

A Study of Adjustment of Adolescents Belonging to Joint and Nuclear Families

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Abstract

Adjustment means to maintain balance relationship between environment and circumstances. Everyone has his/her own precipitation about adjustment and the level of adjustment also differs person to person. In the current study researcher try to find the impact of type of family (Joint and Nuclear) and sex on adjustment. Investigator select Adjustment Inventory for College Students made by A.P.A. Sinha and RP Singh used for collection of data. The sample (N=200) have been selected by random sampling technique from the study centers of Haryana affiliated by KU, Kkr. 't' ratio has been used for statistical treatment. Findings show that there is significant difference between adjustment and family type and sex.

KEYWORDS: Adjustment, Adolescent, Family type (Joint and Nuclear), Sex.

INTRODUCTION

'Adjustment' is, to fit, make suitable, adapt, arrange, modify, harmonize or make correspondent. In other words both personal and environmental factors work side by side in adjustment. Student feels himself adjusted if he is adjusted to himself and to his environment. In most cases adjustment is a compromise between these two extremes and maladjustment is a failure to achieve a satisfactory compromise. Adjustment is a condition or state in which one feels that one's needs have been fulfilled and one's behavior conforms to the requirement of a given culture. Adjustment should not be confused with conformity. Conformity is only one form of adjustment. It is a fact that problems are a part of our existence facing up to problems often calls for change in our actions and even some times in certain basic patterns of our behavior. The term adjustment is often used as a synonym for accommodation and adaptation. Strictly speaking, the term denotes the results of equilibrium, which may be affect by either of these processes (Monroe, 1990). It is used to emphasize the individual's struggle to along or survive in his or her social and physical environment.

Adjustment of the students with his environment is extremely essential for his all round development. If he is adjusted to his environment, this can lead him towards success. If a student is not adjusted to his circumstances, then he remains grievous, pessimist and tense at all times. A student faces many adjustment problems regarding home, health, society, education and emotion. Family is the basic unit of society. There were the existence of joint family in India in early time, but as the time pass the nuclear family exists in society. In joint family the number of members is large. All the members share their responsibilities in joint

family. There are many advantages in the joint family. Whereas in nuclear family where the number of member is low or maximum 4 or 5. Student faces adjustment problems in joint family as well as in nuclear family. But the degree of their adjustment is different.

Several studies have been conducted in the area of social, educational, health and emotional adjustment of students of both sexes belonging to urban and rural areas. Here, in this present study, the investigator intends to study in which type of family students have maximum percentage of adjustment level.

OBJECTIVES

The present study aims at analyzing the following objectives:-

1. To study the adjustment level of adolescent belonging to joint and nuclear families.
2. To study the adjustment level of adolescent and girls belonging to joint families.

HYPOTHESES

1. There will be no significant difference between the adjustment level of adolescent of joint and nuclear families.
2. There will be no significant difference between the adjustment level of adolescent boys and girls.
3. There will be no significant difference between the adjustment level of adolescent girls belonging to joint and nuclear family.
4. There will be no significant difference between the adjustment level of adolescent boys belonging to joint and nuclear family.

SAMPLE

For the current study investigated select 200 adolescent belongs to joint and nuclear families equally.

METHODS OF SAMPLING

Random Sampling method used by researcher for selection of sample.

TOOLS TO BE USED

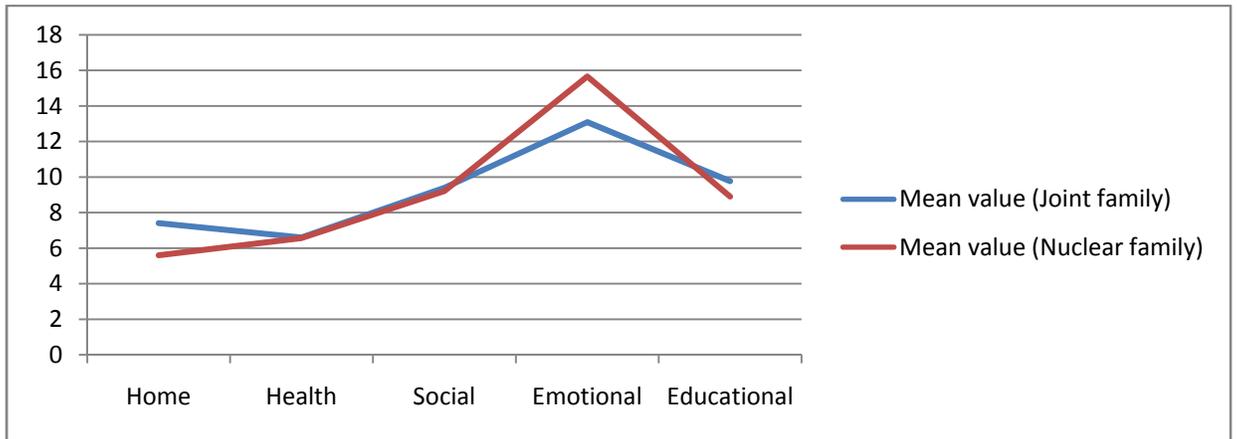
The investigator used Adjustment inventory for college students by A.K.P. Sinha and R.P. Singh (1990) for gathering the required data. The inventory has 102 items of different areas (Home 16, Health 15, Social 19, Emotional 31 and Educational 21).

ANALYSIS AND INTERPRETATION

Hypothesis 1: There will be no significant difference between the adjustment level of adolescent of joint and nuclear families.

Table -1

Dimensions of Adjustment	Mean value (Joint family)	Mean value (Nuclear family)	t-ratio	Significance S/NS
Home	7.41	5.6	4.5	NS
Health	6.6	6.57	1.3	S
Social	9.39	9.21	0.36	S
Emotional	13.09	15.66	1.58	S
Educational	9.77	8.9	4.78	NS

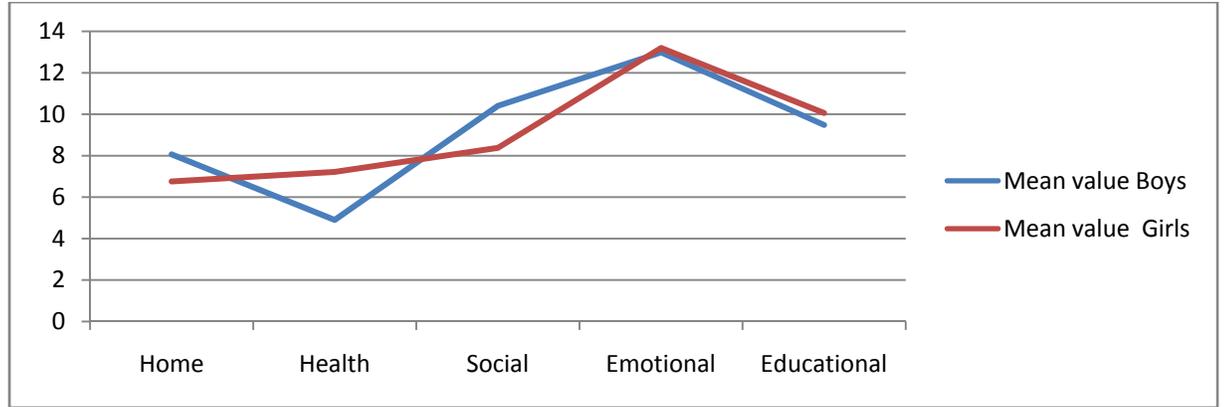


Interpretation: Table 1, shows the mean values of 5 dimensions of adjustment of joint and nuclear families. In 5 dimensions only in Health and Social and Emotional, there is significant difference between the adjustment between joint and nuclear family. Rest of two dimensions (Home and Educational) has No-Significant difference.

Hypothesis 2: There will be no significant difference between the adjustment level of adolescent boys and girls.

Table- 2

Dimensions of Adjustment	Mean value Boys	Mean value Girls	t-ratio	Significance S/NS
Home	8.06	6.76	1.94	S
Health	4.9	7.22	3.68	S
Social	10.4	8.38	2.62	S
Emotional	12.98	13.2	0.3	S
Educational	9.48	10.06	0.67	S

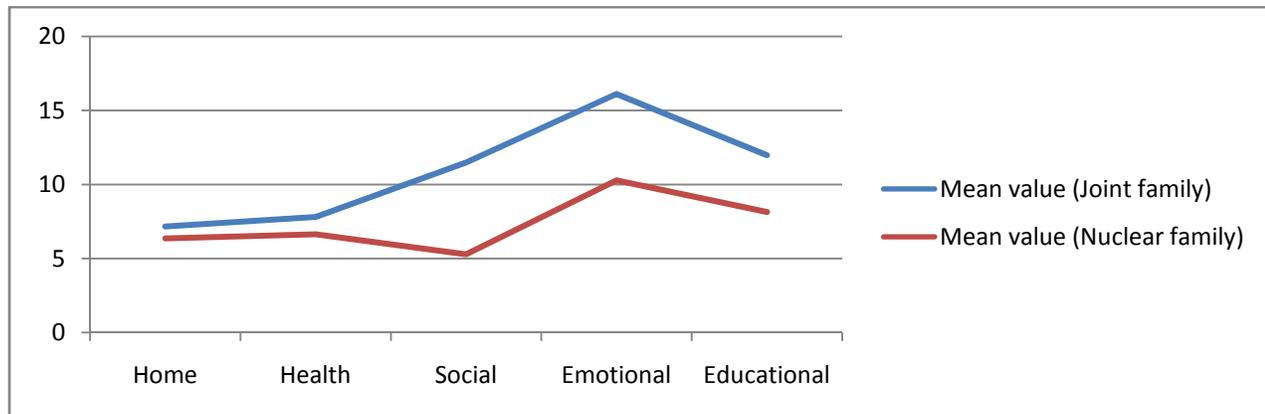


Interpretation: Table 2, shows the mean values of 5 dimensions of adjustment of boys and girls. In all 5 dimensions there is significant difference.

Hypothesis 3: There will be no significant difference between the adjustment level of girls belonging to joint and nuclear family.

Table-3

Dimensions of Adjustment	Mean value (Joint family)	Mean value (Nuclear family)	t-ratio	Significance S/NS
Home	7.16	6.36	1.47	S
Health	7.8	6.64	4.92	NS
Social	11.48	5.28	6.65	NS
Emotional	16.12	10.28	0.85	S
Educational	11.98	8.14	0.77	S

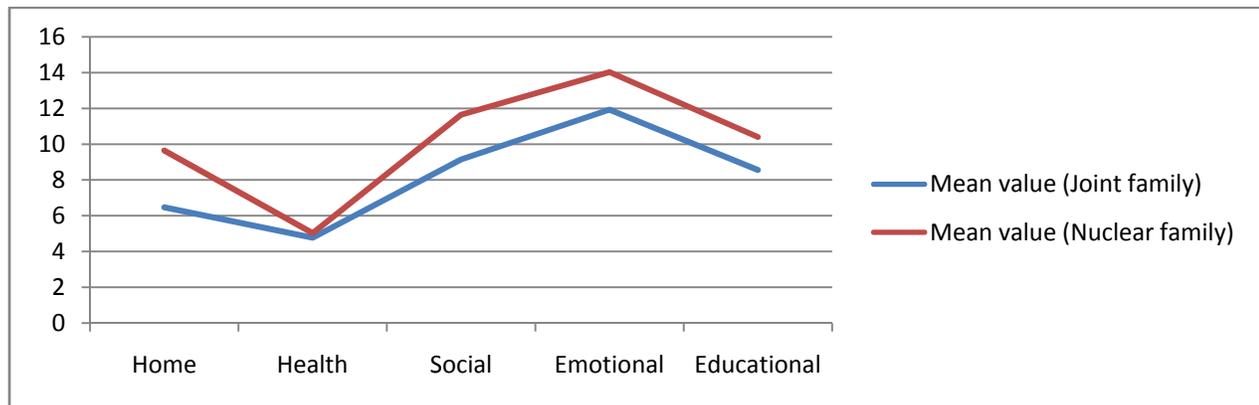


Interpretation: Table 3, shows the mean values of 5 dimensions of adjustment of girls of joint and nuclear families. In 5 dimensions only in Home, Emotional and Educational, there is significant difference between the adjustment of girls of joint and nuclear family. Rest of two dimensions (Health and Social) has No-Significant difference.

Hypothesis 4: There will be no significant difference between the adjustment level of boys belonging to joint and nuclear family.

Table-4

Dimensions of Adjustment	Mean value (Joint family)	Mean value (Nuclear family)	t-ratio	Significance S/NS
Home	6.47	9.65	1.3	S
Health	4.77	5.03	4.7	NS
Social	9.15	11.65	0.98	S
Emotional	11.93	14.03	1.2	S
Educational	8.56	10.4	3.98	NS



Interpretation: Table 4, shows the mean values of 5 dimensions of adjustment of boys of joint and nuclear families. In 5 dimensions only in Home, Social and Emotional, there is significant difference between the adjustment of boys of joint and nuclear family. Rest of two dimensions (Health and Educational) has No-Significant difference.

FINDINGS:

- On Home dimension, there is a significant difference between the adjustment of boys and girls. But with the variable (type of family, means Joint and Nuclear) there is No-Significant difference between adjustments. When we compare both boys and girls in the background of joint and nuclear family, then there is significant difference between adjustments. Hence the impact of type of family directly affects home adjustment.

- On Health dimension, there is significant difference between variables, sex and type of family independently on adjustment.

- On Social dimension, there is significant difference between the adjustment, except girls in joint and nuclear family.

- On Emotional dimension, there is significant difference between variables, sex and type of family independently on adjustment.

- On Educational dimension, there is significant difference between sexes on adjustment, but type of family has no-significant difference on adjustment.

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