

# **PSYCHOLOGICAL ADJUSTMENT: A COMPARATIVE STUDY OF THE JOINT AND NUCLEAR FAMILIES PEOPLE WILLING TO TAKE DIVORCE**

**Sunil S. Jadav\***

## **ABSTRACT**

Aim of the research is to find out the Psychological adjustment among joint and nuclear families people willing to take divorce, both groups have 160 peoples. In one group has 90 joint and another group has 70 nuclear families people. The all subjects were simple randomly selected. Data were collected from Anand district. Scale was use for data collection is personal datasheet and Psychological adjustment Scale was developed by Bell (1905) and Gujarati-translated by Bhatt, (1994) was used. Data were analysis by 't' test. Result show, There is no significant mean difference of psychological adjustment between joint and nuclear families people. There is no significant mean difference of the Psychological adjustment between low and high age people. There is no significant mean difference of the Psychological adjustment between low, medium and high total monthly incomes people.

## **1. Introduction:**

### **Conceptual Framework of psychological Adjustment:**

Adjustment is a vital problem of the modern world. The present century is characterized by psychological disorder and disturbed interpersonal relationship. Human adjustment is a complex process. The making of desirable adjustments to the various demands of life is influenced by the differing inherited characteristics and varying environmental conditions and situations to which an individual is exposed. The achievement of desirable life adjustment depends upon the recognition of the significance of inherited potential and environmental conditions as these affect his/her way of life. Adjustment is a kind of interaction between the individual and his/her environment for the sake of bringing harmony between them. Adjustment is a dynamic and continuous life

---

\*PhD research scholar, Department of Psychology, S.P.University, V.V.Nagar-388 120,, Gujarat., Email: [sonujadav7275@gmail.com](mailto:sonujadav7275@gmail.com)

- long process. A well adjusted person manifests certain behavioural characteristics; he/she has the capacity to conform to the norms of the society. He/she expresses confidence in him and in others. He/she shows strong sense of security and responsibility. He /she ably satisfies his emotional needs as well as of others. He/she has well defined goals in his/her life and a set of values. He/she is well adapted to reality and time.

Adjustment is a continuous process that tends to bring out more or less changing attitudes throughout the individual's life. Some adjustment connotes happiness and freedom from personal problems. While for others, it means an unhappy conformity to group demands and expectations. Adjustment is a lifelong process and can be defined as a person's interaction with his environment. It is a process in which an individual learns certain ways of behavior through which he enters a relationship of harmony or equilibrium with his environment. He thereby tries to lead a life acceptable to society (Mohan and Singh, 1989).

### **Meaning of Adjustment:**

The psychological meaning of adjustment can be discussed in terms of needs. Internally these needs have to do with homeostasis and externally there is the need of avoiding pain and other negative influences. These needs may be satisfied by interaction with environment. The term adjustment has been defined differently by different thinkers in their own respective ways. According to Warren(1934) "Adjustment relates to any operation an organism organ becomes more favorably related to the environment and the entire outturn environmental and internal."

*"Adjustment consists of the psychological processes by means of which the individual manages or copes with various demands or pressures."*

**-Lazarus (1961)**

*"Adjustment is a continual process by which a person varies his behavior to produce a more harmonious relationship between himself and his environment."*

**-Gates and Jersild (1970)**

*"Adjustment is a state in which the needs of the individual on the one hand and the claims of environment on the other hand are fully satisfied or the process by which this harmonious relationship can be attained."*

**- Eysenck (1972)**

### **What is Good Adjustment?**

In the light of above said definitions, question arises here and strikes our mind that what is good adjustment and who is a well adjusted person? In order to answer this question we can say that a well adjusted person is one whose responses are mature, efficient, satisfying and healthy. In contrast, an emotionally disturbed person is inefficient

in completing the tasks that a well-adjusted person will complete within its proper stipulated time. The term healthy implies that the response is wholesome, that is, best suited to man's nature, to his relations with others and to his responsibilities. Wholesomeness is an important characteristic feature of a good adjustment. Adjustment is relative in character since there are no such things as a perfectly adjusted person. It must be evaluated in terms of a person's capacity to change and to cope with demands that are encountered and these capacities vary with personality and with the level of development. Anderson stated that "Good adjustment cannot be defined once and for all in any simple fashion. It must be defined in terms of meeting the problem appropriate to the level of development good adjustment. He also viewed in this way that growing up is a process of meeting stresses, strains and thus building the capacity to meet the problems".

## **2. Aims of the study:**

1. To study of the psychological adjustment among joint and nuclear families people willing to take divorce.
2. To study of the psychological adjustment among low and high age people.
3. To study of the psychological adjustment among low, medium and high incomes people.

## **3. Hypothesis:**

1. There is no difference between the psychological adjustment of joint and nuclear families people willing to take divorce.
2. There is no difference between the psychological adjustment of low and high age people.
3. There is no difference between the psychological adjustment of low, medium and high incomes people.

## **4. Methodology:**

- **Sample:**

In this present study there are simple random sampling for this purpose Anand District was selected. Sample taken from family court and Jagrut Mahila Sangthan NGO of Anand city, and for this study Anand family court and JMS NGO granted permission. In first time total 187 subjects were selected, out of that total 160 sample were taken for this study. Total sample divided in two groups. One group had 90 joint and another one group had 70 nuclear families people selected.

- **Tools used:**

The following tools were used in the present study:

**1. Personal Data sheet:**

Certain personal information about respondents included in the sample of research is useful and important for research. Here also, for collecting such important information, personal data sheet was prepared. With the help of this personal data sheet, the information about Types of family, total monthly income and age were collected.

**2. Psychological Adjustment Scale:**

Psychological adjustment Scale was developed by Bell (1905) Gujarati-translate Psychological adjustment Scale was developed by Bhatt, (1994) was used. There are 160 students in this scale it is divided into four factors. In each factor there are 32 statements.

We get different areas for the above few types of adjustment and we also get the total score of adjustment in the present research, the entire scale of adjustment has been used.

For the details of the scale of adjustment the subject has to his consent for one of the three alternatives by doing the sign of true. In these alternatives, these are three things yes, indecisive, no for 'no' response 1 score is given, for 'yes' response score of two is given and for intensive response 'O' score is given. Scoring pattern shows that more score indicates less adjustment of mala adjustment. The fewer score in the scale indicates good adjustment.

The reliability score of adjustment scale comes to 0.85, derived by the split half method, obtained from the sample of 320 students. The researcher of the present research has found out the reliability score as 0.89, by using split half technique on the sample of 50 students.

**Statistical Analysis:**

In this study 't' test was used for statistical analysis.

**5. Result and Discussion:**

**5.1.: psychological adjustment with reference to Type of family:**

The effect of type of family of willing to take divorces male and female on psychological adjustment was examined. Type of family of willing to take divorces had two categories and they are joint and nuclear. T-test was divorces to check the null hypothesis (No.1) framed for this purpose. The results are presented in table No. 1.

**Table No.1**

(N=160)

**Means, SDs and ‘t’ value of psychological adjustment with reference to Type of family:**

Type of family	N	Mean	SD	‘t’ value
Joint	90	127.34	19.73	0.38(NS)
Nuclear	70	126.07	22.84	
NS= Not significant				

It is revealed in Table No.1 that mean score of psychological adjustment in willing to take divorces male and female belonging to joint and nuclear families are 127.34 and 126.07 respectively. These means indicate that willing to take divorces of joint families experienced the highest level of psychological adjustment (127.34) as compared to the willing to take divorces of nuclear families (126.07).The result indicate this as first sight .when ‘t’ value was calculated to know statistical significant of mean difference, insignificant difference was observed between joint and nuclear families. ‘t’ value is 0.38 (Table No.1) which is statistically insignificant. Hence the null hypothesis (No.1) was accepted. Thus the results show that type of family has no significant effect on psychological adjustment.

**5.2: Psychological adjustment with reference to Aged:**

The effect of Age of willing to take divorces male and female on psychological adjustment was examined. Type of age of willing to take divorces had two categories and they are low and high. T-test was male and female to check the null hypothesis (No.2) framed for this purpose. The results are presented in table No.2.

**Table No.2**

(N=160)

**Means, SDs and ‘t’ value of psychological adjustment with reference to Age:**

Age	N	Mean	SD	‘t’ value
Low	115	127.81	21.63	0.98(NS)
High	45	124.18	19.64	
NS= Not significant				

It is revealed in Table No.2 that mean score of psychological adjustment in willing to take divorces belonging to low and high age are 127.81 and 124.18

respectively. These means indicate that willing to take divorces of high aged experienced the highest level of life style (124.18) as compared to the willing to take divorces of low age (127.81).The result indicate this as first sight .when ‘t’ value was calculated to know statistical significant of mean difference, insignificant difference was observed between low and high aged. ‘t’ value is 0.98 (Table No.2) which is statistically insignificant. Hence the null hypothesis (No.2) was accepted. Thus the results show that age has no significant effect on psychological adjustments.

**5.3: psychological adjustment with reference to total monthly income of male and female:**

To examine the effect of total monthly income of male and female on psychological adjustment as presented in table No.3. ‘t’ test was carried out to analyze the data. Total monthly income was divided in three groups and that’s bellows:

**Table No.3**  
(N=160)

**Means, SDs and ‘t’ value of psychological adjustment with reference to total monthly income of male and female:**

PSYCHOLOGICAL ADJUSTMENT	Total monthly income of male & female	N	Mean	SD	‘t’ value
	Low	67	128.96	22.31	1.66
	Medium	51	122.45	19.39	NS
	Low	67	128.96	22.31	0.084
	High	42	128.60	20.74	NS
	Medium	51	122.45	19.39	1.47
	High	42	128.60	20.74	NS
NS=Not Significant					

**5.3.1: psychological adjustment with reference to low and medium total monthly income**

It is revealed in Table No.3 that mean score of psychological adjustment in willing to take divorces male and female belonging to low and medium total monthly income of male and female are 128.96 and 122.45 respectively. The results indicate this as first sight. when ‘t’ value was calculated to know statistical significant of mean

difference, insignificant difference was observed between low and medium total monthly income of male and female. 't' value is 1.66 (Table No.3) which is statistically insignificant. Hence the null hypothesis (No.3) was accepted. Thus the results show that total monthly income of male and female has no significant effect on psychological adjustment.

### **5.3.2: psychological adjustment with reference to low and high total monthly income of male and female:**

It is revealed in Table No.3 that mean score of psychological adjustment in willing to take divorces male and female belonging to low and high total monthly income of male and female are 128.96 and 128.60 respectively. The results indicate this as first sight. when 't' value was calculated to know statistical significant of mean difference, insignificant difference was observed between low and high total monthly income of male and female. 't' value is 0.084 (Table No.3) which is statistically insignificant. Hence the null hypothesis (No.3) was maintained. Thus the results show that total monthly income of male and female has no significant effect on psychological adjustment.

### **5.3.3: psychological adjustment with reference to medium and high total monthly income of male and female:**

It is revealed in Table No.3 that mean score of psychological adjustment in willing to take divorces male and female belonging to medium and high total monthly income of male and female are 122.45 and 128.60 respectively. The results indicate this as first sight. When 't' value was calculated to know statistical significant of mean difference, insignificant difference was observed between medium and high total monthly income of male and female. 't' value is 1.47 (Table No.3) which is statistically insignificant. Hence the null hypothesis (No.3) was maintained. Thus the results show that total monthly income of male and female has no significant effect on psychological adjustment.

## **6. Conclusion:**

1. There is no significant difference between the psychological adjustment of joint and nuclear families people willing to take divorce.
2. There is no significant difference between the psychological adjustment of low and high age people.
3. There is no significant difference between the psychological adjustment of low, medium and high incomes people.

## **References:**

1. Bell., (1905). Manual of Psychological adjustment Scale and its contain.
2. Lazarus, R. S., (1961). *Adjustment and Personality*. Mc graw-Hill Publication.
3. Zahoor, Z., (2013). Influence of organizational climate, teaching attitude and adjustment on job satisfaction of teachers. Published Ph.d thesis, Aligarh Muslim University.