

A Study of Social Skills in Relation to Social Adjustment of Secondary School Students

Dr. Manjeet Kumari^{1*}, Ms. Jyoti²

ABSTRACT

The purpose of the present study was to access the relationship between social skills and social adjustment of secondary school students. A sample of 100 students was chosen for the study. Social skills rating Scale developed by Manjeet Kumari (2019) and social adjustment inventory questionnaire developed by Dr. Roma Pal (1985) were used for response collection. Mean, SD, 't'- test and Pearson product Moment correlation were used as statistical techniques to analyzed the data. The results of the study showed that there was positive relationship between social skills and social adjustment of secondary school students.

Keywords: *Social Skills, Social Adjustment, Adjustment, Secondary School Students*

Man is social by nature. He /she have to interact with other others for his social life as well as daily needs. With interaction man cannot fulfil his/her needs and develop personality. Social behaviour includes so many factors which helps a person to adjust in environment and social circle. Making eye contact, conversion skills, cooperation, sympathy, Body language, facial expression, voices etc. can be include in social behaviour. Social skills are one of the factors which affects our behaviour and social life. Social skills can be explained as competence facilitating communication and sharing views with others. These skills are used to communicate on daily basis, contact with other through body language, verbal and non -verbal gestures. In other words, social skills are the skills which are used to communicate and interact with each other, both verbally and non-verbally through gestures, body language and our personal appearance. Social skills are important for communication, so that one can understand the others feelings and views. Social skills are also most important for teacher, students and parents. These skills make help to interaction between teacher and students, teacher and parents. According to Hoban, Shelton, 1998, Social skill as the level or degree of personality, where by a person demonstrates personal, social knowledge and ability to manage social interaction; social skills are linked to a persons ability to initiate interactions, as well as an adequate response to others behaviour (Gresham,2002). The quality of social skills is important in all areas of human behaviour.

¹Assistant Professor, Department of Education, BPSMV, Khanpur Kalan, Sonapat

²Student, M.A. Education, Department of Education, BPSMV, Khanpur Kalan, Sonapat

*Corresponding Author

Received: May 15, 2023; Revision Received: June 27, 2023; Accepted: June 30, 2023

A Study of Social Skills in Relation to Social Adjustment of Secondary School Students

Interaction between a person and his environment is called adjustment. How one adjusts in a particular situation depend upon one's personal characteristics and also the circumstances of the situation. In other words, both personal and environment factors work side by side in adjustment. Adjustment is defined as a dynamics process. It is highly selective and specialized process. Social, home, health and emotional adjustment are known as the factors of adjustment. A person's social adjustment behaviour help to maintain the discipline and harmony in the society. Human being lives in a society. Everyone wants acceptance, name and fame in the society and from the society. There are some norms and rules of every society. Everyone tries to behave according to the norms which helps to create a healthy environment in the society. Occupational adjustment and emotional adjustment can be achieved through social skills training or programme. of elderly people, Zehra, et. Al. (2019). Different dimensions of home environment and adjustment are significantly correlated, Kaur & Gupta (2019). According to Campbell, Psychiatrists Dictionary (1996), Social adjustment may take place by adapting the self to the environment or by changing the environment. Social adjustment also known as a psychological process. It frequently involves coping with new standards and values. There exists a significant relationship between emotional, social, educational adjustment of higher secondary school students in relation to academic achievement, Sekar & Lawrence (2016). Social adjustment as an important indication psychology health is a topic attracting the attention of many psychologists. Social adjustment requires the development of social activities in different areas. Society takes an important role on the adjustment. Adjustment is very important in their life. Home environment has such a considerable impact on students' social adjustment, Tahir, et al (2022).

JUSTIFICATION

The social skills are not only important for daily communication but they also affects the student's adjustment as well as the teachers' adjustment. Classroom plays an important role in the enhancement of the social skills. It provides lots of opportunities to develop their social skills and social behaviour. According to Walker (1983) "Social skills are a set of competencies that allow an individual to initiate and maintain positive social relationships, contribute to peer acceptance and a satisfactory school adjustment, and allow an individual to cope effectively with the larger social environment". Social skills affects a person behaviour in his/her person life as well as social life. Adjustment of female secondary school students is significantly better than that of male secondary school students, Basu, S. (2012). A considerable difference can be found between ultimate total social adjustment and each of its subscales, including compatibility of family, emotional, occupational, social and physical health before and after social skills training. Significant differences were found between total and subscales of social adjustment among trained and untrained people, [Taghinezhad](#) et. al (2017). Knowing the importance of social skills, the teachers, counselors, and psychologists should evaluate these skills time to time and plan various activities to inculcate these skills in them. For achieving the goal of social skill development, there is requirement of interaction between teachers, parents and students. Social adjustment gives the ability and the power to bring desirable changes in one's environment. There is a need to know the relationship between the both behavioural factors. So that the researchers made an attempt to know the relationship between social skills and social adjustment of the secondary school students.

Statement of Problem

"A study of social skills in relation to social adjustment of secondary school students"

A Study of Social Skills in Relation to Social Adjustment of Secondary School Students

Objectives

1. To study the social skills of secondary school students.
2. To study social adjustment of secondary school students.
3. To find out the relationship between social skills and social adjustment of secondary school students.

Hypothesis

There is no significant relationship between social skill and social adjustment of secondary school students.

Delimitation of the Study

The present study was delimited to secondary school students of Gohana only.

Population and Sample

Random sampling method was used for the data collection. A sample of 100 students of secondary school students was selected for the present study. The details of the sample is presented as under:

Table – 1 Sample of the Study

100 Secondary School Students	
50 (Boys)	50 (Girls)

METHODOLOGY OF THE STUDY

Descriptive survey method was used in the present study.

Tools Used

1. Social Skills Rating Scale by Manjeet Kumari (2019)
2. Social adjustment inventory by Dr. Roma Pal (1985).

Data Analysis and Interpretation

The results of the present study are analysed in the following three sections:

- Section I- Assessing the level of Social Skills of Secondary School students.
- Section II- Assessing the level of Social Adjustment of Secondary School students.
- Section III- Relationship between Social Skills and Social Adjustment of secondary school students.

Section I- Assessing the level of Social Skills of Secondary School Students.

In this section, the findings related to the level of social skills of secondary school students are presented.

Table -2 Level of Social Skills of Secondary School Students

SN.	Z score Range	Grade	Social Skills Status	No. of Students
1	+2.01 and above	A	Very high Level	09
2	+1.26 to + 1.25	B	High Level	10
3	+0.51+ 1.25	C	Above Average Level	14
4	-50 to + 50	D	Average level	28
5	-0.50 to -1.25	E	Below Average level	20
6	-1.26 to 12.00	F	Low Level	11
7	-2.01 to below	G	Very Low Level	08

A Study of Social Skills in Relation to Social Adjustment of Secondary School Students

Interpretation

Table-2 showed that only 09 students has very high level of social skills, only 10 students has high level of social skills and only 14 students has above average level of social skills. Whereas, only 28 students were at average level of social skills, only 20 students were at below average level of social skills and only 11 students has low level of social skill. In the other hand only 08 students has very low level of social skills.

Section II- Assessing the level of Social Adjustment of secondary school students.

In this section, the findings related to the level of Social adjustment of secondary school students are presented.

Table -3 Level of Social Adjustment of Boys of secondary school students

Category	Description	Boys	Educational	Social	Emotional
A	Excellent	5 & Below	04	03	03
B	Good	6-12	09	09	05
C	Average	13-21	13	06	10
D	Unsatisfactory	22-30	16	15	09
E	Very Unsatisfactory	31 & Above	08	17	23

Interpretation

The above table shows the scores of social adjustment of boys students of secondary school. The finding of the study shows that out of 50 boys only 04 students had excellent level of social adjustment, 09 students has good, 13 students has average level and remaining 16 and 08 has unsatisfactory and very unsatisfactory level of social adjustment in the other hand, at social adjustment level there are only 03 students having excellent level of social adjustment, only 09 were at good level of adjustment and 06 were at average level of adjustment. Along with this only 15 students has unsatisfactory level of social adjustment and 17 students has very unsatisfactory level of social adjustment. Further, the above table showed that only 03 students has excellent level of emotional adjustment, only 05 students has good level and 10 has average level of emotional adjustment. Whereas, only 09 students has unsatisfactory level of emotional adjustment and 23 students has very unsatisfactory level of emotional adjustment.

Table -4 Level of Social Adjustment of Girls of secondary school students

Category	Description	Girls	Educational	Social	Emotional
A	Excellent	5 & Below	07	01	06
B	Good	6-14	12	04	14
C	Average	15-22	03	15	09
D	Unsatisfactory	23-31	06	18	06
E	Very Unsatisfactory	32 & Above	12	12	25

Interpretation

The above table shows scores of social adjustments of girls students of secondary school. The finding of the study shows that out of 50 girls only 07 students had excellent level of educational adjustment, 12 students has good, 03 students has average level and remaining 06 and 12 has unsatisfactory and very unsatisfactory level of educational adjustment in the other hand, at social adjustment level there are only 01 students having excellent level of social adjustment, only 04 were at good level of adjustment and 15 were at average level of

A Study of Social Skills in Relation to Social Adjustment of Secondary School Students

adjustment. Along with this only 18 students has unsatisfactory level of social adjustment and 12 students has very unsatisfactory level of social adjustment. Further, the above table showed that only 06 students has excellent level of emotional adjustment, only 14 students has good level and 10 has average level of emotional adjustment. Whereas, only 06 students has unsatisfactory level of emotional adjustment and 25 students has very unsatisfactory level of emotional adjustment.

Section III- Relationship between Social Skills and Social Adjustment of secondary school students.

Table -4 Relationship between Social Skills and Social Adjustment of secondary school students

Variable	N	Mean	SD	r value	level of significance
Social Skills	50	159.79	17.37	0.403	significant
Social Adjustment	50	43.62	9.35		

**Significant at both levels of significance*

Interpretation

Table -4 shows the statistical calculations for obtaining value with regard to social skills and social adjustment of secondary school students.

It is interpreted from the above table that the mean scores of social skills and social adjustment of secondary school students teacher are 159.79 and 43.62 with SD's 17.37 and 9.35 respectively. The calculated r value is 0.403 which is significant at 0.05 level of significance. Thus, the hypothesis ***"There is no significant relationship between the social skills and social adjustment of secondary school students "*** is rejected. It means there exist a positive relationship between the social skills and social adjustment of the secondary school students.

CONCLUSION

The purpose of the study was to examined the relationship between social skills and social adjustment of secondary school students. It is concluded that social skills affects the social behaviour of an individual. One can behave according to the norms of the society for better adjustment. Social skills helps a person to behave socially and adjust in the environment. This will also help teachers as well as the parents to provide them the suitable environment where they can enhance their social skills in classrooms and home environment.

REFERENCES

- Agrawal J. C, (2004). Psychology of Learning and Development, I-E. D., New Delhi: Shipra Publication
- Basu, S. (2012). Adjustment of secondary school students. *Scholarly Research Journal for Interdisciplinary Studies*, 1(3), 430-38.
- Kaur, S. (2012). A study of adjustment of high school students in relation to their achievement, sex and locality. *International Journal of Research in Education, Methodology Council for Innovative Research*, 1 (2), 18-21.
- Isabella, A. (2010). Academic achievement of the B.Ed. student teachers in relation to their socio-economic status. *Edu tracks*, 10(3), 27-28.
- Lama, M. (2010). Adjustment of college freshman: the importance of gender and place of residence. *International Journal of Psychological Studies*, 2(1), 142-150.

A Study of Social Skills in Relation to Social Adjustment of Secondary School Students

- Rekha and Kumari, M. (2019). Effect of Social Skills Intervention Programme on Self Concept of Elementary School Students. *Review of Research*, 8(4); 1-5.
- Rekha and Kumari, M. (2019). Development Of Social Skills Scale. *Research Guru*, 12(4); 485-488.
- Rekha and Kumari, M. (2021). Effect of social skills training programme on social competence of elementary school students. *Shodh sarita: An international Bilingual peer reviewed refereed research journal*, 8(29); 178-181.
- Singh D.P. (2006). Educational and Personality Development, New Delhi: PH Publishing Corporation.
- Sekar, J. M. A. & Lawrence, A.S.A. (2016). Emotional, Social, Educational Adjustment of Higher Secondary School Students in Relation to Academic Achievement. *I-Manager's Journal on Educational Psychology*, 10(1).
- Tahir, S.I., Rasool, I. & Jan. S. (2022). Home Environment and Social Adjustment of Secondary School Students: A Study in Kashmir. *International Journal of Innovative Science and Research Technology*. 7(4), ISSN No: -2456-2165)

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Kumari, M. & Jyoti (2023). A Study of Social Skills in Relation to Social Adjustment of Secondary School Students. *International Journal of Indian Psychology*, 11(2), 2839-2844. DIP:18.01.276.20231102, DOI:10.25215/1102.276