjects. The results concluded that age, area of living, type of residence, family type did not show significant difference regarding adjustment level of adolescent girls.*

## **Keywords**

*Adjustment, Adolescent girls, Area of living, Residence type, Family type*

## **Introduction**

Adjustment is the competence of a human being to perform his duties under different situation. It is about maintaining stability between the needs such as physical, social, psychological and the condition that influences the fulfilment of these needs. A continuous process to produce a harmonious relationship between a man and his environment and imply a proper degree of social

feelings and sense of social responsibility. There is a continuous progression going on in every individual to change his environment according to his needs, which leads to the modification of one's behaviour and attitude.

Adolescence is a crucial stage in everyone's life. In this period rapid changes will take place, and an individual is neither child nor adult. It is the period when learning new things happens. It is the time for many physical, psychological, behavioural, cognitive, emotional changes to take place. As adolescence itself is a problem age because of role confusion adolescents will be maladjusted and confused. Family relationship and interaction between them plays a vital role in the adjustment level of the adolescents.

### Objective

This present study is carried out to find whether there is any association in adjustment level among the higher secondary adolescent girls.

### Methodology

Hence the study was undertaken with the objectives of finding the association in adjustment level among the higher secondary adolescent girls. The samples was selected from within the city of Coimbatore, a random sample of fifty adolescents girls were selected. In which nineteen adolescent girls are 15 years old, twenty adolescent girls are 16 years old, and eleven adolescent girls are 17 years old.

Global adjustment scale questionnaire form's' (G.A.S) was used for conducting the study. It tries to obtain reliable information from the student concerning what he/she thinks and feels about his/her family relationships, health, social environment, emotions, school, and sex-related behavior. The measurement of adjustment in six areas permits the test users to pinpoint exactly the areas of difficulties student is facing. The test consists of 120 items, 20 items each in a measure of Emotional, Family, Health, School, Sexual and Social were given. The questionnaire was given to the same, the collected data was coded, and scoring was done with a key provided by the author of the inventory. The statistical tests of mean, standard deviation and 't' test were used to analyses the data.

### Results and Discussion

The findings of the study, "Adjustments of higher secondary adolescent girls" concerning age, living area, residence and family type were under following sections

#### A. Association of age and adolescent adjustments

In this section, the association between the domains of adjustments namely Emotional, Family, Health, School, Sexual, Social and Age were discussed

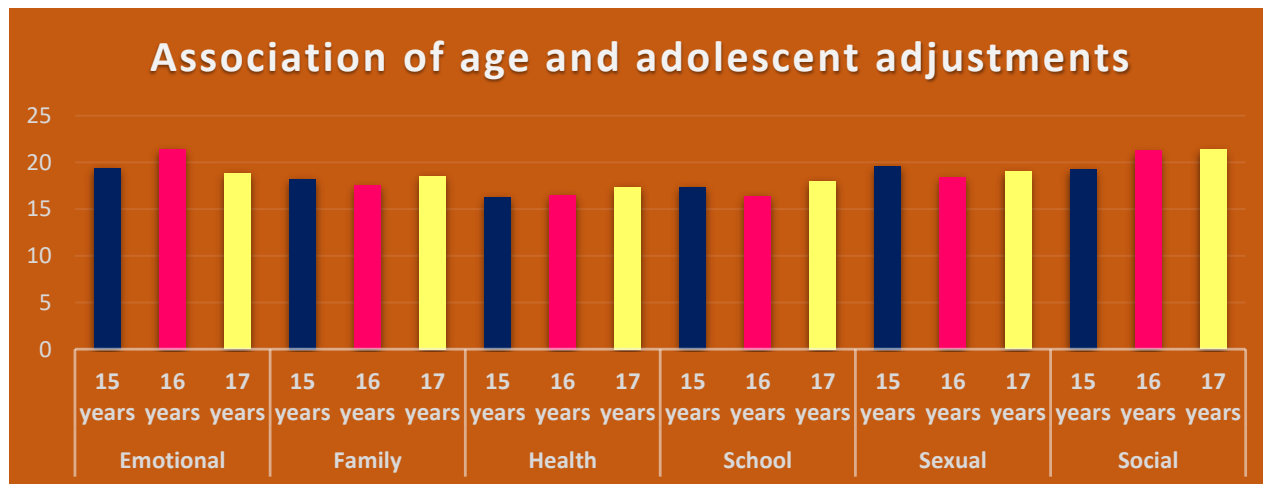
**Table 1 Mean scores of age in association with domains of adjustments**

S.NO	Domains	Age	N	Mean	SD	df	F
1	Emotional	15	19	19.37	3.947	2	1.778 <sup>NS</sup>
		16	20	21.45	4.419		
		17	11	18.82	4.513		
Total			50				
2	Family	15	19	18.21	3.994	2	.358 <sup>NS</sup>
		16	20	17.50	2.875		
		17	11	18.55	3.934		
Total			50				
3	Health	15	19	16.26	3.899	2	.224 <sup>NS</sup>
		16	20	16.50	4.904		
		17	11	17.36	4.365		
Total			50				
4	School	15	19	17.32	1.296	2	.322 <sup>NS</sup>
		16	20	16.40	1.400		
		17	11	18.00	1.000		
Total			50				
5	Sexual	15	19	19.63	.940	2	.440 <sup>NS</sup>
		16	20	18.40	.806		
		17	11	19.00	1.477		
Total			50				
6	Social	15	19	19.26	1.126	2	1.397 <sup>NS</sup>
		16	20	21.25	.897		
		17	11	21.36	.834		
Total			50				

NS: Not Significant

Table 1 clearly indicates that 17 years old adolescent girls show a good level of emotional adjustments than 15 and 16 years old adolescent girls. In the domain Family, 16 years old adolescent girls show a good level of family adjustments than 15 and 17 years old adolescent girls. In the domain Health, 15 years old adolescent girls show a good level of health adjustments than 16 and 17 years old adolescent girls. In the domain school, 16 years old adolescent girls show a good level of adjustments than 15 and 17 years old adolescent girls. In the domain Sexual, 16 years old adolescent girls show a good level of sexual adjustments than 15 and 17 years old adolescent girls. In the domain Social, 15 years old adolescent girls show a good level of social adjustments than 16 and 17 years old adolescent girls. The values indicate that there is no significant association between age and domains of adjustments.

Figure 1: Mean values of age and adolescent adjustments



**B. Association of living area and adolescents adjustments**

In this section, the association between the domains of adjustments namely Emotional, Family, Health, School, Sexual, Social and living area namely urban, rural and semi-urban were discussed.

**Table 2 Mean scores of living area in association with domains of adjustments**

S.NO	Domains	Living area	N	Mean	SD	df	F
1	Emotional	Urban	24	19.75	3.733	2	.520 <sup>NS</sup>
		Rural	18	20.89	4.813		
		Semi-urban	8	19.25	5.148		
Total			50				
2	Family	Urban	24	18.25	3.937	2	.182 <sup>NS</sup>
		Rural	18	17.94	3.19		
		Semi-urban	8	17.38	3.249		
Total			50				
3	Health	Urban	24	16.62	4.623	2	.098 <sup>NS</sup>
		Rural	18	16.83	4.301		
		Semi-urban	8	16	4.14		
Total			50				
4	School	Urban	24	17.29	5.129	2	1.185 <sup>NS</sup>
		Rural	18	18	4.615		
		Semi-urban	8	14.5	7.672		
Total			50				
5	Sexual	Urban	24	18.75	4.024	2	.085 <sup>NS</sup>

		Rural	18	19.22	4.466		
		Semi-urban	8	19.25	3.576		
Total			50				
6	Social	Urban	24	19.83	4.39	2	.923 <sup>NS</sup>
		Rural	18	20.72	3.953		
		Semi-urban	8	22.12	4.19		
Total			50				

\*\* Significant at 1% level      \* Significant at 5% level      NS: Not Significant

Results indicate that semi-urban adolescent girls have a good level of emotional, family, health, and school adjustments than adolescent girls living in urban and rural areas. And urban adolescent girls show a good level of sexual and social adjustments than rural and semi-urban adolescent girls. There is no significant association was found between the living area and adjustment level adolescent girls. This study is complemented by the study conducted by Yellaiah (2012), he investigated a study of Adjustment on Academic Achievement of High School Students. Rural school students and urban school students do not show any significant difference between Adjustment and Academic Achievement. It is found that there is a low positive relationship between Adjustment and Academic Achievement.

**C. Association of residence and adolescent adjustments**

In this section, the association between domains of adjustments namely Emotional, Family, Health, School, Sexual, Social and residence namely day scholars and hostellers were discussed.

**Table 3 Mean scores of residence in association with domains of adjustments**

S.NO	Domains	Residence	N	Mean	SD	df	't' Value
1	Emotional	Day scholars	25	19.16	4.069	48	-1.522 <sup>NS</sup>
		Hostellers	25	21.00	4.472		
Total			50				
2	Family	Day scholars	25	17.44	3.163	48	-1.127 <sup>NS</sup>
		Hostellers	25	18.56	3.831		
Total			50				
3	Health	Day scholars	25	15.68	4.723	48	-1.513 <sup>NS</sup>
		Hostellers	25	17.52	3.831		
Total			50				
4	School	Day scholars	25	16.28	6.592	48	-1.068 <sup>NS</sup>
		Hostellers	25	17.92	3.936		
Total			50				
5	Sexual	Day scholars	25	19.20	4.000	48	.346 <sup>NS</sup>
		Hostellers	25	18.80	4.173		
Total			50				
6	Social	Day scholars	25	20.80	4.646	48	.468 <sup>NS</sup>
		Hostellers	25	20.24	3.778		
Total			50				

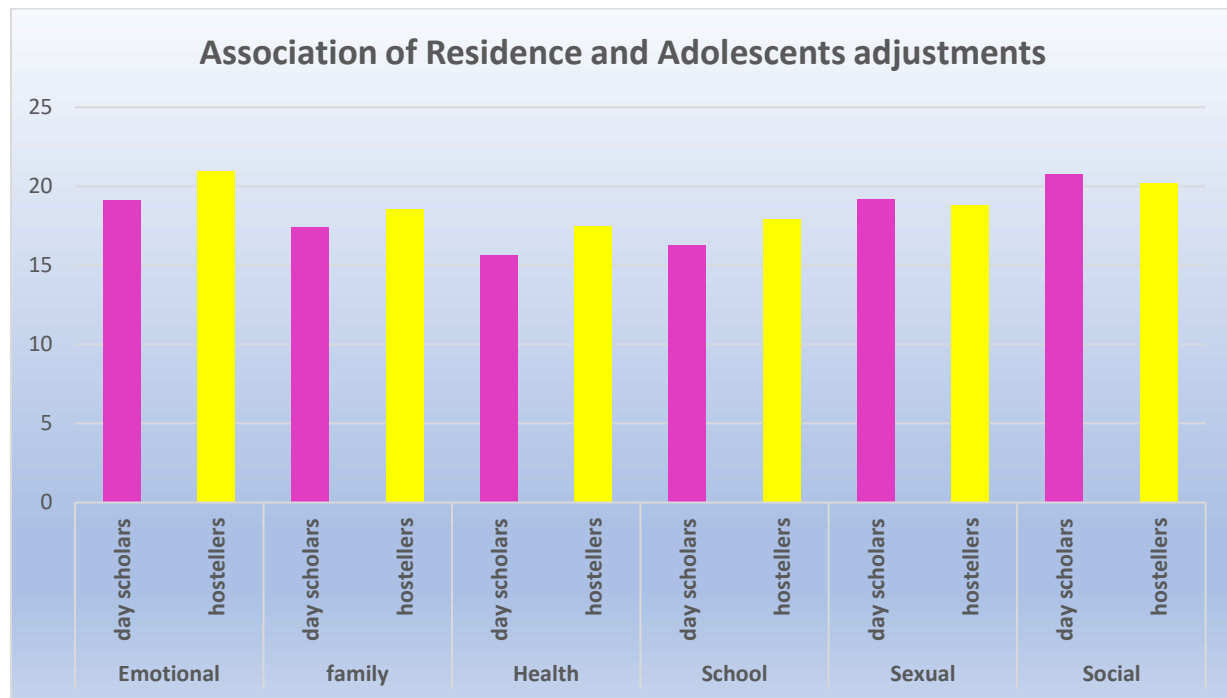
\*\* . Significant at 1% level

\*. Significant at 5% level

NS: Not Significant

Table 3 shows that day scholars show a good level of adjustments in the domains emotional, family, health, school and Social adjustments. Hostellers show a good level of sexual adjustments. Even though the mean value shows a difference in the values, ‘t’ values show that there is no significant association between residence and adjustment level of adolescent girls. The study is supported by **Megha Sharma (2013)**, conducted a study on the adjustment of new borders in girls hostels of Himachal Pradesh University about their mental health. And it was found that there existed fewer adjustment problems in all the areas of adjustment (home, health, emotional and educational) among new female borders of H.P. University who had high Environment Competency.

**Figure- 2 Mean values of the type of residence and adolescent adjustments.**



**D. Association of family type and adolescent adjustments**

In this section, the association between the domains of adjustments namely Emotional, Family, Health, School, Sexual, Social and family type namely nuclear and joint family were discussed.

**Table 4 Mean scores of family type in association with domains of adjustments**

S.NO	Domains	Family type	N	Mean	SD	df	't' Value
1	Emotional	Joint	8	20.88	3.271	48	.562 <sup>NS</sup>
		Nuclear	42	19.93	4.523		
Total			50				
2	Family	Joint	8	18.88	4.549	48	.763 <sup>NS</sup>
		Nuclear	25	17.83	3.334		
Total			50				
3	Health	Joint	8	19.00	1.069	48	1.735 <sup>NS</sup>
		Nuclear	25	16.14	4.599		
Total			50				
4	School	Joint	8	19.12	3.523	48	1.153 <sup>NS</sup>
		Nuclear	25	16.71	5.680		
Total			50				
5	Sexual	Joint	8	20.38	4.069	48	1.049 <sup>NS</sup>
		Nuclear	25	18.74	4.043		
Total			50				
6	Social	Joint	8	20.00	3.742	48	-.379 <sup>NS</sup>
		Nuclear	25	20.62	4.316		
Total			50				

\*\*. Significant at 1% level

\*. Significant at 5% level

NS: Not Significant

Table 4 shows that the adolescent girls from nuclear family show good level of adjustments in the domains emotional, family, health, School, Sexual adjustments. And in social adjustments, adolescent girls from joint family show a good level of adjustments. Even though mean value shows a difference in the values, 't' values show that there is no significant association between family type and adjustment level of adolescent girls. This study is complemented by the study conducted by **Ritika (2004)**, on "School adjustment problems of high school students in relation to their residential back group and socio-economic status". The study concluded that there is no significant difference in the academic, social, teacher and personal adjustment.

### Conclusion

From the results obtained it was observed that age, living area, residence and family type did not have any association on the domains of adjustments namely Emotional, Family, Health, School, Sexual and Social.

### Limitation of the study

- ❖ Due to the limitation of sample size, the findings of the current study would not be able to generalize to the population
- ❖ Only female respondents were taken for the study, that couldn't refer the population sample as because there will be variation among the male respondent's results.

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