

A study on social adjustment of adolescents

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Abstract: Socialization is the nature of human being. Good adjustment with society makes good personality of a person. The major aim of this paper is to study social adjustment capacities of adolescents. Since social adjustment is that, which permits a prediction of what a person would do in a given social situation that determines behaviour of the adolescents. The sample consisted of 100 higher secondary school students from various schools in Singur Block of Hooghly District in West Bengal were taken as sample. Survey method was used to the study. Purposive sapling technique was used to select schools and Random-sampling technique was used to select students for data collection to the study. To measure social adjustment, Social Adjustment Scale by Dr. Ashutosh Kumar was used and the data were statistically analyzed. The finding of the study revealed that a significance difference was found in social adjustment between Male and Female adolescents and not significant difference was found in social adjustment between Urban and Rural adolescents.

Keywords: Social Adjustment and Adolescents

Introduction:

The meaning of the word 'adjustment' is, to fit, adapt, arrange, modify harmonize or make correspondent. According to Darwin's (1859) theory of evolution, those species which adapted successfully to the demands of living, survived and multiplied while others who did not, died out. "Adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes in the environment" (Cater V. Good 1959). At the stage of adolescents adjustment with home and society is a complex process, because in this stage different types of changes are happen in the body and mind of the adolescents and also changing the behaviour of family and society members towards the adolescents. Human are the social animal. Society takes a important role in the adjustment of adolescents which influence their development of personality. Society expectations, interaction with society, participation in social activities etc, affect the adjustment of adolescents with society, which takes an important role in their life.

Need of the Study:

Human are the social animal. Without society human cannot live. Adjustment with society is necessary for human life. Adolescence is the most complex stage in the human life. Society reaction towards adolescents is changing time by time, some they treated as child some time society expect them as an adult, which makes difficulties to the adolescents to adjustment with society. Social adjustment with respect to gender and location gives an idea to the society and institutions how to tackle the adolescents and how to help them in their development.

Statement of the Problem:

There are different types of adjustments in human life, home adjustment, social adjustment, health adjustment etc. Social adjustment at the stage of adolescents was the problem identified for the study. This study made an investigation and the problem was entitled as "A Study on Social Adjustment of Adolescents."

Adjustment: - Adjustment is the behavioural process by which humans and other animals maintain equilibrium among their needs and the obstacles of their environment.

Social Adjustment: - Social adjustment is children's adjusted behaviour towards society for maintain social life.

Adolescents: - The children of transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood.

Review of Related Literature:

LC Richman (1983) Self-reported social, speech, and facial concerns and personality adjustment of adolescents with cleft lip and palate. These studies examine the relationship among self-perceived social adjustment, concerns regarding facial disfigurement and defective speech, and objective personality assessment of 30 adolescents with cleft lip and palate. The results suggest that while cleft group scores indicate good adjustment, a significant number of adolescents with cleft have self-perceived social adjustment

problems related to concerns with facial appearance. Social introversion appears to be related more to facial concerns than speech concerns during adolescence.

Susie D Lamborn, Laurence Steinberg (1991) conducted study on "Patterns of Competence and Adjustment among Adolescents from Authoritative, Authoritarian, Indulgent, and Neglectful Families." This research was supported by a grant to Laurence Steinberg and B. Bradford Brown from the U.S. Department of Education, through the National Center on Effective Secondary Schools at the University of Wisconsin—Madison; from the Spencer Foundation to Sanford M. Dornbusch and P. Herbert Leiderman of the Stanford University Center for Families, Children, and Youth; and from the Lilly Endowment to Laurence Steinberg. This manuscript was greatly improved by the suggestions of three anonymous reviewers.

Marlene Caplan, Roger P Weissberg, Jacqueline S Grober, Patricia J Sivo, Katherine (1992) conducted study on 'Social competence promotion with inner city and suburban young adolescents: Effects on social adjustment and alcohol use.' Assessed the impact of school-based social competence training on skills, social adjustment, and self-reported substance use of 282 6th and 7th graders. Training emphasized broad-based competence promotion in conjunction with domain-specific application to substance abuse prevention. The 20-session program comprised 6 units: stress management, self-esteem, problem solving, substances and health information, assertiveness, and social networks. Findings indicated positive training effects on Ss' skills in handling interpersonal problems and coping with anxiety. Teacher ratings revealed improvements in Ss' constructive conflict resolution with peers, impulse control, and popularity. Self-report ratings indicated gains in problem-solving efficacy. Results suggest some preventive impact on self-reported substance use intentions and excessive alcohol use. In general, the program was found to be beneficial for both inner city and suburban students. (PscINFO Database Record (c) 2016 APA, all rights reserved)

Mitchell J Printstein, Julie Boergers, Eric M Vernberg (2001) Overt and Relational Aggression in Adolescents: Social-Psychological Adjustment of Aggressors and Victims. Examined the relative and combined associations among relational and overt forms of aggression and victimization and adolescents' concurrent depression symptoms, loneliness, self-esteem, and externalizing behaviour. An ethnically diverse sample of 566 adolescents (55% girls) in Grades 9 to 12 participated. Results replicated prior work on relational aggression and victimization as distinct forms of peer behaviour that are uniquely associated with concurrent social-psychological adjustment. Victimization was associated most closely with internalizing symptoms, and peer aggression was related to symptoms of disruptive behaviour disorder. Findings also supported the hypothesis that victims of multiple forms of aggression are at greater risk for adjustment difficulties than victims of one or no form of aggression did. Social support from close friends appeared to buffer the effects of victimization on adjustment.

Edin T Randoll, Army M Bohnet (2009) Organized Activity Involvement, Depressive Symptoms, and Social Adjustment in Adolescents: Ethnicity and Socioeconomic Status as Moderators. The current cross-sectional study investigated the links between various dimensions of organized activity involvement and depressive symptoms, loneliness, and peer victimization in an ethnically and economically diverse sample of adolescents ($N = 152$; 58% female). Results indicate that adolescents who were involved in organized activities for more years also reported lower levels of loneliness. There was evidence of diminishing returns when adolescents were very highly involved in organized activities; those who were either under- or over-involved reported the highest levels of depressive symptoms. Conversely, findings indicate that adolescents who participated in a narrow or wide range of activity contexts reported the lowest levels of depressive symptoms. In addition, results suggested that the relation between organized activity involvement and adjustment differs among adolescents from diverse ethnic and socioeconomic backgrounds. Findings from the current study also underscore the importance of considering multiple indices of activity involvement when assessing its association with adjustment.

Objectives of the Study:

The following are the major objectives of the study-

1. To measure whether a significant difference exists in the social adjustment of adolescents in terms of gender.
2. To measure whether a significant difference exists in the social adjustment of adolescents in terms of location.

Hypotheses:

The following are the major hypotheses of the study-

1. There is no significant difference in social adjustment of adolescents with respect to the gender.
2. There is no significant difference in social adjustment of adolescents with respect to the location (urban and rural).

Delimitation of the Study:

The following are the delimitations of the study-

1. Only two urban and two rural schools of Singur Block of Hooghly District of West Bengal are selected for data collection of the study.
2. Only class xi and xii students are selected for the data collection of the study.

Methodology of the Study:

Survey method was employed to collect data pertaining to the present investigation. The sample consisted of 100 higher secondary students. Schools are selected through Purposive sample technique and the students are selected through Random sampling technique. The stratification has been done based on gender and where they lived or the location (urban and rural).

Social Adjustment Scale by Dr. Ashutosh Kumar has been adopted for data collection of the study. There are 16 items in the tool. Investigator standardized the tool with respect to the sample of her study. The tool has been given to the experts of the Department of Education of The University of Kalyani to establish the content validity of tool. Reliability of the tool was established by split half method. The reliability of the tool is 0.74. Hence, the tool is reliable.

Data Analysis:

The collected data were analysed with descriptive and inferential statistical techniques and interpreted.

Hypotheses 1: There is no significance difference between Male and Female adolescents in their Social Adjustment.

Table-1: Social adjustment difference in terms of gender

| Variable | Sub Variable | N | Mean | S.D. | "t" value | Level of Significance |
|----------|--------------|----|-------|------|-----------|-----------------------|
| Gender | Male | 54 | 57.79 | 5.25 | 4.2 | S* |
| | Female | 46 | 63.04 | 4.86 | | |

S*- Significant at 0.01 level

It was understood from the Table-1 the calculated "t" value 4.2 was greater than the tabulated value 1.98 at 0.05 level and 2.63 at 0.01 level of significance with df = 98. This implied that there was a significant difference between Male and Female adolescents in their social adjustment in Singur block of Hooghly District of West Bengal. Hence, the null hypothesis was rejected.

Hypotheses2: There is no significant difference between Urban and Rural adolescents in their Social Adjustment

Table-2: Social Adjustment difference in terms of location

| Variable | Sub Variable | N | Mean | S.D. | "t" value | Level of Significance |
|----------|--------------|----|-------|------|-----------|-----------------------|
| Location | Urban | 51 | 60.29 | 5.58 | 0.04 | NS |
| | Rural | 49 | 60.33 | 5.8 | | |

NS- Not significant at both levels

It was understood from the Table-2 that the calculated "t" value 0.04 was less than the tabulated value 1.98 at 0.05 level of significance with df = 98. This implied that there was no significant difference between Urban and Rural adolescents in their social adjustment in Singur Block of Hooghly District of West Bengal. Hence, the null hypothesis was accepted.

Findings of the present Study:

1. There is a significant difference in social adjustment of adolescents with respect to the Gender.
2. There is no significant difference in social adjustment of adolescents with respect to the location (Urban and Rural).

Conclusion:

The present investigation made the difference of the adolescents in their social adjustment with respect to the gender and location. From the analysis the higher mean of female adolescents have higher social adjustment capacities than male adolescents. It is also shown that location difference does not affect the adolescents in their social adjustment although the rural adolescent's mean is slight higher than urban adolescents are which shown that rural adolescents have slightly higher social adjustment capacities than urban adolescents.

Educational Implications and Recommendation:

A person who is able to make a better social adjustment, he or she is considered as a well-adjusted and popular person. At the stage of adolescence, adjustment with society is more complicated than other stage of life. Family, schools are needs to know how the adolescents are facing problems to adjust with society, which affect their education also their development. Male adolescents must be given due care and cooperation to make better social adjustment. To understand the adolescents and their problems and take care of them is the way to increase social adjustment capacities of adolescents.

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