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RESEARCH ARTICLE

A STUDY ON ADJUSTMENT OF HIGHER SECONDARY STUDENTS IN SELECTED SCHOOLS OF VILLUPURAM DISTRICT

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ABSTRACT

Education is a strongly felt social need in India and the society is anxious for change and improvement of the nation through a rapid educational development. In line with the above statement, the Republic of India 1950 Constitution in Section 45 state that"..... Government shall direct its policy towards ensuring that there are equal and adequate educational opportunities at all level" Similarly section 5, sub-section 31 of the 1966 national policies on Education states that "teaching and research function of the higher educational institution have an important role to play in the national development particularly in the development of high level of manpower" This is further explicated with specific reference to Secondary education that:

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INTRODUCTION

It is true that life is nothing but a process of adjustment from one moment to the other. The process of adjustment goes on from the moment one comes into this world until one departs from the scene. Every moment, the human being is subjected to various situations, as a result of which he is confronted with many conflicts and he is in the adjustment. Etymologically, the concept of adjustment is originally biological as propounded in Darwin's theory of Natural selection and Adaptations (1859). The concept of adaptation was borrowed by psychologists and named as adjustment. But the psychologists or educationalist are more concerned with the psychological survival, just as a person adapts to physical demands arising from living or inter-dependability with others. During 1930's the word 'adjustment' came in to use in psychology and was given strongly endorsement by Lawrence and Shaffer. In Shaffer's classical book, 'The psychology of adjustment,' he mainly emphasized the biological adaptation of the organism to its environment. The term adjustment as used by Shaffer was subjected to considerable criticism.

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Yates pointed out that man not only adapts to his environment, but also changes his environment to meet his needs more effectively.

IMPORTANCE OF ADJUSTMENT

It is known that every organism tries to have a harmonious relationship with its surroundings in order to satisfy its primary needs like hunger, thirst and security. This relationship is established by the constant effort on the part of organism in adjusting to its environment (Allport, 1962). Man unlike other animals has to adjust to psychological, social and cultural environment in which he lives, in addition to physical environment. Infact, the development of personality is largely determined by the way in which the human being is able to adjust successfully in his life. As Allport rightly pointed out (1962), "personality is the dynamic organization within the individual of those psycho physical systems that determine his unique adjustment to his environment. Environment is dynamic, which goes on changing constantly and the organism if at all it has survive, must make up certain modifications in order to keep pace with the environment. It is necessary for its psychological process to go on smoothly. So the organism learns to move along with the environment and this learning is termed as "adjustment". Psychologists have interpreted adjustment from two important points of view.

ADJUSTMENT AS ACHIEVEMENT

This emphasizes the quality or efficiency of adjustment. It means how effectively an individual can perform his duties in different circumstances. If the adjustment is interpreted as achievement, there should be certain to judge the quality of adjustment.

Criteria for good adjustment: Four criteria have been evolved by psychologists to judge the adequacy of adjustment.

They are,

- Physical Health
- Psychological
- Work Efficiency
- Social Acceptance

ADJUSTMENT AS PROCESS

In this emphasis, the process by which an individual adjust in his external environment. This depends upon the interaction between the biological factors in growth and his social experiences. In general, there are three broad types of adjustment process in the event of conflict between a person's internal needs states and environmental demand. The person may modify or inhibit the internal impulse. The person may "escape" through unconscious resources to mental mechanisms like phantasm, compensation, projection, Rationalization, sublimation etc. The person may try to alter the environmental demands in some manner so that he resolves the conflict.

ADJUSTMENT MECHANISM

Adjustment mechanisms are common strategies, which the individuals adopt to defend or escape from conflicts and frustrations. All adjustment mechanisms have two qualities (1) They deny, falsify or distort reality, (2) They operate unconsciously. They are:

COMPENSATION: It is a concept where the individual attempts to cover up his weakness in one area by exhibiting his strength in another.

IDENTIFICATION: It is a concept when an individual attempts to identify himself with some successful person.

RATIONALIZATION: It means shifting of responsibility for our failures to factors outside it.

PROJECTION: This is a tendency to 'push out' upon another person one's own unrealized, frustrated ambition, or attribute to another one's own faults.

DAY-DREAMING: The imagination fulfillment of needs is called day dreaming. It provides mental relief to an individual if it is done within limits. It becomes very detrimental when it is carried to excess.

SUBLIMATION: It is the process by which unacceptable desires are channeled into activity that has strong social approval.

REGRESSION: It is mechanism whereby the individual returns to an earlier stage of development.

AGGRESSION: In this individual adopts the mechanism by attempting to destroy the source of frustration.

REPRESSION: It is a mechanism in which our painful experiences, shameful thoughts and unfulfilled wishes are pushed down in to our unconscious.

INTELLECTUALIZATION: It is a mechanism by which the individual abstracts the threatening situation and, in so doing, separates the intellectual and emotional components, isolating emotions from activities.

WITHDRAWAL: It is an adjustment pattern that may manifest itself in a variety of ways. It may be physical withdrawals, non communication or withdrawal in isolations.

CHARACTERISTICS OF WELL ADJUSTED PERSON

Life is a continuous process of adjustment. Everyday we make countless adjustments. Most of us apparently make adjustment, automatically, with no particular thought and offers without awareness. According to Martin and Steindler, the following are the signs of well adjusted person.

- He is happy at work.
- He has right perception
- His thinking is clear
- He has sound physical health
- He can make and break friendship
- He is in touch with reality.
- He is not easily frustrated; his emotions are under his control.
- His speech is coherent.
- He is flexible and tolerant.

NEED AND IMPORTANCE OF THE STUDY: Students are the backbone of the Educational process. Education is a process and acts also as an instrument to bring out the innate behavior of the individual. The destiny of a nation lies in its classroom. The strength of our nation depends on the teacher's ability to rear well-adjusted, responsible, well adjusted youth who will step forward when the adult generation passes on to retirement. The students of today are the youth of tomorrow and future citizens of the country, therefore it is the responsibility of teachers, society and government to see that they are physically, mentally, emotionally and educationally healthy. The needful steps taken at this period ensures a healthy democracy in the country.

It is believed that the adolescent stage correspondingly the higher secondary school stage have got significant role in one's life. In adolescent stage the philosophy of life set in and plus two is the culmination of above education. So any problem concerned with their affective domain and the behavioral pattern would reflect in their life. It has been said that, youth is the season of hope. But today for many of young ones this period is a season of despair, disillusionment and alienation. In the present scenario, the adolescent face many problems due to their physical and emotional development and hence their personality changes in accordance with the adjustment of this environment. If they could be rectified timely, there would not be many problems for the individual and for the society. If they are diagnosed and treated appropriately, they would become good contributing citizen of

the nation. Not only that, now a days are the knowledge we have about the adjustment of adolescent based only on adult perspectives. So this study certainly can pave way on various directions for teachers and educationists. They can understand the causes for mal-adjustment and having known the possible the reason for their anomalies, it would become easier to put them in the correct path of the life. In this context, the investigator has conducted a study about the adjustment of higher secondary School Students of Villupuram District.

STATEMENT OF THE PROBLEM

The problem under study is entitled as, "A study on Adjustment of higher Secondary Students in selected schools of Villupuram District".

ADJUSTMENT BEHAVIOUR

Adjustment Behaviour refers to the way an individual gets along in satisfying the Needs in an emotional, social and educational environment. It is an index of Integration between needs and satisfaction. In Webster's Third New International Dictionary adjustment has been defined as, "The effort to achieve a harmonious, mental and behavioral balance one's own personal needs, striving and the demands of other individuals and of society".

HIGHER SECONDARY SCHOOL STUDENTS

For the present study, Higher Secondary School levels of education means the level of Education which comes after the completion of ten Years of schooling. Usually it refers to a two year course which leads to the entry into a higher secondary course. The secondary students are those who are studying in secondary classes IX and XII

VARIABLES SELECTED FOR THE PRESENT STUDY

DEPENDENT VARIABLE

Adjustment level of higher secondary students is the dependent variable in the study.

INDEPENDENT VARIABLE

The independent variable for the present study:

- Sex (Male / Female)
- Locality(Rural / Urban)
- Type of school (Government / Private)
- Religion (Hindu / Islam / Christian)

OBJECTIVE OF THE STUDY

In the present study, the following objectives are formulated by the researcher.

- To study the level of Adjustment Behaviour of Higher secondary school students.
- To find out whether there is any significant difference between Male and Female higher secondary school students in respect of their Adjustment. Behaviour

- To find out whether there is any significant difference between rural higher secondary school students and urban higher Secondary students in respect of their Adjustment.
 - To find out whether there is any significant difference between Government higher secondary students and private higher Secondary School students of their Adjustment.
 - To find out whether there is any significant difference between higher secondary School students belonging to Hindu religion and Islam I respect of their Adjustment.
 - To find out whether there is any significant difference between higher secondary School students belonging to Hindu religion and Christian in respect of their Adjustment.
 - To find out whether there is any significant difference between higher secondary School students belonging to Islam religion and Christian religion in respect of their Adjustment.
- #### HYPOTHESES OF THE STUDY
- The researcher formulated the following hypotheses in the study.
 - The level of Adjustment Behaviour of higher secondary school students is high.
 - There is no significant difference between the male and female higher secondary School students in their Adjustment.
 - There is no significance difference between the higher secondary School students of rural schools and urban schools in their Adjustment.
 - There is no significance difference between the government higher secondary School student and private higher secondary School students in their Adjustment r.
 - There is no significance difference between the higher secondary school students belonging to Hindu religion and Islam Religion in their Adjustment.
 - There is no significance difference between the higher secondary School students belonging to Hindu religion and Christian religion in their Adjustment.
 - There is no significance difference between the higher Secondary School students belonging to Island religion and Christian religion in their Adjustment.

MATERIALS AND METHODS

The researcher followed normative survey method for the present study, since it deals with the existing or present conditions of students

TOOL USED FOR THE PRESENT STUDY: For the present study, the researcher used the tool, "Adjustment Inventory for school Students" (AISS) designed, developed and standardized by A.K.P. Sinha and R.P.Singh.

SAMPLE: 300 higher secondary school students from ten selected schools of Villupuram District were selected by adopting random sampling technique.

STATISTICAL TECHNIQUES APPLIED: The following statistical techniques have been employed in the Present investigation.

- Descriptive analysis and
- Differential analysis

REVIEW OF RELATED LITERATURE

Sinha (2020) studied high and low achievers to be superior in adjustment in all areas viz. social, emotional, educational and health. He conducted that to be successful in academic pursuits, besides, adequate intellectual competence better adjustment is required. Buote, Carol Anne (2021) "Relations of autonomy and relatedness to school functioning and psychological adjustment during adolescence". This study examined adolescent's perceptions of autonomy and relatedness within parent, peer and school contexts in relation to school functioning and psychological adjustment. The correlation results indicated that school functioning was positively associated with school autonomy, parental attachment, peer attachment and school belonging and that problems in psychological adjustment were negatively associated with peer autonomy, school autonomy, parental and peer attachment, school belonging and positively associated with parental autonomy.

Wentzel (2023) conducted a study to examine the relation between socio metric status and school adjustment among middle school students. Findings indicated that sixth grade sociometric status predicted eighth grade adjustments when controlling for initial adjustment compares to average status students, controversial status students had lower classroom graders, rejected status students were rated as less pro-social and rejected and popular status groups were rated as more irresponsible. Gabriel Kuperminc (2004), examined the psychological adjustment and school achievement of adolescents from ethnically diverse backgrounds. He examined the normative developmental processes of 448 White, Black and Latino girls and boys, 11-14 years of age. He found overall similarity in changes over time across ethnic groups in terms of relatedness, self-definition and psychological adjustment although Black and Latino youth reported more overall adjustment difficulties. According to him, one of the most important processes affecting psychological and school adjustment is the adolescent's evolving relationship with parents and peers. This process is affected by multiple stressors that occur within the individual (e.g. Puberty), as well as in family (e.g parental divorce), School (e.g. increasing academic demands), neighborhood (e.g. exposure to danger) and cultural (e.g., immigration and acculturation) contexts.

METHODOLOGY OF THE STUDY

PROCEDURE OF DATA COLLECTION

With the help of the class teacher, the researches gave the adjustment inventory to the higher secondary students and gave clear instruction for getting the appropriate response and were filled in the presence of the investigator for getting appropriate response. This helped much to avoid misinterpretations of things by the respondents. After 30 minutes, the researcher collected the completed questionnaire. Two weeks to collect the data from ten higher secondary schools.

SCORING

With the use of manual and scoring key given by the author and tool, the 300 questionnaires were scored. The 300 items of adjustment inventory indicate the significant problem areas,

which are to be answered in 'Yes' or 'No'. For any answer indicative of adjustment 0- is given, otherwise a score of 1 is awarded. The scores are systematically classified and entered in a frequency distribution (Vide Table VI).

ANALYSIS AND INTERPRETATION OF DATA

TOTAL SAMPLE

The responses of 300 higher secondary school students of the study on the adjustment were analyzed and the descriptive statistics is given in table 4.1. In this test, an individual can get a maximum score of 60 and a minimum score of 0 (range 0-60). So the mid value of the score is 30. Here, the calculated mean adjustment score of the total sample is 55.67 and the standard deviation is 10.26. It may be remembered that in this scale low scores indicate good adjustment. Since the calculated mean adjustment score of total sample is lesser than the mid value, it indicates that the adjustment level of total sample is good.

ANALYSIS OF SUB-SAMPLES

SEX AND ADJUSTMENT BEHAVIOUR: The mean adjustment score of the male higher secondary school students was 52.94 and the standard deviation was 9.45 and the mean adjustment score of female higher secondary school students was 52.33 and the standard deviation was 10.60 which indicates that female students have more adjustment than the male.

LOCALITY AND ADJUSTMENT BEHAVIOUR: The mean adjustment score of the higher secondary school students coming from rural and urban area was 55.12 and 55.97 and the standard deviation 9.68 and 10.25 respectively, which shows that the higher secondary school students coming from urban area have more adjustment than the higher secondary students coming from rural area.

TYPE OF SCHOOL MANAGEMENT: The mean adjustment score of the higher secondary school students coming from government and private was 54.22 and 55.51 and the standard deviation 10.91 and 9.33 respectively, which shows that the higher secondary school students coming from Government higher secondary school students have more adjustment than the secondary students coming from Private higher secondary school Students.

BASED ON THE RELIGION: The mean adjustment score of the higher secondary school students coming from Hindu, Muslim and Christian Religion was 55.01, 53.60 and 54.19 and the standard deviation 12.20, 10.81 and 12.69 respectively, which shows that the higher secondary school students coming from Hindu Religion students have more adjustment than the higher secondary students coming from Muslim and Christian higher Secondary School Students.

DIFFERENTIAL ANALYSES OF THE DATA

The section deals with the differential analysis of the data which is useful to confirm whether the mean differences between various sub-samples are significant or not. The mean adjustment scores of different sub-samples are represented in forthcoming tables.

RESULTS

The hypothesis formulated at the beginning of the study has been examined in the light of the data gathered. The following are the main findings of the study.

Table Showing descriptive statistics for total sample and different sub-samples

Sl. No.	Name of the sample and its sub-samples	No. (N)	Mean (M)	Standard Deviation (SD)	
1.	Entire sample	300	55.67	10.26	
2.	Sex	Male	150	52.94	9.45
		Female	150	52.33	10.60
3	Locality	Rural	200	55.12	9.68
		Urban	100	55.97	10.25
4	Type of school	Government	200	54.22	10.91
		Private	100	55.51	9.33
5	Religion	Hindu	175	55.01	12.20
		Islam	50	53.60	10.81
		Christian	75	54.19	12.69

ADJUSTMENT OF STUDENTS: The analysis of the data indicates that the adjustment of higher secondary school students is high.

SEX AND ADJUSTMENT: There is no significant difference between male and female higher secondary school students in their adjustment.

LOCALITY AND ADJUSTMENT: There is a significant difference between higher secondary school students of rural schools and urban schools in their adjustment

TYPES OF SCHOOL AND ADJUSTMENT: There is no significant difference between government higher secondary school students and private higher secondary school students in their adjustment.

RELIGION AND ADJUSTMENT

- There is no significant difference between higher secondary school students belonging to Hindu religion and Islam religion in their adjustment.
- There is no significant difference between higher secondary school students belonging to Hindu religion and Christian religion in their adjustment.
- There is no significant difference between higher secondary school students belonging to Islam religion and Christian religion in their adjustment

CONCLUSIONS AND RECOMMENDATIONS

The present study has investigated the adjustment Behaviour level of higher secondary school students in selected schools of Villupuram District. The analysis of data of the study shows that the whole set of the secondary school student boy's and girl's seem to have good adjustment. Sex, type of school and religion did not play much role in the adjustment while the locality of school seems to play a significant role in the adjustment of the higher secondary school students. The findings of this investigation will help teachers, policy makers and all those who are interested in the field of education, to give proper attention and guidance to these students. Based on

the findings of the study the researcher suggests the following remedies to improve the adjustment Behaviour level of higher secondary school students. The higher secondary schools students are in the stage of adolescent are educational adjustment problems that are adjustment related to their academic pursuits. So it would be better to establish guidance and counseling services in every institution. By providing these services, most of the adjustment problems of adolescent related to their education can be reduced. Not only that, the teacher should ensure, that their students are getting better educational services from the institution and they should encourage and motivate students who deserve it. The adolescent of today is striving to get social recognition that they deserve. If adolescents are not recognized by the society they will divert from the values of the society to evils. So teachers, administrator and parents should take care to improve their child's social skills and social competencies by providing chances for expression of their skills and competencies. They should be also given the recognition that they deserve.

Students who are brilliant in sports, games and arts should get proper training in these activities so that they can build an identity of their own thought these activities. So, Teachers and Parents should encourage their children by providing the opportunities to express their talents in sports, games and arts. To improve the morality of higher secondary school students it is advisable to introduce moral lessons as a part of the curriculum. To have a healthy understanding of different religions it would be better to conduct cross cultural programs like cultural festivals and seminars. To avoid socio-economic imbalance for a greater extend, it would be better to introduce uniform in every institution. This will help the students to have we-feeling to them.

This also helps them to foster equality among themselves. Schools can arrange for the periodical visit of the clinical and social psychologists. Students suffering from emotional problems may be referred to them so that they become socially and educationally responsible. Since mother's lap is the first school of a child it is the duty of parents to rear their child in a better way. Separated parents and broken home creates a sense of loss in them which may make them to divert from the accepted values of the society and will transform them to social evils. So parents should take care that their child is getting security that they need in all matters.

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