

Efficacy of habitat and gender on adjustment and security insecurity level of adolescents

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ABSTRACT

Security –Insecurity are two factors which to a great extent determine the personality of adolescents. Security is a state of mind in which one is willing to accept the consequences of one's behaviors. Modern psychologists have shown that the most important factor for an adolescent's healthy development is love and affection, adjustment and sense of security which is further dependent on the attitude of parents towards their children (Bossard & Boll, 1954). Main objectives of the present research work are to assess the level of adjustment and security insecurity. Appropriate standard tools of adjustment and security insecurity were used and the random sampling technique was used in the selection of the sample for the present study. In the present study, a sample of 80 rural and urban adolescents was taken – 40 rural and 40 urbans. The age range of the subjects was 15-17 years. Two-way ANOVA (2×2) factorial design was used to see the effect of the main factors. Findings of the present study indicate that the rural adolescent showed a higher level of adjustment as compared to urban adolescents, whereas urban adolescent had shown a higher level of security insecurity feelings. On the other hand, the gender difference was reported insignificant among the adolescent for adjustment and security insecurity level.

Keywords: *Efficacy, Habitat, Gender, Adjustment, Security Insecurity issues*

Emotional pressure is increasing day by day at the adolescent stage. Emotions are basic primeval forces by nature to enable the organism to cope up with circumstances which demand the utmost effort for survival. The emotions are a way of acting, as a way of getting along in the world; they may be constructive and destructive. Emotions have a strong link with urges, needs and interests. A healthy emotional development cultivates in emotional maturity. Emotional maturity is the product of interaction between many factors like home environment, school environment, society, culture and to a great extent on the programmes watched on television.

Adolescence is the developmental period of transition between childhood and adulthood. It involves biological, cognitive and socio-emotional changes. Parent-child relationship plays an important role in the adolescent's psychological, emotional and social development. The parent-child relationship serves as a prototype for future relationships of the child. It is this

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first relationship that the child uses as a template to apply to future relationship experiences. In short, the quality of early relationships predicts later relationships, and success in later relationships takes root in the context of the parent-child relationship (Gearity, 2005). Reich and Seigel (2002) asserted that individuals with a secure attachment to their parents characterized by sensitivity, warmth, and consistency, would be best equipped to engage in the exploration and commitment involved in identity formation. Among the many different relationships individuals form during the life span, the relationship between mother and child is the most important. This relationship will mediate mother-child attachment.

Security –Insecurity are two factors which to a great extent determine the personality of adolescents. Security is a state of mind in which one is willing to accept the consequences of one's behavior. All the aspects of an individual's behaviour in all areas of his life can be interpreted in terms of security (Blatz, 1967). Modern psychologists have shown that the most important factor for an adolescent's healthy development is love and affection and sense of security which is further dependent on the attitude of parents towards their children (Bossard & Boll, 1954). The insecurity state of a person is an emotional problem, a state of being in disturbance due to the feeling of tension, strain and conflict together with other consequences of tension, e.g. nervousness. An insecure person perceives the world as a threatening jungle and most human beings as dangerous and selfish, feels rejected and isolated, anxious and hostile, is generally pessimistic and unhappy, shows signs of tension and conflict, tends to turn inward, is troubled by guilt feelings, tends to be neurotic and selfish (Maslow, 1942).

REVIEW OF LITERATURE

Shruti Raina & Kiran Sumbali Bhan (2013) revealed that girls showed more insecure feelings than the boys; adolescents of nuclear families were more insecure than those of joint families; the firstborn adolescents showed more insecurity in comparison to last born; the middle-born adolescents showed more insecurity than the last born.

Bhattacharjee, A. and Bhattacharjee, S. (2012) revealed that adolescents of a working mother possessed more insecurity feeling as well as depression than the adolescents of the non-working mother. However the study did not find any gender difference among the boys and girls in regard to security insecurity feeling and level of depression.

Singh, M. et al. (2011) reported that spirit, of security/insecurity of boys and that of girls and significant differences, were found in between these variables.

Trivedi (1987) has attempted to investigate the relationship between the feeling of security-insecurity and achievement. The sample consisted of girls studying in intermediate colleges in Lucknow. The results indicated that there was no significant relationship between the feeling of security-insecurity and academic achievement.

Unsupportive parenting plays a major role in developing feelings of insecurity among adolescents (Dewies, Harold, Goeke, Morey, & Cummings, 2002). Under control or over control parenting diminishes children's sense of security by either increasing feelings of lack of protection or feelings of actual physical or emotional danger in the presence of harsh punishment (Dewies et al., 2002).

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Statement of problem

The present investigation attempts to study about “*Efficacy of Habitat and Gender on Adjustment and Security Insecurity Level of Adolescents*”.

Adjustment

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

Adolescents

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

Objectives

1. To examine and evaluate the efficacy of habitat on adjustment and feeling of security insecurity of adolescents.
2. To examine and evaluate the efficacy of gender on adjustment and feeling of security insecurity of adolescents.
3. To examine and evaluate the interaction effect of habitat and gender on adjustment and feeling of security insecurity of adolescents.
4. Make recommendations for the focus and development of future research in this area.

Hypothesis

H₀₁ There will be no significant mean difference between urban and rural adolescents with reference to adjustment.

H₀₂ There will be no significant mean difference between boys and girls adolescents with reference to adjustment.

H₀₃ There will be no significant interaction effect between habitat and gender of adolescents with reference to adjustment.

H₀₄ There will be no significant mean difference between urban and rural adolescents with reference to security insecurity level.

H₀₅ There will be no significant mean difference between boys and girls adolescents with reference to security insecurity level.

H₀₆ There will be no significant interaction effect between habitat and gender of adolescents with reference to security insecurity level.

Design

All most all research designs are complex. When the researcher wants to study simultaneously two or more independent variables then the factorial design has to be selected by the investigator. A factorial design is the most common way to study the effect of two or more independent variables. In a factorial design, all levels of each independent variable are combined with all levels of the other independent variables to produce all possible conditions. For the present research work to test the level of adjustment and security insecurity in relations to habitat and gender were analyzed by 2 X 2, Analysis of Variance.

Table 1.1: Showing 2 X 2 factorial design of the present

Gender (B)	Habitat (A)		Total
	Urban A-1	Rural A-2	
Boys B-1	20	20	40
Girls B-2	20	20	40
Total	40	40	N= 80

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Variables

In the present investigation Habitat and Gender were taken as Independent Variables whereas the level of adjustment and security insecurity level were selected as Dependent Variables.

Table:-2 Showing Variables of the study

S. No	Name of Variables	Types of Variables	Grade of Variables	Name of the levels
1	Habitat	Independent	2	1.Urban 2.Rural
2.	Gender	Independent	2	1.Boys 2.Girls
3.	Adjustment	Dependent	1	Adjustment
4.	Security insecurity	Dependent	1	Security insecurity

Sample

For the present research, work researcher has selected 80 adolescents with the help of random sampling technique their age range between 15 to 17 years and they were classified into 2 groups i.e. urban adolescents (40) and rural adolescents (40). The categorization and details of sample selection areas under:-

Gender	Habitat		Total
	Urban	Rural	
Boys	20	20	40
Girls	20	20	40
Total	40	40	N= 80

Tools

1. Adjustment inventory for school students by Dr. A.K.P Sinha and R.P Singh was used as a tool for measuring the extent of adjustment these tools measures three areas of adjustment viz. social, emotional and educational adjustment.
2. Security Insecurity Scale developed by Dr. Beena Shah (1989) was used.

Procedure

Initially, the configuration of the research, sampling technique, sample size and instrument were finalized. Then, permission for the use of scale was taken. International Purpose, nature and duration of the study were explained to the school administration, staff, teachers and students. Concerned teachers and staff were very helping and they also assisted to motivate their student to actively participate in the study. The researcher ensured the secrecy and purpose of the research to the contributors. Then, only motivated students were included and both the questioner were filled from them at their convince time and place. After the collection of data, the participants were appreciated and acknowledged for their priceless contributions to the study.

Statistical Analysis: SPSS-20 was used for statistical analysis. Descriptive statistics were measured with the help of 2x2 ANOVA factorial designs.

RESULTS & DISCUSSION

The current research was aimed to investigate relationship psychological adjustment and security insecurity level of adolescents. Results were shown in the following tables.

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Table 1:- Represents the Mean, SD and F values between the urban and rural adolescents for adjustment.

Measures	Habitat	N	mean	SD	F	Sig. Level
<i>Adjustment</i>	Urban	40	12.55	2.74	22.89	$p < .01$
	Rural	40	15.95	3.63		

Table no.1 shown F value and mean score for the habitat in which the mean difference and F ratio was reported significant $F = 22.89, p < .01$. Mean score obtained by Rural patients was 12.55 (SD = 2.74) and for Urban patients was 15.95 (SD = 3.63), It can be suggested that there was a wide difference among both the group on adjustment. Rural adolescents have greater adjustment level that urban adolescents. Findings might be interpreted in terms of rural settings have a higher level of social bonding and relationship. Therefore, H_{01} was discarded.

Table 2:- Represents the Mean, SD and F values between the boys and girls adolescents for adjustment.

Measures	Gender	N	mean	SD	F	Sig. level
<i>Adjustment</i>	Boys	40	13.80	3.73	1.60	NS
	Girls	40	14.70	3.50		

Table no. 2 reported a two-way analysis of variance yielded the main effect for the gender, $F = 1.60, p > .05$, such that mean scores of adjustment level was observed for boys (M = 13.80, SD = 3.73) and girls (M = 14.70, SD = 3.50) respectively. Findings indicated that both the groups are similar to adjustment. Thus, both groups are a more or less equal level adjustment. Therefore, H_{02} was accepted.

Table 3: - Represents the Mean, SD and F values between the interaction of habitat and gender adolescents for adjustment.

Measures	Habitat	Gender	N	mean	SD	F	Sig. Level
<i>Adjustment</i>	Urban	Boys	20	11.55	2.37	2.39	NS
		Girls	20	13.55	2.78		
	Rural	Boys	20	16.05	3.51		
		Girls	20	15.85	3.82		

The main objective of the study was to examine whether urban and rural boys and rural and urban girls differ on adjustment. Table no.3 reported that F value for the interaction of habitat and gender was displayed to be insignificant $F = 2.39, p > .05$. By the same point of view table exposed that mean scores of urban adolescent boys and girls were (M=11.55, SD= 2.37) and (M =13.55, SD = 2.78) respectively. As again mean scores of rural adolescent boys and girls were (M =16.05, SD = 3.51) and (M = 15.85, SD = 3.82) respectively. Mean difference between both the group suggested that habitat and gender have no impact on the adjustment level of adolescents. It can be said that all four groups have similar level of adjustment. Thus, H_{02} was sustained.

Table 4:- Represents the Mean, SD and F values between the urban and rural adolescents for security insecurity.

Measures	Habitat	N	Mean	SD	F	Sig. Level
<i>Security Insecurity</i>	Urban	40	99.85	8.96	60.79	$p < .01$
	Rural	40	86.70	5.59		

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Table no.4 represented F value and mean score for the habitat in which the mean difference and F ratio were highlighted significant $F= 60.79, p <.01$. Mean score obtained by urban adolescents was 99.85 (SD = 8.96) and for rural adolescents was 86.70 (SD = 5.59) respectively. This significant F value suggested that there was a noticeable mean difference among both the groups of adolescents on security insecurity level. Urban adolescents have higher characteristics of security insecurity feelings. Hence, H_{04} was discarded.

Table 5:- Represents the Mean, SD and F values between the boys and girls adolescents for security insecurity.

Measures	Gender	N	Mean	SD	F	Sig. Level
Security Insecurity	Boys	40	93.52	10.98	.08	NS
	Girls	40	93.02	8.91		

As again F test was applied to check the efficacy of gender on security insecurity level of adolescents then insignificant F value was observed $F = 0.08, p >.05$. The table revealed that mean scores of boys and girls adolescent were 93.52 (SD = 10.98) and 93.02 (SD = 8.91) respectively. On the basis of insignificant mean difference, one can well imagine that boys and girls have more or less equal feeling of security insecurity. Hence, H_{04} was maintained.

Table 6:- Represents the Mean, SD and F values between the interaction of habitat and gender adolescents for security insecurity.

Measures	Habitat	Gender	N	Mean	SD	F	Sig. Level
Security Insecurity	Urban	Boys	20	100.70	10.40	.50	NS
		Girls	20	99.00	7.43		
	Rural	Boys	20	86.35	5.59		
		Girls	20	87.05	5.72		

The F value for habitat and gender was $F = 0.50$, which is quite insignificant ($p >.05$) Table demonstrated mean score of urban boys and urban girls were 100.70 (SD = 10.40) and 99.00 (SD = 7.43) respectively. Whereas mean scores of rural boys were 86.35 (SD = 5.59) and mean score of rural girls was 87.05 (SD=5.72). It can be concluded that all four groups have more or less similar level of security insecurity issues. Hence, H_{04} was accepted.

CONCLUSION

The aim of the present investigation was to study the effect of habitat and gender on adjustment and feelings of security insecurity of adolescents. As far as the role of habitat is concerned with the level of adjustment and feeling of security insecurity among adolescents, it has been noticed that dependent variables i.e. adjustment and feeling of security insecurity were not influenced by independent variable gender. Urban adolescents must be given care and cooperation from parents and also from the teachers to make understand parents and their adolescent's students to adjustment with the home which is very important for their feeling of security, carrier and all over their personality development.

Implications

According to the findings of the study, urban adolescents were found more insecure. All their social and emotional needs should be catered to so that security feelings could be developed among them. They should be more attentive and should have more love, respect, care and affection towards such adolescents. They shouldn't assign a lot of responsibility on their

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shoulders and should help them to solve effectively their day to day problems in different areas of life.

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Conflict of Interest

The author declared no conflict of interests.

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