



ADJUSTMENT PROBLEMS OF HIGHER SECONDARY SCHOOL STUDENTS

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Abstract

The present study has been designed to investigate the adjustment of higher secondary school students concerning their gender, locality, management. Six hundred higher secondary school students studying in the Guntur town of Guntur district were selected as samples. In this investigation, Adjustment Inventory was developed by Sinha&Singh (1971). The reliability of the coefficient was 0.95. The results showed that higher secondary school students differed in their adjustment problems levels. Gender and management of higher secondary school students make a significant difference in their adjustment problems, whereas locality of higher secondary school students makes no significant difference in the adjustment problems.

Introduction

Adjustment is the process of getting along with one other. It is described as the process by which an individual changes his/her behavior based on the requirements needed in order to establish a much more connected and a healthy relationship between oneself and the environment. It is the ability to accommodate oneself to the changing circumstances as a mark of maturity. In brief, adjustment refers to the behavior of an individual according to the requirements of the society in which they survive along with fulfilling their own needs and dreams. Successful adjustment is crucial to having a high quality of life. Understanding one's own strengths and weakness is a key factor for a successful adjustment. One must be flexible enough to understand and have the will to change accordingly. A well-balanced lifestyle also plays a crucial role in the concept of adjustment. When one is willing to face the society and life a prosperous life, he/she should be willing enough to adapt to the conditions that the society is currently in. The basic concept of adjustment is not very new to us. It has been prevailing in the society from a very long time. The elder generation has taught us how to accompany to the sudden changes and how to cope-up with them. This generation has more advantages when they adapt than the previous generations. The adaptation might be new and difficult at the beginning but as the time passes, all of us will

understand it and thus try to become a better person for a society. Adjustment is the process of allowing an individual to receive, arrange, modify or to become a correspondent. It is the method of learning and implementing the various patterns of the environment into one's practical life. Every human being wants to adapt to different situations. They constantly try to adapt to the ever-changing society because it is the only method to live a happy and a peaceful life that they wish for. Behaviour is a key factor that defines one's level of adaptation with the society in which they prevail. They should have a positive and a constructive behaviour. Man is a social animal and he can adapt to new conditions quickly. Even the Higher secondary school students in their teens try to adapt to new situations and the changing environments. It is the time when a student strives to develop a proper adjustment in a variety of areas, including emotional adjustment, social adjustment and academic adjustment. Therefore, the adjustment of higher secondary school students' is great importance for their study.

Statement of the Problem

"Adjustment problems of Higher Secondary School Students".

Objectives of present investigation

- To study the difference of adjustment problems of higher secondary school students due to variation in gender.
- To study the difference of adjustment problems of higher secondary school students due to variation in management.
- To study the difference of adjustment problems of higher secondary school students due to variation in locality.

Null Hypotheses

- The gender of higher secondary school don't make a significant difference in their adjustment problems.
- The management of higher secondary school don't make a significant difference in their adjustment problems.
- The locality of higher secondary school don't make a significant difference in their adjustment problems.

Methodology

In this research, the descriptive survey research design was used and the higher secondary school students were selected as a sample. The study was conducted on a sample of 600 higher secondary school students from Guntur town Guntur district of Andhra Pradesh. This sample was selected using a random sampling method to ensure population representation.

Adjustment Inventory for School Students developed and standardized by Sinha and Singh (2012) was employed for data collection and it consists of 60 items with three alternative options such as always, sometimes, and never. The split-half reliability of the coefficient was 0.95. Mean, Standard Deviation, Percentage, Critical Ratio, were used in the study to analyse the data.

Data Analysis

Table 1: Adjustment Problems of Higher secondary school students -Gender- Mean - SD - C.R.

Gender	N	Mean	S.D.	C.R.
Boys	300	75.37	15.62	1.25#
Girls	300	76.84	12.85	

The C.R. value (1.25) is less than 1.96 at 0.05 level of significance. Therefore, the null hypothesis is accepted. Gender of higher secondary schools students do not make a significant difference in their adjustment problems.

Table 2: Adjustment Problems of Higher secondary school students –Type of Management- Mean –SD – Critical Ratio

Family type	N	Mean	S.D.	C.R.
Private	300	74.52	13.19	3.47**
Government	300	78.80	16.76	

The C.R. value (3.47) is higher than 2.58 at 0.01 level of significance. Therefore, the null hypothesis is not accepted. The type of family of higher secondary school students makes a significant difference in their adjustment problems. It indicates that government higher secondary school students possessed more adjustment than the private school higher secondary students.

Table 3: Adjustment Problems of Higher secondary school students -Locality- Mean - SD - C.R.

Locality	N	Mean	S.D.	C.R.
Rural	300	72.86	13.49	0.71#
Urban	300	73.72	15.97	

The C.R. value (0.71) is less than the table value 1.96 at 0.05 level of significance. Therefore, the null hypothesis is not accepted. Locality of higher secondary school students did not make a significant difference in their adjustment problems.

Major findings of this investigation

- Gender of higher secondary school students did not make a significant difference in their adjustment problems.
- Management of higher secondary school students did not make a significant difference in their adjustment problems.
- Locality of higher secondary school students makes no significant difference in the adjustment problems.

Conclusion

This study calls for school authorities to initiate adjustment programs for higher secondary school students. Orientation programs, social activities, and student organizations should be set up within the school environment to promote overall adjustment among students. Therefore, students should maintain a positive, free, open, and friendly environment in which they can communicate freely with teachers. A good school environment is very important in turning students into good people who can meet the challenging demands of life. Many programs need to be organized in schools to suit different student needs. Parents need to be made aware of their role in transforming the child into a well-adjusted personality. Provide guidance and counselling center, educational counsellor, financial assistance programs, and training programs to meet the needs of different students.

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