



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 5.2  
IJAR 2017; 3(8): 341-344  
www.allresearchjournal.com  
Received: 21-06-2017  
Accepted: 22-07-2017

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## **Adjustment problems of secondary school students of Gorkha community with respect to gender-A study**

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### **Abstract**

Adjustment is a commonly used word in everyday life. It is equally popular in the discipline of psychology, sociology and education. Adjustment is needed in all walks of life. Life is a continuous series of events which are attributed to changes and challenges. Everyone is facing such situations for his survival of growth which arise of individual's physiological, psychological or social needs. The strategy used by an individual to accommodate oneself to changing circumstances is called adjustment. When an individual is successful and satisfied with his efforts then it is a case of good adjustment. On the other hand, if a person meets frustrations in his efforts continuously it causes maladjustment. It is not that only students of Gorkha Community face the problems of adjustment. We notice many problems of adjustment among people or students of various classes in various aspects irrespective of caste, creed, language, religion, sex, age, etc. The present paper attempts to assess the adjustment problems with special reference to Secondary school students of Gorkha Community in Udalguri District, B.T.A.D. Assam. A sample of 60 students was taken from the randomly selected Secondary Schools from the District itself. Out of the 60 sample, 30 were boys and rest 30 were girls. The sample was collected by using simple random sampling technique. Descriptive Survey Method was used to collect the data. Adjustment Inventory constructed and standardized by A.K.P Singha and R.P Singh (1971) was used to collect data.

**Keywords:** Adjustment, adjustment problems, secondary school students, Gorkha community

### **Introduction**

Adjustment, in psychology, refers to the behavioural process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. Adjustment, as a process describes and explains the ways and means of an individual's adaptation to his self and his environment without reference to the quality of such adjustment or its outcome in terms of success or failure. It is an organizational behaviour in life situations at home, at school, at work in growing up and in ageing. It helps one to keep out basic impulses at tolerable levels, to believe in one's own abilities and to achieve desired goals. In present, revolutionary changes are taking place in different fields and to cope with such environment adjustment becomes necessary. To keep pace with the changing society, one has to make changes in one self or his environment. If the individual does not keep pace with the changing time, he is thrown back in the society. So the individual has to constantly make changes in him to make the adjustment possible. It is often found that most of the adolescent students experience difficulty in physical, mental, emotional, social, educational and other adjustment. In this regard it is very essential to make a study on these problems of adjustment with reference to secondary school students of all community and come up with some positive solutions. As the present study is delimited to the Gorkha Community Secondary School students in Udalguri District, it attempts specially to assess their adjustment problems with respect to gender.

### **Significance of the study**

The process of adjustment is dynamic rather than static in nature. We constantly undergo changes. The individual and his surrounding environment is also constantly changing. The behaviour of an individual in a family and friends also change with age and experiences as new people enter our social world and crucially influence us. Thus adjustment among secondary school students is very essential to shape their personality in the present era of

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rapid modernization. Adjustment develops a well balanced individual who can adapt to any and every situations of the environment be it physical, mental, social, emotional, educational or others. The secondary school students are at a very crucial stage of their lives wherein they are still in the process of exploring their place and role in society. It is at this stage of their lives that they are most in need of their adjustment abilities. There are many cases of maladjustment among the students of secondary school. Therefore this study will provide sufficient material to know the incidents of maladjustment among the secondary school students, specially of Gorkha Community in Udalguri District. Moreover this study will surely help to guide the maladjusted secondary school students and contribute in creating well-balanced or well-adjusted personalities among such students.

### Review of related literature

Singh (2006) <sup>[8]</sup>, examined the effects of socio, emotional and socio-emotional climate of the school and sex on the adjustment of students along with their interactions effects. Boys were significantly better than girls in their health adjustment at different levels of socio-emotional climate of the school.

Raju and Rahamtulla (2007) <sup>[9]</sup>, intended to examine the adjustment capacity of school students and found that adjustment of school children is primarily dependent on the school variables like the class in which they are studying, the medium of instruction, and the type of management of the school.

Velmurugan and Balakrishnan (2011), examined the relationship between the social adjustment and self concept of the higher secondary school students with respect to gender and locality and they found that social adjustment is independent upon gender and locality. The correlation coefficient between social adjustment and self concept is found to be negligible.

Maureen *et al.* (2011), made a study on school adjustment in relation to academic achievement and gender which revealed that there were no significant differences between girls and boys in school adjustment.

Kaur (2012) <sup>[4]</sup>, investigated the problems of adjustment in relation to achievement, sex and locality. He found that girls have more adjustment power than boys while locality does not influence adjustment power.

Basu (2012) <sup>[2]</sup>, aimed to investigate the adjustment abilities of secondary school students and found that there exist highly significant differences between the adjustment of secondary school students when compared on the basis of gender, type of family structure and medium of instruction in school.

Roy and Mitra (2012), examined the pattern of adjustment among early and late adolescent school students. The study revealed that early and late adolescents group differed significantly from each other in the home, health and social areas of adjustment. Girls showed better adjustment than boys.

### Objectives

1. To study the adjustment problems of secondary school students of Gorkha community with respect to gender in Udalguri District.

2. To provide measures to overcome such problems.

### Hypothesis

There exists no significant difference in the adjustment problems of Secondary School students of Gorkha community with respect to gender in Udalguri District.

### Sample

A sample of 60 students was taken from the randomly selected secondary schools, out of which 30 were boys and 30 were girls. The sample was collected by using simple random sampling technique. Age of the respondents ranged from 14-16 years.

### Methodology

In the present study Descriptive Survey Method was used to collect data.

### Tool Employed

Description of the tool employed in the study is given below:

The Adjustment Inventory for School Students (AISS):- In the study the investigator has used this Inventory constructed and standardized by A.K.P. Sinha and R.P. Singh (1971). The inventory consists of 60 items out of which 20 items measure Emotional Adjustment, 20 measure Social Adjustment and 20 measure Educational Adjustment. All the items are arranged randomly. Each item of the inventory has two answers: 'YES' and 'NO'. The subject is to encircle one response out of the two. There is no time limit for the inventory but in average 10-12 minutes are taken by examiner to give complete responses for all the 60 items. In the Inventory three areas have separate meaning:

- i. Emotional Adjustment: High scores indicate unstable emotion. Student with low scores tend to be emotionally stable.
- ii. Social Adjustment: Individuals scoring high are submissive and relating low scores indicate aggressive behaviour.
- iii. Educational Adjustment: Individuals scoring high are poorly adjusted with their curricular and co-curricular programmes. Persons with low scores are interested in school programmes.

### Scoring procedure of the Inventory

Inventory can be scored by hand or by scoring stencil. In the study the investigator has scored by hand. For any answer indicative of adjustment, zero (0) is given; otherwise a score of one (1) is awarded.

### Statistical techniques used

In the present study, the statistical techniques used were as under:-

- i. Mean.
- ii. Standard Deviation.
- iii. Significance of difference between means (t-test).

**Table 1:** shows the key response indicative of lack of adjustment:

Emotional Adjustment		Social Adjustment		Educational Adjustment	
Item no.	Response indicative of lack of adjustment	Item no.	Response indicative of lack of adjustment	Item no.	Response indicative of lack of adjustment
1.	YES	2.	YES	3.	YES
4.	YES	5.	YES	6.	NO
7.	YES	8.	NO	9.	YES
10.	YES	11.	NO	12.	NO
13.	NO	14.	NO	15.	YES
16.	YES	17.	YES	18.	YES
19.	YES	20.	YES	21.	YES
22.	YES	23.	YES	24.	YES
25.	YES	26.	NO	27.	YES
28.	YES	29.	NO	30.	NO
31.	YES	32.	NO	33.	NO
34.	YES	35.	NO	36.	YES
37.	YES	38.	NO	39.	YES
40.	YES	41.	NO	42.	YES
43.	YES	44.	YES	45.	NO
46.	NO	47.	YES	48.	YES
49.	YES	50.	YES	51.	YES
52.	YES	53.	YES	54.	NO
55.	YES	56.	YES	57.	NO
58.	YES	59.	YES	60.	YES

**Analysis and interpretation of data**

In order to present the result systematically the collected data was tabulated and was analyzed in the light of hypothesis framed.

**Hypothesis:** There exists no significant difference in the adjustment problems of Secondary School students of Gorkha community with respect to gender in Udalguri District.

**Table 2:** shows the Means, SDs, and ‘t’ values of the sample boys and girls on Emotional, Social and Educational Adjustment.

Areas Of adjustment	Gender	N	Mean	S.d.	T-value	Level Of significance
Emotional adjustment	Boys	30	9.8	3.25	3.62	Both At 0.05 and 0.01
	Girls	30	7.95	4.71		
Social adjustment	Boys	30	12.75	6.51	6.9	Both At 0.05 and 0.01
	Girls	30	8.55	4.69		
Educational Adjustment	Boys	30	13.4	5.70	2.62	Both At 0.05 and 0.01
	Girls	30	11.8	5.41		

Table-2 indicates that, the mean score of emotional adjustment of boys is 9.8 with S.D. 3.25. The mean score of girls is 7.95 with S.D. 4.71. The t-value is 3.62 which is significant both at 0.05 and 0.01 levels. Thus there is significant difference in the emotional adjustment of boys and girls of Gorkha students. The mean score of Gorkha boys is 9.8 and that of girls is 7.95. High score means not stable emotional adjustment. So it can be said that the boys have more emotional problems in comparison to the girls.

Coming to the social adjustment, the mean score of boys is 12.75 with S.D. 6.51 and that of girls is 8.55 with S.D. 4.69. The t-value is 6.9 which is significant both at 0.05 and 0.01 levels. So it can be said that there is significant difference in the social adjustment of boys and girls. The mean score of boys is 12.75 and girls is 8.55. High score indicate good social adjustment. Thus it can be said that boys are socially more adjusted than girls.

The table also depicts that the mean score of educational adjustment of boys is 13.4 with S.D. 5.70 and that of girls is 11.8 with S.D. 5.41. The t-value is 2.62 which is significant both at 0.05 and 0.01 levels. So it can be concluded that there exists significant difference in the educational adjustment problems of Secondary School students of Gorkha community with respect to Gender in Udalguri District.

Hence the null hypothesis is rejected in all the three cases taken to assess viz: emotional, social and educational adjustment problems.

**Findings of the study**

The findings of the study are mentioned below:

- a) It was found from the study that there existed significant differences between the Gorkha Community boys and girls of Secondary School in Udalguri District regarding their emotional, social and educational adjustment.
- b) The study revealed that, the boy students have more emotional adjustment problems compared to the girls. That means the girl students are emotionally stronger than the boys.
- c) The study further revealed that boys have more social adjustment than the girls. In other words, girls have more social adjustment problems.
- d) It was also found from the study that there exists significant difference in educational adjustment problems between the Secondary School boys and girls of Gorkha Community in Udalguri District. The boys have more educational adjustment problems compared to the girls.

### Suggestions

Adjustment problem is a vital issue of the modern world which needs to be minimized as far as possible. It is only then that we can develop well-balanced personalities among the students, specially among Secondary School students. Following are some of the important suggestions that can help reduce adjustment problems:

1. First of all, the Parents, Teachers and Society must be aware enough about the problems faced by the students. They must try seriously to provide suitable environment for proper adjustment in all aspects of life.
2. Family has to create such an environment so that their children can express their opinion without hesitation. Also parents have to take care of both boys and girls equally.
3. Students should be given an opportunity to express their own ideas and discuss their problems with school authorities. It develops self confidence and mental satisfaction among the students.
4. School has to organize various co-curricular activities like NCC/NSS that would develop desirable social qualities considerate and cooperation which in turn help them to adjust well.
5. There is badly a need of guidance and counseling cell for each school which would serve to assist students in coping and adjusting to school life.
6. The students must have a good company of friends where they can engage themselves in some creative discussions and constructive work.
7. Moral and scientific education must be provided to the students so that they can realize the social qualities.
8. The present students are immensely in need of controlling their emotions for which Yoga classes may be very helpful. Through this they can develop their stability of mind, stay cool, avoid tension, anxiety stress and aggression. It would further develop their positivity towards life and be able to adjust in any situation.

### Conclusion

Adjustment problems have posed a serious threat to the students at every stage of life and every level of education. Maladjustment has hindered the way of developing well-balanced personalities among students. This in turn results in lack of proper adjustment in the emotional, social, educational and any aspects of life. Although some students have the abilities of proper adjustment, maximum students are yet to reach the level. Thus to assess such maladjustment problems this study was conducted by the investigator.

The findings of the present study indicate that there exist significant differences between the secondary school students on the basis of gender regarding emotional, social and educational adjustment problems in Udalguri District. There seems to be an urgent need to improve the situation arising out of maladjustment. And this is the responsibility of all the people of the society to work together to throw away the problems of adjustment by facilitating better adjustment skills among the Secondary School students.

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