

## **Examine High School adjustment among boys respondent of Mehsana district, Gujarat**

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### **ABSTRACT**

Two environment, home and school share an influential space in child's life. The school is considered a more conducive place for the cultivation of certain non-academic goals that are more needed in the present day adjustment to the environment. Life is a continuous process of adjustment (Tallent, 1978). Psychology is defined as the science of human behavior and behavior can be better understood if we know the process of adjustment. The present study aims to investigate the School Adjustment of 405 teenagers in the age group of 13 to 16 years in high school setting of Mehsana District of Gujarat State. Multistage random sampling procedure was followed to collect the data. A representative sample of 405 boys' respondents perusing in classes IX and X in high school setting of Mehsana District were randomly selected for the study. The sample was selected from two different classes on availability basis. One standardized High School Adjustment Inventory (HSAI) developed by A.K Singh and A. Sen Gupta was used for collecting data of respondents. Result depicts that 86.67 per cent boys' respondents belonged to medium level of high school adjustment. It means these respondents listen to and follow instructions, interact well with others, share and take turns, cope with normal day-to-day conflicts appropriately. They are interested in learning and are motivated to take part in school activities. The finding revealed that there is a significant association was found between independent and dependent variable. Results indicated that Ordinal Position, Family Size, Number of Sibling and Mass Media Exposure affect high school adjustment among boy respondents. It can be inferred from data regarding high school adjustment the boy respondents perceived highest score in medium level. Result revealed that boys are well adjusted with their peers group in school setting. Further, among the dimensions of high school adjustment, the health adjustment and emotional adjustment were also found less among the respondents. Thus, to overcome the poor adjustment of respondents it is essential to counsel the respondents through proper mass media regarding ability to manage situational stress develop self-direction and work orientation. For betterment of respondents life style here is a need to guidance about appropriate food habits among boy respondents.

**Key Words :** Boy Teenager, High School and Adjustment

### **INTRODUCTION**

The term adolescence comes from the Latin word *adolescere*, meaning "to grow" or 'to grow to maturity'. Teenage is a period of personal development during which a young person must establish a sense of individual identity and feeling of self-worth. Two environment, home and school share an influential space in child's life. The school

is considered a more conducive place for the cultivation of certain non-academic goals that are more needed in the present day adjustment to the environment. With the increasing importance of schools in this direction, in the face of the diminishing role of the family in socialization, it would be more appropriate to expect the present day school going population to collect more varied experiences through their exposure to the diversified value complexes

and attitude orientations in the multi-dimensional school setting for developing such non-academic goals. A large part of the teenager's social life is built around school-related activities. Life is a continuous process of adjustment (Tallent, 1978). Psychology is defined as the science of human behavior and behavior can be better understood if we know the process of adjustment. In fact, people by making adjustment to the different sphere of life, try to cope or solve the problems of everyday life (Goodstein and Lanyon, 1975; Singh, 1986). Some persons are well adjusted and some are less adjusted. Of the various types of adjustment, psychologists have considered five major types of adjustment such as home, health, social, emotional and school to be the most important ones.

## METHODOLOGY

The present study aims to investigate the School Adjustment of 405 teenagers in the age group of 13 to 16 years in high school setting of Mehsana District of Gujarat State. The present study was conducted in Mehsana District of Gujarat State. The respondents of Mehsana District i.e. Kadi, Vadnagar, Kheralu, Vijapur, Mehsana, Visnagar, Becharaji, Satlasana and Unjha were randomly selected. Multistage random sampling procedure was followed to collect the data. A representative sample of 405 boys' respondents perusing in classes IX and X in high school setting of Mehsana District were randomly selected for the study. The sample was selected from two different classes on availability basis. One standardized High School Adjustment Inventory (HSAI) developed by A.K Singh and A. Sen Gupta was used and one pre-structured and pre-tested interview schedule was developed for collecting data on personal, socio-economic and communicational characteristics of respondents. Data was collected by personal interview technique. Statistical analysis was done by computing frequencies, percentages, ranking and Correlation was used in the study. Independent variables were Personal, socio-economic and communicational characteristics of respondents such as Height, Weight, Ordinal Position,

Number of sibling, Parents' education, parents' occupation, Caste categories, family type, family size, family income and Media exposure. High School Adjustment was dependent variable for the study.

## RESULTS AND DISCUSSION

### Personal, socio-economic and communicational characteristics of boys' respondents:

The findings related to personal profile revealed that 55.31 per cent of the respondents weight were 41-55 kg, 61.73 per cent of the respondents height were 141-160 cm, 42.47 per cent of the respondents were eldest in ordinal position, The findings related to socio economic profile revealed that 28.64 per cent of the respondents were educated up to higher secondary level, 44.69 per cent of the respondents parental occupation in farming and allied activities, 80.49 per cent of the respondent's annual family income were 0.48-2.32 lakh rupees 73.83 per cent of the respondents were member of joint family, 20.25 per cent of the respondents belonged to large family size, 52.59 per cent of the respondents belonged to SEBC and findings related to communicational profile revealed that 39.26 per cent of the respondents had low level of mass media exposure.

Table 1 depicts the distribution of boy respondents according to high school adjustment. It is described that 12.84 per cent of the respondents belonged to low level of high school adjustment. Further, 86.67 per cent respondents belonged to medium level of high school adjustment among boy respondents.

It can be revealed from Table 2 that among the five dimensions of high school adjustment among boy respondents showed highest score for "School Adjustment" (54.19 %), second highest "Home Adjustment" (49.93 %), in middle "Social Adjustment" (49.69 %), followed by "Emotional Adjustment" (36.91 %), "Health Adjustment" (34.54 %), was found to be the last among the dimensions of high school adjustment.

The 'r' value presented in Table 03 revealed that Ordinal Position ( $X_4$ ) showed negative and significant correlation with high school adjustment of boy respondents

**Table 1 : Frequency and per cent scores regarding High School Adjustment among boys respondent (n = 405)**

Sr. No.	Level	Score	Frequency	Per cent
1.	Low	0-50	52	12.84
2.	Medium	51-100	351	86.67
3.	High	101-150	2	0.49
			Total	100.00

**Table 2 : Ranking regarding High School Adjustment among boys respondent (n = 405)**

Sr. No.	Dimensions of High School Adjustment	Scores of High School Adjustment	Per cent	Rank
1.	Home Adjustment	6066/12150	49.93	II
2.	Health Adjustment	4197/12150	34.54	V
3.	Social Adjustment	6037/12150	49.69	III
4.	Emotional Adjustment	4484/12150	36.91	IV
5.	School Adjustment	6584/12150	54.19	I

**Table 3: Correlation between independent variables (X) with dependent variables (Y<sub>1,1</sub>) of the boy respondents (n = 405)**

Sr. No.	Independent Variables (X)	Dependent Variables (High School Adjustment) Correlation coefficient of (r) Value (Y <sub>1,1</sub> )
1.	Height (X <sub>2</sub> )	0.065 <sup>NS</sup>
2.	Weight (X <sub>3</sub> )	0.039 <sup>NS</sup>
3.	Ordinal Position (X <sub>4</sub> )	-0.117*
4.	Family Types (X <sub>5</sub> )	0.077 <sup>NS</sup>
5.	Family Size (X <sub>6</sub> )	0.108*
6.	Caste Category (X <sub>7</sub> )	0.015 <sup>NS</sup>
7.	Number of Sibling (X <sub>8</sub> )	0.102*
8.	Family Income (X <sub>9</sub> )	0.081 <sup>NS</sup>
9.	Family Occupation (X <sub>10</sub> )	0.017 <sup>NS</sup>
10.	Family Education (X <sub>11</sub> )	0.085 <sup>NS</sup>
11.	Mass Media Exposure (X <sub>12</sub> )	0.105*

\*Significant at the 5 per cent level

\*\*Highly Significant at the 1 per cent level      NS=Not Significant

at 5 per cent level of significant. It means Ordinal Position of the boy respondents' affect high school adjustment. Family Size (X<sub>6</sub>), Number of Sibling (X<sub>8</sub>) and Mass Media Exposure (X<sub>12</sub>) showed positive and significant correlation with high school adjustment of boy respondents at 5 per cent level of significant. It means Family Size, Number of Sibling and Mass Media Exposure affect high school adjustment among boy respondents.

**Conclusion:**

The finding revealed that there is a significant association was found between independent and dependent variable. It can be inferred from data regarding high school adjustment the boy respondents perceived highest score in medium level. Result revealed that boys are well adjusted with their peers group in school setting. Further, among the dimensions of high school adjustment, the health adjustment and emotional adjustment were also found less among the respondents. Thus, to overcome the poor adjustment of respondents it is essential to counsel the respondents through proper mass media regarding ability to manage situational stress develop self-

direction and work orientation. For betterment of respondents life style here is a need to guidance about appropriate food habits among boy respondents.

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