A STUDY OF PROBLEMS OF ADJUSTMENT OF SENIOR SECONDARY SCHOOL STUDENTS

Nidhi Gupta

Abstract

This study was designed to compare different adjustment problems faced by boys and girls of senior secondary school. The sample consisted of 50 boys and 50 girls from 5 government and private senior secondary schools. Adjustment Inventory developed by Dr. (Mrs.) Lalita Sharma for intermediate and college students was administered on the students. Results confirmed all the hypothesis of significant difference between the problems of adjustment among senior secondary school students.

INTRODUCTION

Fortunate is the individual who is adjusted and considers it so. Every individual, great or small, old or young, is confronted with the problems of adjustment. The problem of adjustment has been in existence on earth since the appearance of the human race. The process of adjustment starts right from the birth of the child and continues till his death. The problem of adjustment is both internal as well as external. The problem of adjustment is related to arriving at a balanced state between the needs of the individual and their satisfying needs of the individual are multidimensional. Adjustment is a relative term opposite is maladjustment. Life presents a continuous chain of struggle for adjustment.

OBJECTIVES OF THE STUDY

1. To study the problem of home adjustment among boys and girls of senior secondary school students.
2. To study the problem of health adjustment among boys and girls of senior secondary school students.
3. To study the problem of social adjustment among boys and girls of senior secondary school students.
4. To study the problem of emotional adjustment among boys and girls of senior secondary school students.
5. To study the problem of adjustment among boys and girls of senior secondary school students.

HYPOTHESES

1. There is no significant difference between problems of home adjustment among boys and girls of senior secondary school students.
2. There is no significant difference between problems of health adjustment among boys and girls of senior secondary school students.
3. There is no significant difference between problems of social adjustment among boys and girls of senior secondary school students.
4. There is no significant difference between the problems of emotional adjustment among boys and girls of senior secondary school students.
5. There is no significant difference between the problems of adjustment among boys and girls of senior secondary school students.

DESIGN AND METHOD

The study is a non-experimental type and an ex-post facto research design was adopted. Survey method and Questionnaire is to be used for this study.

Instrument

Adjustment Inventory developed by Dr. (Mrs.) Lalita Sharma for intermediate and college students with reliability is 0.897 by test-retest method and 0.927 by split half method and validity is 0.834.

M.Ed. Student, MR College of Education
DELIMITATION FOR THE STUDY

1. The study is limited to Delhi State only.
2. The study is limited to 100 students only.
3. The study is limited to 5 schools only.

FINDINGS

The following findings have emerged from the analysis and interpretation of data collected for the present study:

1. The boys of senior secondary school possessed a good level of home adjustment in terms of the mean and girls of senior secondary school possessed a moderate level of home adjustment.
2. The boys of senior secondary school possessed a good level of health adjustment in terms of the mean and girls of senior secondary school possessed a good level of health adjustment.
3. The boys of senior secondary school possessed a moderate level of home adjustment in terms of the mean and girls of senior secondary school possessed a good level of social adjustment.
4. The boys of senior secondary school possessed a good level of emotional adjustment in terms of the mean and girls of senior secondary school possessed a good level of emotional adjustment.

CONCLUSION

The present study shows that there exist significant relationship between the family, social, emotional and health adjustment among girls and boys of senior secondary school. There may be many reasons behind it.

Those reasons can be found out by the researchers. The conclusion is sufficient to prove that the need to study the problem of adjustment of senior secondary school students.

REFERENCES

Aggrawal J.C (1972) “educational research – An introduction” New Delhi
Crow L.D and crow a (1973) educational psychology 3 Indian reprint New Delhi Eurasia publishing house.
Freeman and showel (1959) quoted by Hurlock E.B., child psychology. (As in student 3 education) Tokyo Mc grows hill.
Lal.K., A study of adjustment problems of scheduled caste students in schools Haryana with reference to some personality variables, Ph.D. Psy.,Agra.,1985

*****