

Assessment of Social Adjustment Level Among Secondary School Students



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ABSTRACT: The purpose of the study was to investigate the social adjustment of secondary school students. The descriptive survey method was used in the study to obtain pertinent and precise information. Two hundred forty students studying in classes 9th and 10th of secondary schools were selected through stratified random sampling technique from Jalandhar and Kapurthala districts of Punjab State. The data was collected by applying R. C. Deva's Social Adjustment Inventory (1990). After the collection of the data, the percentage was applied. The findings revealed that the majority of the sample possessed Average/Moderate and Poor/Low levels of social adjustment.

KEYWORDS: Social Adjustment, Level of Social Adjustment, Secondary School Students.

INTRODUCTION

Education is an inclusive and intricate process that not only aims at changing the knowledge and talent of an individual but also intends to change attitudes, behavior, values, desires, and a lot of many other variables which are psychological and behavioral in nature. Further, while trying to bring about the required modifications in the above, education also aims at an integration of these to help a human being to develop as a whole.

Life presents a continuous chain of the struggle for existence and survival, the observation is very correct as we find it in our day-to-day life their uninterrupted struggle between the needs of the organisms since ancient times. In struggling to achieve something if one finds that results are not satisfactory, one either changes one's goal or the procedure. As per Darwin's theory of evolution, those organisms that learn to survive and multiplied, while others, who did not, died out. The organisms who managed to adjust themselves to the changed environment can live their life peacefully. Therefore, the adaption to our environment as per the requirements of the outside environment turns into the basic need for our continued existence. Those who can acclimatize and settle themselves according to the altering situations can live in prosperity.

Aggarwal (1964) examined the adaptation difficulties of middle school learners and identified that adaptation difficulties in domestic and communal fields as experienced by learners themselves reduce as they grow up in the case of emotional and fitness fields, it rises. In common, similarity in the kind of adaptation difficulties rises with time and it is identified as greatest in the emotional field and least in the school field.

Any period of change in society is likely to be accompanied by many potential difficulties. Adolescence is a period of stress and strain fraught with many problems. It is the period of changeover from youth to maturity that engages a large number of modifications in social behavior. In this period equilibrium of physical, mental, and social forces is lost and the result is that the individual has to make new adjustments with himself, with the family, and with society at large. The problems of adjustment for adolescents studying at the high school stage are with respect to the home, health, social, emotional, and school environment. However, whatever is needed is an understanding of their adjustment problems of them and then doing our best to help them with difficulties. To keep the pupils adjusting to the changing environment is one of the important aims of education.

Social adjustment is not a simple term like adaptation or accommodation. It is a condition or state of mind and behavior in which one feels that one's needs have been or will be gratified. In everyday life frequent use is made of the word adjustment. Some use it merely as an ability for adaption and some take it as happiness and freedom from personal problems. To others, it may mean unhappy conformity to group demands and actions. Besides the demands of one's basic needs, society also demands a particular mode of behavior from its members. When one thinks only of fulfilling one's needs by setting aside the standard, morals, and civilizing conduct of one's society, one is not going to be adjusted to one's environment. When adjustment does not only provide for one's personal needs but also for the requirements of society, this is called Social Adjustment.

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Social adjustment is related to personality factors including motivation values, goals, past experiences, conflicts, frustrations, ego status, coping patterns like compromise, withdrawal, and attack, defense mechanisms, and attitudes that are goal-directed or problemsolving or self-centered. It will be told to claim to say that the heart of adjustment problems is pricelessly found either in home condition health situation, social position, emotional setup, or occupational involvement. Adjustment means the adaption of the person to the social environment.

METHODS AND PROCEDURE

The major objective of the present study was to assess the level of social adjustment among secondary school students, so a descriptive survey method was used in the study. The sampling used in this study was selected on the basis of the stratified random sampling method. The present study was conducted on students studying in classes 9th and 10th of secondary schools situated in the Jalandhar and Kapurthala districts of Punjab state. For the present study, 240 subjects were selected. To achieve the objective of the study Social Adjustment Inventory (SAI) by R. C. Deva 1990 was applied. To find out the level of social adjustment percentage was applied.

RESULT AND DISCUSSION

After administering a social adjustment inventory to assess different levels of social adjustment among secondary school students, the numbers and percentage of secondary school students in different levels of social adjustment were calculated and results have been presented in the table below.

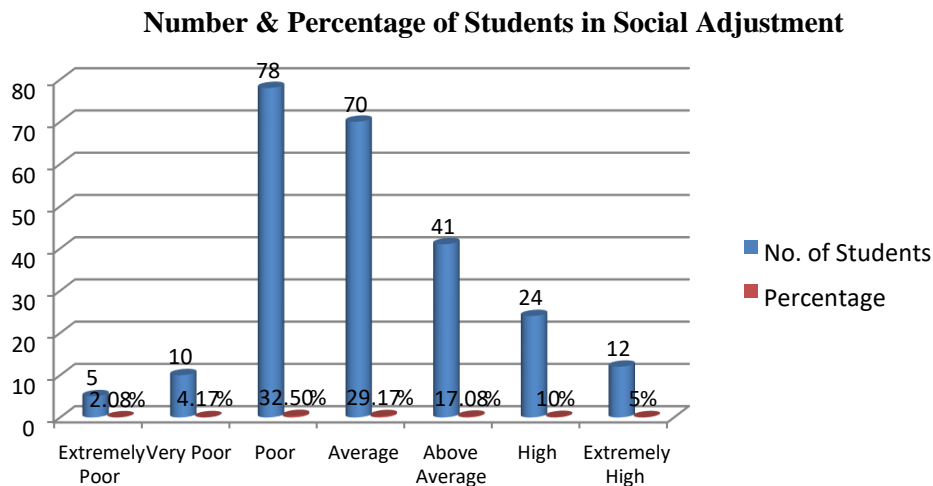
Table 1. Numbers and Percentage of secondary school students in different Levels of Social Adjustment

Sr. No.	Levels of Social Adjustment	Z –score Range	N	Percentage
1	Extremely Poor/Low	+2.01 and Range	5	2.083%
2	Very Poor/Low	+1.26 to +2.00	10	4.167%
3	Poor/Low	+0.51 to +1.25	78	32.5%
4	Average/Moderate	-0.50 to +0.50	70	29.167%
5	Above Average	-0.51 to -1.25	41	17.083%
6	High	-1.26 to -2.00	24	10%
7	Extremely High	-2.01 and below	12	5%
Total			240	100%

It has been observed from the above table that 5 secondary school students fall in the Extremely Poor/Low level which is 2.083% of the total sample, 10 secondary school students fall in the Very Poor/Low level which is 4.167% of the total sample, 78 secondary school students fall in Poor/Low level which is 32.5% of the total sample, 70 secondary school students fall in Average/Moderate level which is 29.167% of the total sample, 41 secondary school students fall in Above Average level which is 17.083% of the total sample, 24 secondary school students fall in High level which is 10% of the total sample and 12 secondary school students fall in Extremely High level which is 5% of the total sample. From the above table, it is evident that the majority of the sample falls between Average/Moderate and Poor/Low levels of social adjustment.

The numbers and percentage of secondary school students in different levels of social adjustment are also presented in figure 1.

Figure 1

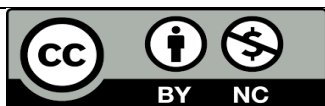


CONCLUSION

It has been concluded that 5 secondary school students possessed an Extremely Poor/Low level of social adjustment which is 2.083% of the total sample, 10 secondary school students possessed a Very Poor/Low level of social adjustment which is 4.167% of the total sample, 78 secondary school students possessed Poor/Low level of social adjustment which is 32.5% of the total sample, 70 secondary school students possessed Average/Moderate level of social adjustment which is 29.167% of the total sample, 41 secondary school students possessed Above Average level of social adjustment which is 17.083% of the total sample, 24 secondary school students possessed High level of social adjustment which is 10% of the total sample and 12 secondary school students possessed Extremely High level of social adjustment which is 5% of the total sample. It was also concluded that the majority of the sample possessed Average/Moderate and Poor/Low levels of social adjustment.

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