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## Exploring emotional adjustment of male and female students

**Rekha Rani and Dr. Jasvir Kaur**

### Abstract

Adjustment helps us in keeping balance between our needs and the capacity to meet these needs. Adjustment persuades us to change our way of life according to the demands of the situation. Adjustment gives us strength and ability to bring desirable changes in the conditions of our environment. The purpose of this study is to explore the prevalence of emotional adjustment among students. Besides, the researcher compares the male and female students on their emotional adjustment level. It was hypothesized that there seems no significant difference between male and female students on their emotional adjustment level. For exploring the emotional adjustment level of the respondents the researcher employed the student emotional adjustment scale developed by Jain, S. K. (2015) representative sample of 400 adolescents has been selected from delimited area of Chennai. The whole sample has been collected from the above mentioned sampling sites. In the existing research study the researcher found that there seems no significant difference between male and female students on their level of emotional adjustment. Henceforth, it may be traced out that impact of gender is not significant on the level of emotional adjustment of the students.

**Keywords:** Emotional adjustment, male students, female students

### Introduction

Adjustment is as old as human process. Infact the most classical need of human being in this universe has initiated from adjustment. Adjustment denotes the harmonious relationship of man with his environment. Every human being in this universe has to maintain relation with his environment. Even know any living being in this world can stay in isolation without sharing his relations with other people. The process of interaction is important in this world. So when individual achieves the balance in this process of interaction, then it is called adjustment. If individual fails to achieve balance between need and circumstances then it is called mal-adjustment. The sign of adjustment is important for shaping the mental health and sound social and emotional profile of an individual. Darwin introduced the term "adjustment" for the first time in his theory of natural selection. Instead of adjustment, the term "adaptation to environment" was used at the time (Alam, M. 2017) [5]. Among all living beings, man has the greatest ability to adapt to new situations. In this adaptation process, man employs his full potential to combat environmental opponents. When man achieves victory, he is considered to have adapted to his surroundings Ali, I., Singh, G. Pratap., & Tiwari, Y, N. (2016) [6]. Term "adaptation" means adjustment, Change, alteration, modification, amendment, tuning, and so on are all synonyms for the phrase adjustment, according to the dictionary. As a result, those who are well-adjusted in society are regarded fortunate. The behavioural process by which humans and other animals maintain a balance between their varied demands and the challenges in their environments is referred to as adjustment in psychology. Adjustment is a continuous process that occurs in humans and animals throughout their lives. Adjustment is defined by the Dictionary of Education as "the process of identifying and adopting styles of behaviour suited to the environment or to changes in the environment". According to Crow & Crow (1970) [16] an individual's adjustment is sufficient, wholesome, or healthful to the degree that he has developed a harmonic relationship between himself and the conditions, situations, and people that make up his physical and social environment. Adjustment is a process that takes us to lead a happy and well-contented life. Adjustment helps us in keeping balance between our needs and the capacity to meet these needs.

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Adjustment persuades us to change our way of life according to the demands of the situation. Adjustment gives us strength and ability to bring desirable changes in the conditions of our environment. Adjustment has been highlighted as an important aspect of good adolescent development by the protective factors. Adjustment, in general, is the process by which a living thing maintains a balance between its demands and the circumstances that impact their fulfilment. Harmony between a person's needs, preferences, and surrounding circumstances is what adjustment entails. Every adolescent rural and urban locality possesses a particular and unique wants and desire and idiosyncratic traits to show and express their feelings and emotional competency levels. While dealing with all these aspects of human life, one needs the help of emotional competency. Therefore, emotional competency is of imminent importance in maintaining emotional competency level in balance in lives both at personal and collective level. It is quite understandable that people with higher and greater emotional competency levels tend to be more successful in different fields of life because they are able to understand the emotional competency levels and sensitivity of other people, which helps them to understand and respect the sentiments of other people, which would feel them relax and comfortable.

### Statement of the Problem

The statement of the research problem is reported as under: "Exploring Emotional Adjustment of Male and Female Students"

### Objectives of the study

The purpose of the study is itemised as under:

1. To explore the prevalence of emotional adjustment among students.
2. To compare the male and female students on their emotional adjustment.

### Hypothesis

Based on richness background of the knowledge the investigator speculated the research problem as under:

1. There seems no significant difference between male and female students on their emotional adjustment.

### Methodology and procedure

The existing research study has been carried with the help of descriptive research method. For exploring the emotional adjustment level of the respondents the researcher employed the student emotional adjustment scale developed by Jain, K. The study area for the present study has been already delimited to selected district of Punjab. A representative sample of 400 adolescents has been selected from delimited area of Chennai. The whole sample has been collected from the above mentioned sampling sites.

### Statistical treatment

The collected data was put to suitable statistical treatment by using:

- a) Frequency distribution,
- b) Percentage
- c) Mean
- d) Standard deviation
- e) Independent 't' test.

### Analysis and interpretation of the data

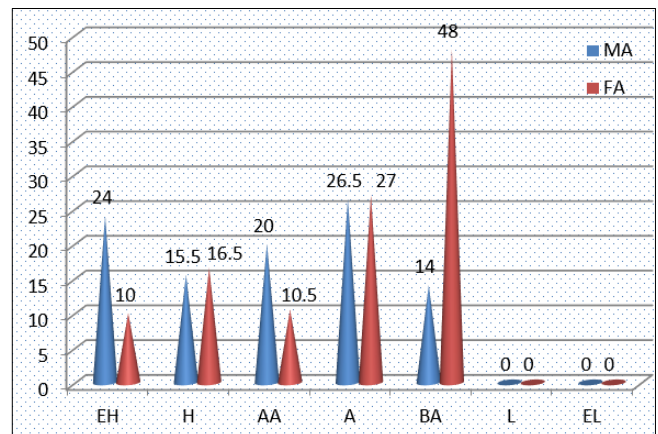
The data has been analysed with the help of descriptive and comparative analysis. The detailed analysis and interpretation is reported as under:

**Table 1:** Showing the various levels of emotional adjustment male and female adolescents. (N = 200 each)

| Norms | Male adolescents |            | Female adolescents |            |
|-------|------------------|------------|--------------------|------------|
|       | Frequency        | Percentage | Frequency          | Percentage |
| EH    | 48.00            | 24.00      | 20.00              | 10.00      |
| H     | 31.00            | 15.50      | 33.00              | 16.50      |
| AA    | 40.00            | 20.00      | 21.00              | 10.50      |
| A     | 53.00            | 26.5       | 54.00              | 27.00      |
| BA    | 28.00            | 14.00      | 72.00              | 48.00      |
| L     | 0.00             | 0.00       | 0.00               | 0.00       |
| EL    | 0.00             | 0.00       | 0.00               | 0.00       |
| Total | 200              | 100        | 200                | 100        |

### Index

- EH = Extreme high
- H = High
- AA = Above average
- A = Average
- BA = Below
- L = low
- EL = Extreme Low



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**Fig 1:** Showing the frequency and percent wise allocation of male and female adolescents on various norm of emotional adjustment

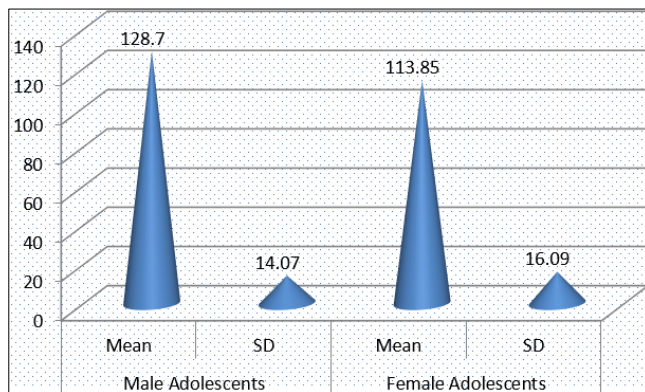
### Interpretation

The examination of the results presented in above table (Please refer table 1, Fig. 1) gives analysis about the frequency and parentage analysis of male and female adolescents on their various levels of emotional adjustment. The results reveal that among male adolescents (F = 48.00) 24.0% were seen with extremely high level of emotional adjustment. In pursuance to same, (F = 31.00) 15.50% male adolescents were reported with high level of emotional adjustment. The results specify that (F = 40.00) 20.00% male adolescents were inferred with above average level of emotional adjustment. The results designate that (F = 53.00) 26.5% male adolescents were reported with average level of emotional adjustment (EA). In addition to this, the results

reveal that ( $F = 28.00$ ) 14.50% male adolescents were reported with below average level of emotional adjustment. In pursuance to same, the obtained results real that ( $F = 0.00$ ) 0.00% male adolescents were reported low level of emotional adjustment. Further, the results sign point that ( $F = 0.00$ ) 0.00% female adolescents were inferred with extremely low level of emotional adjustment. Coming towards their counterparts (female adolescents) the results reveal that 10% ( $F = 20.00$ ) female were inferred with extremely high level of emotional adjustment. The results further designate that 16.5% ( $F = 33.00$ ) female adolescents were reported high level of emotional maturity. The results sign point that 10.5% ( $F = 21.00$ ) female adolescents were reported high level of emotional maturity. Besides, the perusal of the results sign point that 27.00% ( $F = 54.00$ ) male adolescents were reported above average level of emotional maturity. The results further designate that 48.00% ( $F = 72.00$ ) male adolescents were reported average level of emotional maturity. In the same table results sign point that 0.00.00% ( $F = 0.00.00$ ) male adolescents were stated above below average level of emotional maturity. However, the attained results specify that 0.00% ( $F = 0.00$ ) were analysed with extreme low level of emotional adjustment.

**Table 2:** Showing female and male adolescents on their composite score of emotional adjustment. (N = 200 each)

| Variable             | Male Adolescents |       | Female Adolescents |       | 't' value |
|----------------------|------------------|-------|--------------------|-------|-----------|
|                      | Mean             | SD    | Mean               | SD    |           |
| Emotional Adjustment | 128.70           | 14.07 | 113.85             | 16.09 | 9.8 2 @ @ |



**Index**

- MA = Male adolescents
- FA = Female adolescents

**Fig 2:** Showing graphical illustration of female and male adolescents on their level of emotional adjustment scale. (N = 200 each)

**Interpretation**

The fleeting look on the table 2 (please refer table 2, Fig. 2) gives information about the mean significant difference between male and female adolescents on their level of emotional adjustment. The results reveal that the mean score of male adolescents was inferred 128.70. In the same table, the mean value of female adolescents was reported 113.70. When the both group of the adolescents were comparatively analysed by operating independent 't' test, the 't' value came out to be 9.82, which is significant at 0.01 level of confidence. Therefore, from the above reported results, it can be inferred that impact of gender is significant on the level of emotional adjustment of the adolescents.

Conversely, male adolescents were seen with high level of emotional adjustment as compared to female adolescents.

**Conclusion**

In the existing research study the researcher found that there seems significant difference between male and female students on their level of emotional adjustment. Hence, it may be traced out that impact of gender is significant on the level of emotional adjustment of the students.

**Competing interest**

The research declared that no potential if interest with respect to authorship, research and publication of this article.

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