

Comparative Study

A Comparative Study of Adjustment Levels among Boys and Girls

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ABSTRACT

Background: Adolescent period have its own distinct set of problems and adjustment patterns. The level of adjustments as well as the pattern of adjustment in this period makes an impact on an individual's overall development. **Aim:** The present study has been undertaken to compare the adjustment level among intermediate students. **Methodology:** The current study is a cross sectional study which is done for understanding the relationship between Adjustment levels. A total of 120 participants, 60 boys and 60 girls from intermediate level was taken from west Singhbhum district. **Tools:** Socio-demographic details were collected with the help of socio demographic data sheet. Then after, Adjustment Inventory for School Students (AISS) 1995 was applied to the participants. **Result and Conclusion:** The Result indicates that boys participants exhibited high score in their adjustment level in comparison to girls participants.

Keywords: *Adjustment Level, Boys and Girls.*

Adolescences have their own set of issues and adjustment patterns. In adolescent period psychological wellbeing is also considered as an important aspect of healthy overall development. Adolescence from Latin adolescere 'to mature' is a transitional stage of physical and psychological development that generally occurs during the period from puberty to adulthood typically corresponding to the age of majority. And further research in this aspect relates to adolescence, issues of emotional if not physical separation from parents arise. While this sense of separation is a necessary step in the establishment of personal values, the transition to self-sufficiency forces an array of adjustments upon many adolescents of an individual. In 1950 German-born American Psychoanalyst Erik H. Erikson described adolescence in modern Western societies as a "moratorium," a period of freedom from responsibilities that allows young people to experiment with a number of options before settling on a lifelong career.

Adjustment behavioral process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. A

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sequence of adjustment begins when a need is felt and ends when it is satisfied. Adjustment refers to the capability of an individual in bringing a balance between its need and his/her circumstances. It is the behavioural process and struggle of an individual to survive, maintain equilibrium and try to be happy in his environment. In the present study adjustment of the students have been considered in four dimensions.

Adjustment is a learned behavior by which a person copes up with the changed environment. After passing the secondary school students join college and other institution. Transition from a secure and known place (school) and known persons (teachers and school mates) to a new place (college) and unknown persons may be stressful experience to the students.

In psychology, adjustment refers to the behavioral process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles from environments. Thus, Adjustment is the process by which living organism maintains a balance between its need and circumstances that influences the satisfaction of these needs (Shaffer, 1956).

METHODOLOGY

Aim: The present study was undertaken to compare the adjustment level among boys and girls.

Hypothesis

The following hypotheses were formulated for the present study:

There will be no difference between boy's and girl's students on Adjustment Level.

Research Design:

It was a cross sectional research design.

Sample:

The sample consists of 120 intermediate students. Random sampling technique was adopted for collection of data from various college and plus two school of West Singhbhum District. Among these 120 participants, 60 were boys and 60 were girls. All the participants taken in the present study were in their intermediate level and from West Singhbhum district.

Tools used

The following tools were used for data collection:

- Socio Demographic and Clinical Data Sheet.
- Adjustment Inventory for School Students (A. K. P. Sinha), 1995.

Description of the tools

- **Socio-demographic and Clinical Data Sheet:** These data sheets were specifically designed to record relevant details of each case. It has included information such as age, sex, education, marital status, occupation, age of onset, duration of illness, and treatment history, family history of mental illness etc.
- **Adjustment Inventory for School Students:** The Adjustment Inventory has been designed by A. K. P. Sinha (1993), Ex-Professor and Head Department of Psychology Pt. Ravi Shankar Shukla University Raipur and R.P. Singh Ex- Professor and Head Department of Education Patna University, Patna for use Hindi knowing school students of India. The inventory seeks to segregate well adjusted secondary

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school students (age group 14 to 18 years) for the measurement of their adjustment (total as well as separately) in respect of three areas namely: Emotional, Social and Educational.

Procedure

In the present study 120 participants, meeting the inclusion and exclusion criterion were selected through random sampling technique. Out of these 120 participants, 60 participants were boys and 60 were girls. The samples were selected from the West Singhbhum district of Jharkhand. After the selection of participants, socio demographic data was collected from all participants by using Socio-demographic and clinical data sheet. Then after, all the participants were assessed by using Adjustment Inventory for School Students (AISS) data Scale. T-test was applied for the analysis of data.

RESULT AND DISCUSSION

Table: 1 Mean Difference between Boys and Girls of Intermediate Students on Adjustment Level

Subject Variable	Boys N=60	Girls N=60	df	t-test
	Mean+SD	Mean+SD		
Adjustment	24.81+8.41	19.93+6.16	118	3.62**

** Significant at 0.01 level

Table -1 shows the comparison of Adjustment Level between boys and girls of Intermediate Students on Adjustment Inventory for Intermediate Students. The present findings indicate that mean score for boys was 24.81 and for girls was 19.93. Result shows that there was significant difference between boys and girls on Adjustment Inventory. Result also indicates that boys subject exhibited high Adjustment Level as well as better Adjustment ability in comparison to girls subjects. These study also supported by Tripathy and Sahu (2018), Vishal and Kaji (2014), Gehlawat and Manju (2011), Roy, Ekka, Ara (2010), Rahamtullah (2007), Enochs and Roland (2006).

CONCLUSION

The present study results reveal that, there is a significant difference between boys and girls on their Adjustment levels. Further, the study results also indicate that boys participants exhibited high score and better adjustment ability in their adjustment level in comparison to girls participants.

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Conflict of Interest

The author(s) declared no conflict of interest.

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