

# Adjustment level of High School Students in relation to home, health, social and emotional adjustment in Aizawl City: Gender Based Analysis

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**Abstract:** The study analyzed the different adjustment level of high school students in Aizawl City. The researcher adopted descriptive research method and the sample consisted of one (1) high school each from Deficit and Ad-Hoc, two (2) High School from Government and five (5) High School from Private management. Standardized test called Bell's Adjustment Inventory (BAI- o) developed by Dr. R.K.Ojha (2011) which was published by National Psychological Corporation, 4/230, Kacheri Ghat, Agra was used for the study. The study revealed that High School students in Aizawl have 'Unsatisfactory' adjustment in their home and social whereas majority of the students fall under the category of 'Very Unsatisfactory' in their health and emotional adjustment. It also showed that boys are better than girls in the areas of home and social adjustment where they fall under the same category in the area of health and emotional adjustment and therefore, discussions were made based on the findings.

**Key words:** Adjustment, High School Students, Home, Health, Social, Emotional.

## I. INTRODUCTION

The term adjustment is often used as a synonym for accommodation and adaptation. Strictly speaking, the term denotes the results of equilibrium, which may be affected by either of these processes (Monroe, 1990). It is used to emphasize the individual's struggle to survive in his or her social and physical environment. Good (1959) states that adjustment is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment. Shafer (1961) emphasized that 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 to group norms, morals, ideas, values and so on.

In adjustment, the two crucial factors are the individual and the environment. In the study of the individual, the considerations are the heredity and biological factors, the psychological factors, and the quality of socialization given to him or her whereas the environment includes all the social factors.

## II. RATIONALE OF THE STUDY

Adjustment is one of the most important components in human life. A person who does not particularly interfere in the society and who is not social enough to live in harmony with another social being cannot have a good social relationship because adjustment persuades us to changes our way of life in the society. When a person faces difficulty in his/her duty, and has difficulty in making social relations, he may develop maladjustment in his life. So, it is important to have good adjustment so as to bring desirable changes in his/her study habit and to have healthy social relation with the society as a whole. Again, adjustment is important for an individual who cannot express his/her emotions in a proper way at a proper time and suffer from emotional cravings and cannot maintain his self esteem and feel unreasonably secure in his mind. The individual who cannot bring change in his/her circumstances in order to overcome the difficulties in the realization of his/her needs and who is not able to adjust himself/herself in changing situation in his/her environment cannot live in perfect harmony and lead a happy life.

The child at the time of his birth is absolutely dependent on others for the satisfaction of his/her needs, but gradually with age, he learns to control his needs. His/her adjustment largely depends on his interactions with the external environment in which he lives. When a child is born, the world for him is a big buzzing and blooming confusion.

When a child reaches the stage of adolescence, it is said to be the period of problems in the human span of life. The reason is that it is the period in which the human individual is highly sensitive and emotional to the situation. It is the period in which the emotional development and the personal adjustment is taking place. The adolescent is often put to a conflicting situation. He or she often finds it hard to make adjustments and decisions in life. The study of adjustment pattern in different high schools in Aizawl may help in solving different problems in the adjustment pattern.

Secondary school students' adjustment is a phenomenon that is of great concern to educationists as well as health practitioners. Educationists need to know what they can do to help their students adjust and benefit from school (Mizelle, 1999). Health practitioners on the other hand are concerned about the well-being of students (Knyazev, et al. 2002). School adjustment is a broad construct which consists of many different aspects such as academic achievement, school satisfaction, school engagement and pro social behavior. Well-adjusted students usually value what they are learning, are positively involved in classroom activities and receive high grades. Kiuru, et al. 2009). Poor school adjustment leads to low academic achievement, behavioral problems, discordant educational aspirations and even school dropout. (Vasalampi et al. 2009).

### III. OBJECTIVES OF THE STUDY

1. To find out social, emotional, health and home adjustment of high school students in Aizawl City.
2. To compare the home adjustment of boys and girls.
3. To compare the health adjustment of boys and girls.
4. To compare the social adjustment of boys and girls.
5. To compare the emotional adjustment of boys and girls.

### IV. HYPOTHESES OF THE STUDY

1. High School students in Aizawl City have low level of home, health, social and emotional adjustment.
2. There is significant difference between boys and girls in home adjustment.
3. There is significant difference between boys and girls in health adjustment.
4. There is significant difference between boys and girls in social adjustment.
5. There is significant difference between boys and girls in emotional adjustment.

### V. METHODOLOGY AND PROCEDURE

*Research Design:* The researcher adopted descriptive research method and selected survey method.

*Population and Sample:* The population in the present study included all class IX students in the high school of Aizawl . The sample consisted of one(1) high school each from Deficit and Ad-Hoc , two(2) High School from Government and five(5) High School from Private management. The selection was done by using stratified random sampling process.

*Tools and Techniques used for Data Collection:* The researcher used standardized test called Bell's Adjustment Inventory (BAI- o) developed by Dr. R.K.Ojha (2011) which was published by National Psychological Corporation, 4/230, Kacheri Ghat, Agra.

*Procedure of the Data Collection:* The researcher visited sampled school with the permission of the Principals; the researcher personally contacted all the respondents to collect the data. A clear instruction was given to the respondents. After all the doubts were made clear the test booklet was given to the students in a normal classroom situation to the sampled students with quota sampling. The respondents were asked to decide about their agreement with the statements and mark the relevant response category honestly on the booklet and with the request to complete all the statements. After the students completed to answer all the statements, the researcher collected the response sheet.

*Procedure of the Data Analysis:* The data collected for the variables was analyzed using statistical tools such as – mean, standard deviation, Standard error mean difference  $SE_{MD}$  to measure the students' adjustment in different areas. A t-test was used for calculating the significant difference between adjustment male and female students as well as the significant difference between adjustments of different school management system.

## VI. ANALYSIS AND INTERPRETATION

Objective No-1: To find out social, emotional, health and home adjustment of high school students in Aizawl City.

*Hypothesis 1: High School students in Aizawl City have low level of home, health, social and emotional adjustment.*

Table 1

Mean and S.D of all the High School Students in Aizawl

Sl no.	Areas	Mean	S.D
1	Home	15.78	4.85
2	Health	13.83	5.6
3	Social	17.69	4.6
4	Emotional	19.90	7.2

The above table shows that High School students in Aizawl City have unsatisfactory adjustment in their home. Their health problems cause adjustment problem since their score in the health adjustment is Very Unsatisfactory. Social adjustment shows unsatisfactory scores. In the emotional adjustment they are Very Unsatisfactory from their score. Hypothesis “High School students in Aizawl City have low level of home, health, social and emotional adjustment” was accepted. It was concluded that the adjustment of High School students in Aizawl was very bad in different areas of study like home, health, social and emotional.

Objective No-2: To compare the home adjustment of boys and girls.

*Hypothesis 2: There is significant difference between boys and girls in home adjustment.*

Table 2

Comparative analysis of adjustment of boys and girls in ‘Home’

Gender	Total	Mean	SD	SE <sub>MD</sub>	‘t’ Value
Boys	68	14.94	4.15	0.81	2.08
Girls	68	16.63	5.35		

Table No.2 revealed the difference in adjustment level of boys and girls in the area of Home. The ‘t’ value 2.08 which is higher than the criterion ‘t’ value for *df* 67 at 0.05 level shows that there is a significant difference in the level of adjustment of boys and girls in the domestic area. A perusal of the table shows that the mean score of boys is lower than girls.

Hence the hypothesis No.2 “There is significant difference between boys and girls in the home adjustment.” was accepted. It was concluded that boys have better adjustment at home than girls.

Objective No-3: To compare the health adjustment of boys and girls.

*Hypothesis 3: There is significant difference between boys and girls in health adjustment.*

Table 3

Comparative analysis of adjustment of boys and girls in ‘Health’

Gender	Total	Mean	SD	SE <sub>MD</sub>	‘t’ Value
Boys	68	12.95	5.60	0.83	2.13
Girls	68	14.72	3.95		

Table No.3 reveals the difference in adjustment level of boys and girls in the area of Health. The ‘t’ value 2.13 which is higher than the criterion ‘t’ value for *df* 67 at 0.05 level shows that there is a significant difference in the level of adjustment of boys and girls in the health adjustment. A perusal of the table shows that the mean score of boys is lower than girls.

Therefore, the hypothesis No. 3 “There is significant difference between boys and girls in the health adjustment” was accepted. It was concluded that boys faced less problem of health than girls.

Objective No-4: There is significant difference between boys and girls in social adjustment.

*Hypothesis 4: There is significant difference between boys and girls in social adjustment.*

Table 4

Comparative analysis of adjustment of boys and girls in ‘Social’

Gender	Total	Mean	SD	SE <sub>MD</sub>	‘t’ Value
Boys	68	11.55	4.85	0.80	8.73
Girls	68	18.54	4.55		

Table No.4 reveals the difference in adjustment level of boys and girls in the social adjustment. The ‘t’ value 8.73 which is higher than the criterion ‘t’ value for *df* 67 at both 0.05 level and 0.01 level shows that there is a significant difference in the level of adjustment of boys and girls in the social adjustment. A perusal of the table shows that the mean score of boys is lower than girls.

Therefore, the hypothesis No.4 “There is significant difference between boys and girls in the social adjustment” was accepted. It was concluded that boys were more socialized than girls.

Objective No-5: There is significant difference between boys and girls in emotional adjustment.

*Hypothesis 5: There is significant difference between boys and girls in emotional adjustment.*

Table 5

Comparative analysis of adjustment of boys and girls in 'Emotional'

Gender	Total	Mean	SD	SE <sub>MD</sub>	't' Value
Boys	68	16.63	6.65	1.08	6.05
Girls	68	23.17	5.95		

Table No.5 revealed the difference in adjustment level of boys and girls in the social adjustment. The 't' value 6.05 which is higher than the criterion 't' value for *df* 67 at both 0.05 level and 0.01 level shows that there is a significant difference in the level of adjustment of boys and girls in the emotional adjustment. A perusal of the table shows that the mean score of boys is lower than girls.

Hence, hypothesis No.5 "There is significant difference between boys and girls in the emotional adjustment." was accepted. It was also concluded that boys' emotional adjustment was better than girls.

## VII. DISCUSSION AND CONCLUSION

The investigator, after analyzing all the data collected interpreting the scores on the basis of the interpretation table given in the "Bell's adjustment inventory" scale felt that the following discussion points need to be put forth:

1. High School students in Aizawl City have 'Unsatisfactory' adjustment in their home. Their health problems may be the cause of adjustment problem since their score in the health adjustment is 'Very Unsatisfactory'. Social adjustment shows 'Unsatisfactory'. In the emotional adjustment they are 'Very Unsatisfactory' from their score.
2. Boys are better in the home adjustment than girls and there is a significant difference in their score in this area.
3. There is significant difference between the adjustment ability of boys and girls in the area of health, boys are better than girls.
4. Boys show better adjustment ability than girls in social adjustment and they differ significantly.
5. Boys are better in the emotional adjustment than girls and their difference is significant.

Out of the different areas of adjustment, the study shows that boys have better adjustment than girls in the areas of 'Home' and 'Social'. The main reason for this may be due to the social structure of the Mizo society which is

purely patriarchal in nature where boys have better position both at home and in the society. But in the areas 'Health' and 'Emotional', they fall under the same category 'Very Unsatisfactory'. This may be due to the fact that high school students are going through the period of adolescence where they go through massive psychological and biological changes affecting the state of their health as well as their emotion.

Looking at the results of the score, all the high school students have bad or low level of adjustment. This is an important point to consider in the society.

It may also be considered that the scale used in this study may be a cultural based and may not be fit for Mizo culture. A new scale may need to develop which will be fit to the Mizo culture.

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