

**A Study On Adjustment Level Among Higher Secondary School Students Of East Siang District
Arunachal Pradesh*****Mumpy Panor******Prof. Elizabeth Hangsing**

(*Assistant Professor, Donyi Polo Government College, Kamki, West Siang district, Arunachal Pradesh, Phone no- 6909812140, email- mumpypanor15@gmail.com.) 1st author

(**Dept. of education, Rajiv Gandhi University, RGU, Rono Hills, Arunachal Pradesh Phone no.-9436044862, email-ehangsing1974@gmail.com) 2nd author

ABSTRACT-Adjustment plays a very important role in the development of student. The term adjustment also means accommodation and adaptation. It is the most important process in the life of the students. In this study, a sample of 400 higher secondary students were drawn with the aim of studying the adjustment level of the students in three different areas, namely, Emotional, Social and Educational. The data was collected by using Adjustment Inventory for School Students (AISS) developed by Sinha, A.K.P and Singh, R.P (2013). The study revealed that the male students had greater adjustment than the female students.

Key words: Higher Secondary Students, Adjustment, Emotional Adjustment, Social Adjustment, Educational Adjustment, Male, Female

INTRODUCTION

Adjustment plays a key role in the development of a student. The term adjustment means accommodation and adaptation. It is considered to be a continuous and a dynamic process. Darwin was the first person to suggest the concept of adjustment in (1859) in his “Theory of Evolution”, which means that adjustment is an adaptation to survive in physical world. Through the adjustment process a student acquires the form of behaviour or action, way of thinking that helps them to grow towards adulthood and it also determines the academic success of the students. It decides their performance in the school as well as it is regarded as a condition or state which affects the minds and behaviour of those particular students. A student requires adjusting in various areas, mainly at home, health, social, emotional and educational areas. It is vital in the life of the students, with better adjustment a student can lead a happy and content life, can keep a balance between one’s desire and capacity, can help to change one’s perception of life, helps them to have a positive personality and have a good mental health.

Rationale of the Study:

In this modern era, the students are encountering diverse challenges and difficulties. Therefore, adjustment is very important for a student especially for adolescent students as

they are in the transitional period. This adjustment process determines what type of person one will be as an adult. This transitional phase is one of the serious threats that affects the mental health and social identity of the students. In this period, they experience lots of pressures and complexities relating to peer, relationship with their parents, teachers and friends, academics, examinations, failures and along with the physical, emotional and social changes within them. They need adjustment in all fields of life. A good adjustment helps them to overcome from difficulties and problems as well as in their adjustment problem at home, family, with peer group and most importantly in schools. A good adjustment is the key to academic success and emotional stability in the adolescent student. Therefore a proper adjustment is necessary for their sound adjustment as well for future success. Thus, in this study the researcher attempts to find out the level of adjustment of higher secondary school students in the emotional, social and educational areas.

Statement of the Problem:

A study on adjustment level among higher secondary school students of East Siang District, Arunachal Pradesh.

Objectives of the Study:

This study aims to accomplished the following objectives listed below-

1. To find out the Adjustment Level of the higher secondary school students.
2. To compare the Adjustment Level of the Male and Female higher secondary school students.
3. To compare the Adjustment Level of the Government and Private higher secondary school students.

Hypotheses of the Study:

- 1) There is no significant difference between the Adjustment level of Male and Female Higher Secondary School Students of East Siang District.
- 2) There is no significant difference between the Adjustment level of Government and Private Higher Secondary School Students of East Siang District.

Methodology**Sample of the Study:**

In this research work, the researcher has adopted the descriptive survey method. The selection of the sample was based on Random Sampling technique. The total sample consisted of 400 higher secondary school students belonging to the East Siang district Arunachal Pradesh. The sample was drawn from five government schools and one private school. The district consisted of only one private school which is only for girl's education at the higher secondary level. The sample consisted of equal number of 200 male and 200 female students.

Tool used for the study:

In this present study the Adjustment Inventory for School Students (AISS) by A.K.P Sinha and R.P Singh (2013) was used for the students under the age group of 14 to 18 years to find out their adjustment level. It has 60 numbers of items and three areas of adjustment viz Emotional, Social and Educational.

Statistics analysis of data

Details of the analysis of data are presented as per the objectives of the study.

1) To find out the Adjustment Level of the higher secondary students.

Table no-1 showing the Adjustment Level of the higher secondary students

Total no. of students.	Total score	Average score	Adjustment level
400	8898	22	Unsatisfactory

From the above table no.-1, it is revealed that the total students had obtained a total score of 8898 and average score of 22 which indicates that the students of the East Siang district were having unsatisfactory level of adjustment.

Table no-2 showing the Adjustment Level of the higher secondary students in the three areas.

Areas of adjustment	Total Score	Average score	Adjustment level
Emotional Adjustment	2698	7	Average
Social Adjustment	3126	8	Unsatisfactory
Educational Adjustment	3133	8	Unsatisfactory

From the table no-2, it is revealed that higher secondary students of the East Siang district were having average level of adjustment only in the emotional area and in the other areas like social and educational they were unsatisfied.

2) To compare the Adjustment Level of the Male and Female higher Secondary Students.

Table no.3 showing the Adjustment Level of the male and female students.

Gender	Total no. of student	Total score	Average score	Adjustment level
Male	200	4269	21	Average
Female	200	4629	23	Unsatisfactory

From the above table no.3, it is revealed that the male students had obtained a total score of 4269 and average score 21 which indicates that they were having average level of adjustment whereas the female obtained total score of 4629 and average score 23 which indicates they had unsatisfactory level of adjustment. The males had better adjustment than the females.

Table no.4 showing the Adjustment Level of the male and female students in the three areas-

Areas of adjustment	Male			Female		
	Total score	Average score	Result	Total score	Average score	Result
Emotional	1248	6	Average	1416	7	Average
Social	1526	8	Unsatisfactory	1595	8	Unsatisfactory
Educational	1497	7	Average	1628	8	Unsatisfactory

From the above table no.4, it is revealed that males had better educational adjustment than females and they both had average adjustment in emotional areas but both were poorly adjusted in social areas.

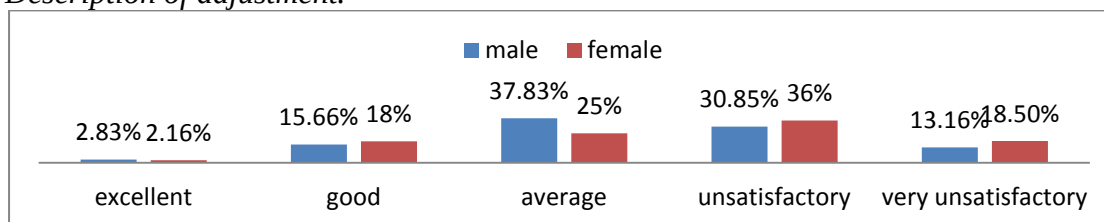
Table no.5 showing the Classification of Adjustment Areas of Male and Female Students.

Sl. No.	Description	Male					
		Emotional Area	%	Social Area	%	Educational Area	%
1	Excellent	7	3.5%	1	0.5%	9	4.5%
2	Good	52	26%	25	12.5%	17	8.5%
3	Average	72	36%	74	37%	81	40.5%
4	Unsatisfactory	52	26%	75	37.5%	56	28%
5	Very Unsatisfactory	17	8.5%	25	12.5%	37	18.5%
	Total	200	100%	200	100%	200	100%

Sl. No.	Description	Female					
		Emotional Area	%	Social Area	%	Educational Area	%
1	Excellent	7	3.5%	0	0%	6	3%
2	Good	57	28.5%	35	17.5%	18	9%
3	Average	40	20%	55	27.5%	55	27.5%
4	Unsatisfactory	67	33.5%	76	38%	73	36.5%
5	Very Unsatisfactory	29	14.5%	34	17%	48	24%
	Total	200	100%	200	100%	200	100%

From the table no.5, it is evident that, in the emotional area had highest percentage in average description, social area had highest percentage in unsatisfactory description and educational area had highest percentage in average description. Therefore, they had better adjustment in emotional and educational areas and had unsatisfactory level of adjustment in social area. In the case of females, emotional area had highest percentage in unsatisfactory description, social area had highest percentage in unsatisfactory description and educational area had highest percentage in unsatisfactory description. Therefore, they, females had unsatisfactory level of adjustment in all the areas of adjustment.

Fig1- represents the Comparison of Adjustment of Male and Female students of in terms of Description of adjustment.



The above fig-1 represents comparisons of male and female students on the basis of description of adjustment. Therefore, it is evident males and average adjustment level and females had unsatisfactory level of adjustment.

3) To compare the Adjustment Level of the Government and Private higher secondary students.

Table No.-5 showing overall Adjustment level of the total Male and Female Students of both Government and Private Schools

Type of Management	Total no. students	Total score	Average score	Adjustment level
Government	200	4269	21	Average
Private	200	4629	23.145	Unsatisfactory

The above table no-3 shows the overall adjustment level of both the government and private school students. The total score of the government and private students were 4269 and 4629 and their average score were 21 and 23. Therefore the government students had average level of adjustment and the private students had unsatisfactory level of adjustment.

The following table show the analysis of the data according to the hypotheses of the study.

1. There is no significant difference between the Adjustment level of Male and Female Higher Secondary School Students of East Siang District

Table- 6 showing the difference between the Adjustment level of Male and Female Higher Secondary School Student.

Sl no.	Gender	Total sample	Mean	Standard Deviation	Computed 't' value	Level of significance
1	Male	200	21.34	5.75	3.01	Significant at 0.01 level
2	Female	200	23.15	6.61		

From the above table -6, it revealed that obtained t' value (3.01) is significant at 0.01 level. This indicates that there is significant difference between the adjustment level of male and female higher secondary school students of East Siang district Arunachal Pradesh.

2. There is no significant difference between the Adjustment level of Government and Private Higher Secondary School Students of East Siang District.

Table- 7: showing the difference between the Adjustment level of Government and Private Higher Secondary School Students

Sl no.	Type of management	Total sample	Mean	Standard Deviation	Computed 't' value	Level of significance
1	Government	367	22	6.23	2.75	Significant at 0.01 level
2	Private	33	24.97	5.98		

From the above table -7, it revealed that obtained t' value (2.75) is significant at 0.01 level. This indicates that there is significant between the educational stress level of government and private school students of East Siang district Arunachal Pradesh.

RESULT AND DISCUSSION

The finding of the study revealed that the students of the East Siang district Arunachal Pradesh had unsatisfactory level of adjustment. They were better adjusted in emotional areas as compare to social and educational area. They had average control over their emotions but socially and educationally they are not satisfied. The males had average adjustment in relation to emotional and educational area whereas females they had only average level of adjustment in emotional area and in others areas they were unsatisfied. This means males

were better adjusted than females in emotional and educational areas. And they both lack social adjustment. Males in the emotional areas were found to have highest percentage in average description while females in emotional area had highest percentage in unsatisfactory description. In social area, males had highest percentage in unsatisfactory description while females had also highest percentage in unsatisfactory description and in the educational area, males had highest percentage in average description and females had highest percentage in unsatisfactory description. Therefore, it is evident that males had better adjustment than females in two areas i.e. - emotional and educational. And it has also been found in study that between male and female students there exist significant difference in their adjustment level and between government and private school students there is significant difference among their adjustment level. The student's level of adjustment determines their way of maintaining a balance between their needs and the problems that comes in the way while achieving their needs. A sound adjustment helps them to manage their demands and pressure that comes from all the areas of life. The role of parents and teachers are vital. They should understand their ward and help them to come over their emotional and educational problems. They should give proper opportunities to have social development by creating democratic atmosphere at home. In school various co-curricular activities like dance, music, paintings, sports etc should be provided to them so that students can express their feelings and emotions plus they should be provide with various range of curriculum and teaching methods in school for their adjustment in the school.

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