

## Research Article

# A Study of Adjustment Among Secondary School Students In Relation To Their Home Environment

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## A B S T R A C T

In everyday life, most of the individuals are making adjustment in various activities of their lives. The constant process of adjusting to one's social and physical surroundings is life. The person lives in society and is a part of it from birth. From the moment of the child's birth until their death, the adjustment process is ongoing. It poses different views depending upon the individual. The concept of adjustment is as old as human race on earth. Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. Man has to constantly make adjustment between his needs and his immediate environment. The adjustment takes place almost in every area of his behavior. Thus adjustment has many dimensions of which the most important are emotional adjustment, social adjustment, and educational adjustment. Adjustment and adolescence is the two sides of the same coin. Adolescence is the most important period of human life. The years of adolescence are when boys and girls transition physically, cognitively, emotionally, and socially from infancy to maturity. Both boys and girls encounter serious issues during adolescence that are closely tied to their social, mental, emotional, and physical development, among other areas. A list of 26 questions indicating the significant problems of school students in the three areas were prepared. The tool consists of 30 items to measure the home environment of the school students. The investigator selected a two-point scale in English to measure the sample. The research is to find out the level of Adjustment & Environment among Secondary school students is low and difference between Male and Female Secondary school students based on their Adjustment and Home Environment. It is found that the level of Adjustment of secondary school students is Moderate in nature and that the level of Home environment of secondary school students is Moderate in nature. It is also found that there exists no significant difference between Male and Female Secondary school students based on their Adjustment and that there exists significant difference between Male and Female Secondary school students based on their Home Environment.

**Keywords-** Environment, Female, Scale, Significant, Adjustment

## Introduction

The process by which a person tries to maintain a degree of physiological and psychological equilibrium can be described as adjustment; alternatively, adjustment can be more simply characterised as activity aimed at reducing tension. This definition implies a state of harmonious interaction between the person and his surroundings, indicating that each adjustment is unique to the person under consideration and that the term “adjusted” only has significance when used in relation to the question “adjusted to what?” As a result, adjustment is influenced by a person’s unique culture, sexual orientation, socioeconomic standing, and other characteristics as well as the environment to which he must adapt. Thus, a boy from a lower socio-economic group who refuses to fight may be considered maladjusted by the standards of his social milieu whereas the boy of a higher socio-economic group who does fight may also be considered maladjusted by the standards of his social group. Man has to constantly make adjustment between his needs and his immediate environment.<sup>1</sup> The adjustment takes place almost in every area of his behaviour. Thus, adjustment has many dimensions of which the most important are emotional adjustment, social adjustment, and educational adjustment. Adjustment and adolescence is the two sides of the same coin. Adolescence is the most important period of human life. Adolescence is that span of years during which boys and girls move from childhood to adulthood, mentally, emotionally, socially and physically. During adolescence period, both boys and girls experiences severe problems which are directly related to his physical development, emotional development, mental development, social development and so on. The Arkansas State Parental Information and Resource Centre states that parents are in charge of making sure their kids are fed, rested, content, and peaceful. Establishing a conducive physical and mental environment in the home aids in getting pupils ready and able to learn.<sup>2,3</sup>

## Objectives of the Study

1. To find out the level of Adjustment among Secondary school students is low.
2. To find out the level of Home Environment among Secondary school students is low.
3. To find out significant difference between Male and Female Secondary school students based on their Adjustment.
4. To find out significant difference between Male and Female Secondary school students based on their Home Environment.

## Hypothesis of the Study

1. The level of Adjustment among Secondary school students is low.

2. The level of Home Environment among Secondary school students is low.
3. There is no significant difference between Male and Female Secondary school students based on their Adjustment.
4. There is no significant difference between Male and Female Secondary school students based on their Home Environment.<sup>4</sup>

## Significance of the Study

Adjustment is the process whereby an individual is able to adapt, to arrange, to modify or make correspondent. It is the process of identifying and embracing behavioural patterns that fit the situation or adapt to a changing environment. Every human tries to adapt to different circumstances. He works hard at adjusting himself to his environment all the time because a healthy adjustment is necessary to live a good life and feel satisfied. Behaviour that is constructive and adaptive is indicative of satisfactory adjustment. The result of an individual’s attempts to manage stress, satisfy his needs, and uphold positive relationships with his surroundings is adjustment. Man is a social animal and he has the capacity to adapt to the new situations and the changing environment. So, also students during the adolescence period try to adapt to new situations and the changing environment. This is the period whereby a student is trying to develop proper adjustment in different areas which includes the emotional adjustment, social adjustment and educational adjustment. Hence, adjustment of adolescents is of great significance for study.<sup>5</sup>

## Research Methodology

The pilot study was conducted on 50 Secondary school students to assess the reliability and validity. Data was collected from IX standard students adopting random sampling method. The total sample size 316 and 6 schools were selected for the study belonging to different Type of Management Government Schools, Government-Aided Schools and Private Schools.

The following table shows the procedure of adjustment inventory scale [Table no. 1].

**Table no. 1 - Showing the scoring key of revised adjustment inventory questionnaire**

Exactly	Nearly	Somewhat	Not at all
4	3	2	1

In order to establish the reliability of the adjustment scale the odd - even method was used. The reliability of adjustment scale was found to be 0.917 were adjustment scale was considered to be highly reliable.<sup>6</sup>

## Findings of the Study

It is found that the level of Adjustment of secondary school students is Moderate in nature.

It is found that the level of Home environment of secondary school students is Moderate in nature.

It is found that there exists no significant difference between Male and Female Secondary school students based on their Adjustment.

It is found that there exists significant difference between Male and Female Secondary school students based on their Home Environment.<sup>7,9</sup>

## Conclusion

The study's goal was to investigate the connection between students' home environments and their ability to adjust. From a child's perspective, the home environment has been defined as the calibre of human relationships. It encompasses elements that support development and progress, like loving and supportive families, idea sharing, conversation, parental approval, and acceptance of peer activities. There is a positive and significant relationship between home environment and Adjustment. Educational values make a person educated and develop knowledge about education. The devotion to render one's service to the poor and needy person, love and respect for poor and deprived people, enthusiasm towards enhancing their status in society through education refers to educational value. Love, right conduct, kindness, self-control, forgiveness, fellow feeling, concern for others, prudence, self-discipline, sympathy, compassion, good manners, etc, are the components of this value.

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