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## Adjustment of secondary school students of Ferozepur district of Punjab

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### Abstract

This paper investigates the adjustment of secondary school students for this purpose the sample was selected from the secondary schools of Ferozepur district of Punjab state. The sample consisted of 200 students out of 200 students, 100 boys (50 were from rural and 50 were from urban region). Similarly out of 100 girls (50 were from rural and 50 were from urban region). Adjustment inventory for school students by A.K.P Sinha and R.P Singh (1980) was used for the study. The study revealed no significant difference between the adjustment of Boys and Girls, Urban and Rural region Secondary school students.

**Keywords:** Adjustment, environment, behaviour etc.

### Introduction

Man as a social animal not only adopts to Physical demands but he also adjust to social pressures in the society. The adjustment mean reactions to the demands and pressures of social environment imposed upon the individual. These may be called external demands. Adjustment plays an important role to determine the success and failure of a person. The process of adjustment starts right from the birth of the child and continues till his death. An individual needs to change or modify himself in some way or the others to fit into or accommodate himself with his environment. Cronback define, "A well adjusted person is one who commits oneself to socially desirable goals and uses their energies effectively in working towards them". The individual has a sense of security and feeling of adequacy, which grow out of their feeling of belongingness, being desired and appreciated.

A well adjusted person completes the cycles of his life without giving the society any trouble. Adjustment can be defined as the interaction of the person with his environment. The emotions of a well adjusted person are well trained and controlled. He is free from persistent emotional tension, conflicts etc. He is emotionally balanced and not easily annoyed. Development of the personality of the child and the teacher depends is greatly on the level of their adjustment with their environment. Efficiency of the teacher is also influenced by the adjustment. One of the major objectives of education is to help individual to adjust in the society. Adjustment involves the ability to solve one's personal problems in social acceptable and constructive way.

### Review of Related Literature

Renuka and Anuradh define, "Adjustment is mental health of individual with minimum effectness, satisfaction and cheerful and socially considerate, behaviour and abilities to face and accept the realities of life".

Boman and Yates (2004) <sup>[3]</sup> reported that the girls have greater level of adjustment than the boys. They conducted that first year students are vulnerable to adjustment problems when levels of dispositional optimism are not sufficiently strong to constest high expectations about the Possibility of specific negative events occurring.

Shalu and Audichya (2006) <sup>[5]</sup> compared the adjustment of rural adolescents and concluded that there was a significant difference in emotional adjustment of boys and girls, where as no significant difference was found in school, social and educational adjustment of boys and girls. Surekha (2009) <sup>[7]</sup> in her study found that the students studying in private schools have better

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adjustment patterns with institutioanl environment than their counterparts.

The present study focuses on adjustment of secondary school students

**Objectives of the Study**

1. To find out and compare the adjustment of secondary school boys and girls of Ferozepur district.
2. To find out and compare the adjustment of secondary school student belong urban and rural region of Ferozpur district.

**Hypothesis**

1. There is no significant difference in adjustment of secondary school boys and girls of Ferozepur district.
2. There is no significant difference in adjustment of secondary school students belong Urban and rural region of Ferozepur district.

**Sample**

The sample consisted of 200 students studying in secondary schools of Ferozepur district. Out of 200 students, 100 boys and 100 girls were taken. Out of 100 boys students 50 were from rural region and 50 were from urban region. Similarly Out of 100 girls students 50 were from rural region and 50 were from urban region.

**Tool**

Adjustment inventory for school students by A.K.P Sinha and R.P Singh (1980) revised.

**Analysis and Interpretation of Data**

The raw scores were converted into mean scores, standard deviation scores for generalization using description statistics. According to the objective and hypotheses of the study, The results are organized and presented in meaningful form and inferential statistics like “t” test are used to accept or reject hypothesis.

**Table 1:** Adjustment of secondary school Boys and Girls.

Group	N	M	S.D	S.Ed	t-ratio	Inference
Boys	100	22.96	4.47	0.64	0.42	Insignifant
Girls	100	22.69	4.53			

Table 1 shows that mean score of adjustment of secondary school boys and girls, i.e, 22.96 and 22.69 respectively. S.D of Boys and Girls is 4.47 and 4.53 where as t-ratio is 0.42 which is insignificant at both the levels. This show that secondary school boys and girls do not differ significantly in the scores of adjustment.

This may be due to the fact that adjustment of a person depends upon his emotional maturity, ability to adopt according to the environment, physical health, mental state etc. not according to the sex. So no significant difference was found in adjustment of secondary school boys and girls of Ferozepur district.

**Table 2:** Adjustment of secondary school students of urban and Rural region

Group	N	M	S. D	S. Ed	t-ratio	Inference
Urban region	100	22.91	4.3	0.64	0.26	Insignifant
Rural region	100	22.74	4.7			

Table 2 reveals that the mean scores of adjustment of secondary school students of urban and rural regions are

22.91 and 22.74 respectively. S.D of urban and rural regions is 4.3 and 4.71. The value of t-ratio is 0.26 which is insignificant. This signifies that secondary school students of urban and rural regions do not differ significantly in the scores of adjustment.

This may be due to the reason that adjustment of a person depends upon so many reasons like emotional maturity, physical health, mental state etc. In this difference region doesn't effect a lot. So there is no significant difference in adjustment of secondary school students belonging urban and rural regions of Ferozepur district.

**Findings and Conclusion**

The following conclusions have been derived from the present investigation

1. There is no significant difference in adjustment of secondary school boys and girls of Ferozepur district. So, hypothesis 1 is accepted.
2. There is no significant difference in adjustment of the secondary school students belonging urban and rural regions of Ferozepur district. So, hypothesis 2 is accepted.

**Educational Implication of the Study**

1. The study will help the individual to adjust in their society.
2. Students should be guided how to maintain a balance between their maladjustment and environment.
3. This study will enable us to know that an individual needs to change or modify himself in some way or accommodate himself with his environment.

**Suggestions for the Further Research**

1. The study may be conducted on large sample and on different districts.
2. This study may be conducted on other variables.
3. The study can be taken as comparative study of private and government school students.

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