



A STUDY OF ADJUSTMENT AMONG HIGHER SECONDARY SCHOOL STUDENTS IN KANCHEEPURAM DISTRICT

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ABSTRACT

This study is an attempt to find out the adjustment of higher secondary level students in Kancheepuram district. Survey method was conducted on a sample of 350 XI standard students. Adjustment Inventory by A.K.P. Sinha & R.P. Singh was used for data collection. Data was analyzed by t-test. Result found that there is significant difference in adjustment of XI standard students in terms of gender. Findings also indicated that there is no significant difference in adjustment of XI standard students with respect to medium of instruction and type of management.



KEYWORDS : Adjustment, Higher Secondary School Students.

INTRODUCTION

Adjustment refers to the behavioral process of balancing conflicting needs, or needs challenged by obstacles in the environment. Humans and animals regularly adjust to their environment. For example, when they are stimulated by their physiological state to seek food, they eat to reduce their hunger and thus adjust to the hunger stimulus. Adjustment disorder occurs when there is an inability to make a normal adjustment to some need or stress in the environment. Adjustment has been analyzed as an achievement as well as a process in psychology. Interpreting adjustment as an achievement would necessitate effective performance in doing what one was expected to and engaged in. This would mean judging the quality on certain parameters. However, psychologists have been interested to examine adjustment as a process. This entails examining the interaction of the individual with the external world. If the relationship between the individual and his/her environment is in accordance with the norms then the adjustment is achieved. The behaviour of the person concerned would be considered normal. Gross deviation from the norms demand clinical investigations and interventions. Such deviations are defined as maladjustment. Severe deviations can be classified as abnormal behaviour.

OBJECTIVES OF THE STUDY

- To find out the significant difference in adjustment among XI standard students based on gender, medium of instruction, and type of management.

HYPOTHESES

1. There is no significant difference in adjustment among XI standard students with regard to gender.

2. There is no significant difference in adjustment among XI standard students with regard to medium of instruction.
3. There is no significant difference in adjustment among XI standard students with regard to type of management.

RESEARCH METHOD AND SAMPLE

Survey method is employed. The random sample comprised of 350 higher secondary school students studying standard XI in Kancheepuram district.

TOOL

- Adjustment Inventory by A.K.P. Sinha & R.P. Singh.

ANALYSIS OF DATA

Table 1: Adjustment of XI Standard Students based on Gender

Gender	N	Mean	SD	Df	t-value	Remark
Boys	178	21.10	5.88	348	3.109	Significant at 0.01 level
Girls	172	19.22	5.41			

From Table-1, the calculated t-value 3.109 is found to be significant at 0.01 level for degrees of freedom 348. Hence the hypothesis-1 is rejected. Comparing the mean scores, boys are better than girls in their adjustment.

Table 2: Adjustment of XI Standard Students based on Medium of Instruction

Medium of Instruction	N	Mean	SD	df	t-value	Remark
Tamil	245	20.05	5.54	348	0.647	Not Significant
English	105	20.48	5.91			

Table-2 shows that the calculated t-value 0.647 is found to be not significant at 0.05 level for degrees of freedom 348. Hence the hypothesis-2 is accepted.

Table 3: Adjustment of XI Standard Students based on Type of Management

Type of Management	N	Mean	SD	df	t-value	Remark
Government	130	20.16	5.59	348	0.034	Not Significant
Govt. Aided	220	20.19	5.81			

Table-3 depicts that the calculated t-value 0.034 is found to be not significant at 0.05 level for degrees of freedom 348. Hence the hypothesis-3 is accepted.

FINDINGS

- Boys and girls are significantly differing in their adjustment.
- There is no significant difference in adjustment of XI standard students in respect of medium of instruction and type of management.

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