A Study of Adjustment of School Students of Sangrur Distt (Punjab) in Relation to Gender, Locale and Stream

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Abstract: *Punjab State is famous for its beautiful and unique culture. This study was conducted to examine the effect of adjustment on the senior secondary school students of Sangrur district. The sample of 200 11th class students was selected from government schools located in the rural and urban areas of district. Tool for collecting the data included Adjustment Inventory for School Students constructed and standardized by A.K.P. Sinha and R.P. Singh (1971). The data were analyzed using descriptive and inferential statistics. The findings of the study revealed that there is significant difference in adjustment of senior secondary school students across gender (male and female), locale (rural and urban) andstream (science and arts). Sangrur is considered as backward area of Punjab. Various studies conducted on characteristics of people living in this area have shown that the population living in the area is significantly better in life managing skills and other desirable abilities to enjoy successful life.*

Keywords: Adjustment, gender, locale.

1. Introduction

Human beings are the supreme creation of the God endowed with the capacity of reasoning and thinking. By these virtues, he is able to make adequate adjustments with himself and his surroundings. Many times he has to resolve the conflicts between the strong desires or motives. He has to overcome them and adjust to the reality in a realistic way. The individuals who are able to adjust themselves to the changing circumstances in their environment can live in perfect harmony and lead a happy and well-adjusted life. Adjustment plays a pivotal role in the development of an individual. If a man is not well adjusted then his personality development is hindered and he becomes maladjusted. As adjustment gives an individual strength and ability to bring desirable changes in the condition of his or her environment, so it can be considered as an important phenomenon of human life.

According to Herbert Spencer 'Life is the continuous adjustment of internal relations to external relations.' The dictionary meaning of the word "adjustment" is to fit, make suitable, adapt, arrange, modify or harmonize. Adjustment is the process of arriving at a balanced state between the need of individual and their satisfaction. According to L.S. Shaffer (1961) "Adjustment is the process by which living organism maintains a balance between his needs and the circumstances that influence the satisfactions of these needs. Home and school play vital role in the adjustment of an individual.

2. Review of Related Literature

Gurubasappa (2005) studied on adjustment and mental ability as correlates of academic achievement of secondary school students. The researcher found that there is a significant difference in the academic achievement of students with different levels of adjustment and mental ability. There is a significant high correlation between academic achievement and adjustment and mental ability.

Singh (2006) examined the effects of socio-emotional climate of the school and sex on the adjustment of students along with their interactional 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) conducted a study on adjustment problems among school students and examined the influence of demographic variables and influence on the student's adjustment problems in school. The major findings of the study have shown that adjustment of school children is primarily dependent on the school variables like the class in which they are studying the medium of instruction present in the school and the type of management of the school. Parental education and occupation of the school children also significantly d influenced adjustment.

Surekha (2008) found that the students of private schools are better adjusted than students of government schools. The students of private schools are better than students of government schools in academic achievement. There is a negative relationship between the students' adjustment & academic achievement.

Kimberly et.al (2010) made a study on shyness, teacher-child relationships and socioemotional adjustment in grade I. The goal of the study was to explore the moderating role to teacher-child relationships in the relation between shyness and socio-emotional difficulties, whereas close teacher – child relationships were associated with indices of positive adjustment.

Adhiambo et.al (2011) conducted a study on the relationship among school adjustment, gender and academic achievement amongst secondary school students in Kisumu

district, Kenya and found no significant differences between girls and boys in school adjustment. They also reported significant differences between high achievers and low achievers in dedication, absorption, engagement and school adjustment. Adjustment and academic achievement cause significant difference between male and female students. Government and private schools students and rural and urban school student do not cause difference between adjustment and academic achievement.

Najama (2011) studied on academic adjustments in school and reported that there is a close relationship between adjustment and education. Well-adjusted individuals prosper well in education endeavor.

Zareena and Vatsala (2011) studied on adjustment problems time management and effect of parents' socio economic and educational status on students' achievement. The research concluded that socio-economic factors did not have an effect on the achievement of the students. Low achievers did not show more adjustment problems than high achievers.

Basu (2012) studied adjustments of secondary school students and the findings of the study reveal that there exists highly significant difference between the adjustments of the secondary school students when compared to the basis of gender, type of family structure and medium of instruction in school.

Kaur (2012) 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.

Peerzada (2013) designed a study to compare the adjustments of science and social science higher secondary school teachers in different areas like home adjustment, school adjustment, emotional adjustment etc. and showed that social science teachers have more adjustment problems than science teachers.

Irshad and Latif (2014) investigated on adjustment problems among Kashmiri adolescents. The findings of the study showed that the adolescent boys and girls of Kashmir have high adjustment problems in various areas like family, school, social and on a personal front. It was found that adolescent boys and girls of Kashmir do not different significantly with each other in adjustment problems.

Objectives
In the light of the review of the literatures, the present investigation was conducted with the following objectives:
1) To study adjustment of secondary school students across gender (boys and girls).
2) To study adjustment of secondary school students across locale (rural and urban).
3) To study adjustment of secondary school students across academic stream (science and arts).

Hypotheses
Based on the review of literatures and above mentioned objectives the present study formulated the following hypotheses:

H1. There is no significant difference in the adjustment of senior secondary school students across gender (boys and girls).
H2. There is no significant difference in the adjustment of senior secondary school students across locale (rural and urban).
H3. There is no significant difference in the adjustment of senior secondary school students across academic stream (science and social sciences).

Delimitations of the study
The study has been delimited to:
1) The senior secondary school students studying in 11th class only.
2) Size of sample was delimited to 200 only.
3) Adjustment is taken as the dependent variable.
4) Gender (male and female), locality (rural and urban), academic stream (science and arts) are taken as independent variables.
5) The tools used to gather data were: Adjustment Inventory for School Students by Sinha and Singh (1971)

3. Methodology

This study utilized survey techniques due to its descriptive nature. This section is comprised of sample, research tool and procedure of the data collection.

Sample
The present study was carried out on senior secondary school students of Sangrur district. The sample of 200 11th class students were randomly selected from government schools located in rural and urban areas of said district. The age of the students ranged from 16 to 17 years.

Tool used
The researcher used the following tool for collecting the data to study the research in hand.

Adjustment Inventory for School Students by Sinha and Singh (1971) Adjustment Inventory for School Students has been constructed and standardized by A.K.P. Sinha and R.P. Singh (1971). The inventory measures the adjustment of secondary school students in three areas of adjustment - emotional, social and educational. The inventory contains 60 items, 20 items in each area of adjustment. 20 items measure emotional adjustment, 20 items measure social adjustment and 20 items measure educational adjustment. The tool is highly reliable and valid. The coefficient of reliability by Split half, Test retest and KR formula - 20 are respectively .95, .93 and .94 and coefficient of validity with hostel superintendent ratings of adjusted students is .51.

Procedure of data collection
The researcher collected the data personally with the administration of the tool Adjustment Inventory for School Students by Sinha and Singh (1971) following the instructions given by the author of the tool.

Analysis of the data
Descriptive statistics (Mean, Standard Deviations) were computed and the inferential statistics (t test) was employed to compare the means of the students across said variable.

4. Results and Discussion

The comparison of the samples on the selected variable was done by testing the significance of difference between their means by using t-tests. The results are presented in the following tables:

Table 1: Comparison of adjustment across 'gender'

Variables	Respondents	N	Mean	SD	t value	Result
Gender	Boys	100	6.97	2.80	1.69	Significant
	Girls	100	7.68	3.14		

t-value is found to be 1.69 which is significant at .05 level of significance, suggesting that adjustment significantly differ in case of senior secondary boys and girls. Hence the null hypothesis 1(H1) is rejected and it may be reframed as there is a significant difference in the adjustment of senior secondary school students across gender (male and female).

Table 2: Comparison of adjustment across 'locale'

Variables	Respondents	N	Mean	SD	t value	Result
Locale	Rural	100	7.29	3.17	2.05	Significant
	Urban	100	6.43	2.74		

t-value is found to 2.05 which is significant at .01 level favouring urban senior secondary school students. This significant result suggests that urban senior secondary school students are better adjusted than their rural counterparts. Hence the null hypothesis 2 (H2) is rejected and it may be reframed as there is a significant difference in the adjustment of senior secondary school students across locale (rural and urban).

Table 3: Comparison of adjustment across 'academic stream'

Variables	Respondents	N	Mean	SD	t value	Result
Stream	Science	100	6.76	2.43	1.42	Significant
	Arts	100	6.92	2.69		

There is a significant difference between the means of science and arts students of senior secondary school. This significant difference at .01 level of significance favouring science stream students suggests that academic stream influences adjustment of the students. Hence the null hypothesis 3 (H3) is rejected and it may be reframed as there is a significant difference in the adjustment of senior secondary school students across academic stream (science and social sciences).

5. Findings

1) There is significant difference in adjustment of senior secondary school students across gender (male and female) favouring male students.
2) There is significant difference in adjustment of senior secondary school students across locale (rural and urban) favouring urban students.
3) There is significant difference in adjustment of senior secondary school students across academic stream (science and social sciences) favouring science stream students.

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