



EFFECTIVENESS OF LIFE SKILLS TRAINING ON SOCIAL ADJUSTMENT AMONG ADOLESCENTS

Ms. Sreeni Vasana Syama¹ and Dr. Pushpa Marian²

¹Research Scholar, Department of Education, Bharathiar University, Coimbatore and Principal, Navdeep Public School, Kollam.

²Research Supervisor, Department of Education, Bharathiar University, Coimbatore and Principal, Mount Carmel College of Teacher Education, Kottayam.

ABSTRACT:

The study attempts to find out whether there is any effect on Social Adjustment among adolescents after giving Life Skills Training. The method adopted for the study was Experimental method with Pretest-Posttest Non-equivalent group design. The sample consisted of 60 adolescents selected from MD Seminary School in Kottayam, Kerala. Bell's Adjustment Inventory was used to measure the variable under study. Life Skills training was given as an intervention programme. The statistical techniques used was t test, The results revealed that there was significant difference denoting the effectiveness of Life Skills training programme on Social Adjustment among the adolescents.

KEYWORDS: Life Skills, and Social Adjustment.

INTRODUCTION:

Adolescence is a period of storm and stress and the adolescent struggles to achieve his needs. The main goal of education is to develop the students' personalities and it is essential to develop them into well-adjusted and least frustrated persons. Life Skills are the abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of everyday life (WHO, 2004).

In my experience at school, I have noticed that there are major issues related to ineffective social adjustment among students, especially the adolescents, leading to unhealthy behaviour. Since only few studies have been done in this area, the researcher made an attempt to find out whether life skills training has any impact on the social adjustment among adolescents.



TITLE OF THE STUDY

In the present scenario the social adjustment among adolescents has declined and hence the interpersonal relationship is not good, this is mainly due to lack of getting healthy social experiences. Hence, the problem under investigation is title as: Effectiveness of Life Skills Training on Social Adjustment among Adolescents.

OBJECTIVES

1. To find out whether there is any significant difference between the mean pre test scores of social adjustment of the experimental group and control group of the total sample.
2. To find out whether there is any significant difference between the mean post test scores of social adjustment of the experimental group and control group of the total sample.

HYPOTHESES

1. There is no significant difference between the mean pre test scores of social adjustment of the experimental group and control group of the total sample.
2. There is no significant difference between the mean post test scores of social adjustment of the experimental group and control group of the total sample.

METHODOLOGY

In the present study experimental method was used with Pretest-Posttest Non-equivalent group design. For the present study a total sample of 60 adolescents from MD Seminary School, Kottayam, Kerala were selected. Detail of the sample is presented in Table 1.

Table 1: Classification of the Sample

Sl. No.	Group	N
1	Experimental	30
2	Control	30
	Total	60

Pretest was administered and then the experimental group was trained using the life skills training modules for ten weeks and the control group was not given any such intervention.

TOOL USED

Bell's Adjustment Inventory was used to assess the social adjustment and Life skills Training modules were used for the intervention.

VARIABLES OF THE STUDY

The independent variable in the present study is Life Skills Training and the dependent variable is Social Adjustment.

THE STATISTICAL TECHNIQUE

T test was used to analyse the data collected.

ANALYSIS AND FINDINGS

The results obtained from the analyses are discussed below.

1. Comparison of Pretest scores of Social Adjustment among students in the Experimental and Control groups:

The Pretest scores of Social Adjustment was subjected to the test of significant difference between the Experimental and Control group. For this the investigator formulated the null hypothesis -

There is no significant difference between the mean Pretest scores of Social Adjustment of the Experimental and Control group for the total sample.

The pre-test results for the experimental group and control group for the variables are given in Table 2.

Table - 2: Results of the Test of Significant Difference between the Means of the Pretest Scores of Social Adjustment

Sl. No.	Variables	Group	N	Mean	SD	t Value	P Value
1	Social Adjustment	Experimental	30	18.84	3.15	-.27	.79
		Control	30	19.03	4.49		

From the Table 2, for the variable Social Adjustment, the t value is -0.27 which is not significant statistically. This indicates that the two groups (experimental and control group) were matched before giving life skills training. This means that before the introduction of the Life Skills Training programme the two groups were more or less similar in their Social Adjustment. This may be due to the fact that the adolescents coming under the experimental category or the control category, have no special consideration.

2. Comparison of Post-test Score on Social Adjustment of the students in the Experimental and Control groups

The Post-test scores of Social Adjustment was subjected to the test of significant difference between the Experimental and Control group. For this the investigator formulated the null hypothesis - There is no significant difference between the mean Post-test scores of Social Adjustment of the Experimental and Control group for the total sample.

The results obtained from the comparison of experimental and control group for the variables are given in the Table 3.

Table - 3: Results of t Test of Experimental Group and Control Group in Post-test

Sl. No.	Variables	Group	N	Mean	SD	t Value	P Value
1	Social Adjustment	Experimental	30	10.53	2.99	2.54	.01
		Control	30	9.61	4.98		

Note: t value is significant at 0.05 level

The Table 3 shows the mean value, standard deviation and t-value obtained by the experimental group and control group for the social adjustment. The t-value for Social Adjustment obtained for the experimental group and control group is 2.54 ($P < 0.05$), which is significant at .05 level. This shows that the two groups differ significantly in their Social Adjustments. The mean values for the experimental group is 10.53, and the control group 9.40 shows that there is increase in their Social Adjustment of the subjects who underwent the training skill. So it was clear that Life Skills Training is an effective measure for increasing their Social Adjustment in adolescents.

IMPLICATIONS OF THE STUDY

The study revealed that the Life Skills Training had significant effect on Social Adjustment among adolescents and efforts should be made to conduct such training programmes at schools.

Life skills training should be imparted so that they develop the skills to overcome the day to day challenges.

REFERENCES

Aggarwal, J.C. (1996). *An Introduction to educational research*, New Delhi: Arya Book Depot

Best, John W & Kahn, James V (2005). *Research in Education*, New Delhi: Prentice Hall of India Pvt Ltd.
Garrett, H. E. (2010). *Statistics in psychology and education*. New Delhi: Paragon International Publishers.
World Health Organization (WHO). (2004). *Skills for health: An important entry-point for health promoting, child-friendly schools*: Geneva.



Ms. Sreeni Vasan Syama

**Research Scholar, Department of Education, Bharathiar University, Coimbatore and
Principal, Navdeep Public School, Kollam.**