

# Social Maturity in Relation to Maladjustment: A Comparative Study among Individuals of Slum and Suburbs

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**Abstract:** *Slum area is a socially congested area of less infrastructure facility and facing a lot of difficulties when compared with the suburb individuals. Social maturity is a long process happens in an individual to be socially mature. In Psychology, adjustment refers to the behavioral process of balancing conflicting needs, or needs challenged by obstacles in the environment. The study was conducted to compare the social maturity level and adjustment of slum and non-slum individuals. The data was collected from 100 individuals i.e., 50 from slum and 50 from suburb individuals in Thrissur district. The random sampling method was used. Mathews Maladjustment Inventory (MMI) and Social Maturity Scale (SMC) were used. For analyzing the data the statistical procedures such as t- test and Pearson coefficient of correlation were used. The result shows that there is significant difference in social maturity among slum and suburbs; there is no significant difference in maladjustment in slum and suburbs. And there is significant negative correlation exist in the relationship between social maturity and maladjustment. The findings is that awareness or psycho education should be given to slum people to increase the level of social maturity and to decrease the level of maladjustment in suburb individuals in their daily life.*

**Keywords:** Maladjustment, Non- slum, Slum, Social Maturity

## 1. Introduction

The slums are found in the least desirable lands near the town or city, mostly of closely packed, battered housing units within a less infrastructure facilities. People living here are malnourished, deprived, uneducated with low socio economic status and poor personal hygiene. They often compel to live in a small place with high number of family members in a short shelter. Slums are still found in developed and developing countries. The main characteristics of slums are their location and growth, insecure tenure, affected by pollution, substandard housing with inadequate infrastructure and overcrowding. The slum dwellers are also prone to health issues like cholera, HIV/AIDS, typhoid, dengue, malaria, measles, epidemics, and child malnutrition. The old age, neonates and their mothers also find difficult to live there. For the outsider the slum area may seem like an unpleasant area. The life of a slum is very much pathetic, even an empathetic person will finds it difficult to lead such a life for a single day. Beyond all these short comings, the main quality of these individuals is their unity and care for fellow beings. People with different culture, life style, beliefs and social functions lives under the same roof without any complaints.

### Emergence of slum

The urban slums were the place in which people live with lack of basic human necessities to lead a healthy life and sustainable development. According to United Nations, the definition of a slum dweller is someone who lacks at least three of the basic requirements among "durable walls, a secure lease or title, adequate living space and access to safe drinking water and toilets". Neza-Chalco-Itza in Mexico is the largest slum in the world, which accommodates almost 4 million people. In India, Dharavi in Maharashtra is the

largest slum in the country. Almost 37 slums are there in our country like India.

The main reasons why a slum is emerging are? - The wide range of migration of people from rural to urban area, and from other state, districts or cities for better opportunities, many people come in search for jobs, population growth, the people who lost their home by natural disasters, the individuals who seeks independence from social and cultural factors, poor urban planning, people who had disputes and rivalry at home, the low socio economic status leads to emergence of slum.

Slum upgrading is a process in which the slum area is gradually improved by increasing the standard of slum dwellers in social, economic, institutional and community area. Recently, such an initiative was taken by Miss Reddy in Mumbai. She and her team painted all the houses in a slum area with bright colors and named the event "Let's go paint". Slum upgrading is needed because all people have the right to live with proper facilities and dignity. In urban upgrading, a huge amount is invested as capital in improved transportation facilities, renovation of tourist spots and free Wi-Fi facilities in order to attract natives and tourists. The interconnectivity of both upgrading is needed for the successful development of a country. While compared to slum people, the suburb populations are more advanced and educated. Their socio economic status is high, and they lead a hygienic, healthy and wealthy life. Their life is secured with fully functioned infrastructure facilities, electronic gadgets, reputed jobs and supportive family members.

### Social maturity

Maturity is a person ability to react to his environment in a meaningful and appropriate way. The ways in which an individual relate to his surrounding environment like family,

friends, relatives etc are known as social maturity. It's a quality that develops through learning experiences over time. A socially matured person has their own strong values, is empathetic and is committed towards their works and can easily adjust with any situation in their life. Emotional adjustability, courtesy, politeness, co-operation, good leadership qualities, cheerfulness, decision making and problem solving are some of the characteristics shown by a socially matured person. The socializing agents such as family, peers, religion, school, media and society influence in the development of an individual.

### Maladjustment

In Psychology, adjustment refers to the behavioral process of balancing conflicting needs, or needs challenged by obstacles in the environment. A well-adjusted person has a good mental health. A person wants to adjust in all areas like personal, social, health, emotional, educational, family, marital life, occupational, etc. When a person failed to adjust in these areas, they may face stress that leads to adjustment disorders. There are some methods used by everyone in their life for adjustment, mainly the defense mechanisms like day dreaming, compensation, rationalization, intellectualization, identification, and projection. Mania, depression, paranoia, anxiety, being upset, feeling of helplessness and hopelessness, quick temper, over talkativeness, phobias, compulsions, and withdrawal are the features expressed by maladjustment peoples.

## 2. Need and Significance of the Study

Slum dwellers are people who are least cared by the society and are avoided by common people. A huge number of individuals are thickly populated in a congested area which is not hygienic and safe to live. Adjustment is an important factor to live in such a situation. People with adjustment difficulty may have many intrapersonal and interpersonal issues that will influence their social maturity. The need of the present study is to find out whether the living surroundings and facilities available for an individual have an influence in their social maturity level and adjustment. In the current scenario most of the individuals have adjustment difficulty and it has resulted in poor social maturity. The study focuses whether the basic living amenities of an individual play a role on both. There are slum dwellers in all major cities of India, who are least concerned and protected. A few studies have been done on the upliftment of slums in India till to date. In such a context the present study is very relevant and needful for the society.

### Statement of the problem

- To compare the level of adjustment between slum and suburb individuals.
- To compare the level of social maturity between slum and suburb individuals.

### Definition of the key terms

- **Social Maturity:** social maturity is a level of social skills and awareness that an individual has achieved relative to particular norms related to an age group
- **Adjustment:** a small alteration or movement made to achieve a desired fit, appearance, or result.

- **Slum:** a squalid and overcrowded urban street or district inhabited by very poor people.
- **Suburbs:** An outlying district of a city, especially a residential one
- **Maladjustment:** the lack of adjustment.

### Objectives

- Understand the difference between slum and suburb individuals on social maturity.
- Understand the difference in the adjustment level between the slum and suburb individuals.
- Identify whether there exists any relationship between social maturity and adjustment.

### Hypotheses

- There will be no significant difference in the level of social maturity of individuals among slums and suburbs.
- There will be no significant difference in the adjustment level of individuals among slums and suburbs.
- There will be no significant relationship between social maturity and maladjustment of individuals among slums and suburbs.

## 3. Method

The present research is objective in nature. The questionnaire method was used. The participants for this study consist of 100 individuals, out of which 50 is from slum and 50 from suburb. The slum people were selected from the Divanjimoola in Thrissur district. And the suburb people were selected from the surrounding place of the Thrissur district itself. Questionnaire method was used in the present study. Two main measures were used

### 1) Mathew Maladjustment Inventory (1975, MMI) by V. George Mathew.

It consists of 100 questions, which measures five major aspects of maladjustment and also gives an index of general maladjustment. The test is to administer anybody above 15. The inter correlation reliability for hundred males and females is 0.89. It also possesses a separate split-half reliability for each trait. Since the test measures somewhat different types of maladjustment, the test can be said to possess a high degree of content validity.

### 2) Social Maturity Scale (SMS – RN) by Dr. Nalini Rao.

It consists of 90 questions, which is mainly focused on three dimensions namely personal adequacy, interpersonal adequacy and social adequacy. The correlation coefficients attained among scores on both Kannada and English edition and Hindi and English edition were .98. In addition the personal data questionnaire is used to collect information on relevant socio – demographic variables such as age, gender, socio economic status, etc. For analyzing the coded data the following statistical techniques were used by using statistical package for social science (SPSS), version 16.0. The data were analyzed using the following statistical techniques:

- t- test
- Pearson's correlation coefficient.

#### 4. Result and Discussion

The study was to investigate the Social Maturity and Adjustment among slum and suburb individuals and then entitled “Social maturity in relation to Adjustment: A Comparative study among Slum and suburb Individuals”.

**Table 1:** Mean, standard deviation, t value and level of significance among slum and suburb individuals in social maturity

Variable	Groups	N	Mean	SD	t value	Sig. level
Social Maturity	Slum	50	208.64	27.53	2.05	0.048
	Suburb	50	222.22	37.77		

Table 1 indicates the mean, standard deviation, t value and level of significance among slum and suburb individuals in social maturity. From the table, it is clear that there is significant difference ( $t=2.05$ ;  $p<0.05$ ) between slum (mean=208.64; SD=27.53) and suburbs (mean=222.22; SD=37.77). Therefore, the null hypothesis stands rejected. On the basis of mean score the suburb individuals got high scores in social maturity than the slum. This result may occur due to the differences in interactions or the way of communication between the slum and suburbs. The slum is only engaged in a short space of area.

On the basis of mean score the suburb individuals got high scores in social maturity than the slum. This result may occur due to the differences in interactions or the way of communication between the slum and suburbs. The slum is only engaged in a short space of area. People in that place interacts with few number of individuals, are less educated and technologically not much improved while compared to the suburbs. The personal adequacy, interpersonal adequacy and social adequacy may be less. The less infrastructure and the less outer world interactions may affect their work orientation, self-direction, ability to take stress, communication patterns with themselves and others, trust building, cooperation, social commitments, social tolerance and openness to change in a negative way. The education is very much important for the people. In slum areas there is no kind of such education, everyone going for their daily bread every day. It may be that, the socializing agency plays a less role. And they live with the circle of their own customs, believe and practices. The low socio economic status is the main issue in their life; it pulls them to behave in a low socio maturity level.

Suburbs get information from various sources, interacts with different kinds of people who spoke different languages and are dealing with new technologies; legal systems were help them to behave in a socially mature level; and they are more literate than the slum groups. So the null hypotheses may reject in this case, i.e. there will be significant difference in the level of social maturity between slum and suburb individuals.

**Table 2:** Mean standard deviation, t value and level of significance among slum and suburb individuals in maladjustment

Variable	Groups	N	Mean	SD	t value	Sig. level
Mathew maladjustment	Slum	50	32.48	17.96	1.28	0.203
	Suburb	50	37.20	18.82		

Table 2 indicates the mean, standard deviation, t value and level of significance among slum and suburb populations in maladjustment. From the table, it is clear that there is no significant difference ( $t=1.28$ ;  $p>0.05$ ) between slum (mean=32.48; SD=17.96) and suburbs (mean=37.20; SD=18.82). Therefore, the null hypothesis stands accepted. On the basis of means the slum individuals shows a slight difference in the level of maladjustment. The slum individuals are less maladjusted than the suburb individuals. The slum learns to live with their difficulties, but the suburbs always complaints about their limitations without stopping their wishes. On the basis of means the slum individuals shows a slight difference in the level of maladjustment. The slum individuals are less maladjusted than the suburb individuals. Even though the suburb individuals get high infrastructure facilities, education, improved in the socio economic status they are weak in their adjustment level. When test the total maladjustment of the people suburbs shows a high maladjustment level than slum. Anxiety, mania, depression, inferiority, obsessive rumination, compulsions, paranoia, phobias, withdrawal tendency, nightmares, etc. are high in suburbs. This is because they are more future oriented, tensed about their life, work stress, etc. Slum is small areas were people interact with others and discuss about their problems in the small group itself, and they will say anything as it comes in mind without considering others. They are not feared about the authorities, legal systems, etc. but the suburb feared about the legal systems, authorities, family and is anxious about their job, future, education and always need to achieve a prime position in anything.

But the slum hails in poverty within a small landscape of a room, with more than six numbers of individuals in a family with poor hygiene and less infrastructure. They are worried about their future in a average level, but they don't much fears, but they don't want to fear about any authorities or others. They never mind what others say. If any problem has occurred they will discuss in the family itself, the environmental factors are not satisfactory, all have individual problems but they learns to adjust. Suburb who lives in separate rooms, their thought level also become different, they find fewer friends, or peoples who can share their emotions and problems, they are self-focused, inferiority presents in thinking, not trusting others, not satisfied with current livings want to need a high standard in life, and being upset for even small things. The result shows that there is only a slight mean difference exists between these two groups. It means that every individual is maladjusted with their life, situation, and facilities. So the null hypothesis is accepted here, i.e., there will be no significant difference in adjustment between slum and suburbs.

**Table 3:** The correlation between the variables social maturity and maladjustment

Variable		Social Maturity	Maladjustment
Social Maturity	Pearson correlation	1	-.223*
	Sig. Level		.026
	N	100	100
Maladjustment	Pearson correlation	-.223*	1
	Sig. Level	.026	
	N	100	100

Table 3 indicates the correlation between the variables social maturity and maladjustment. From the table, the correlation coefficient  $r$  is  $-0.223^*$  is significant at 0.05 levels. This indicates that there is a negative correlation between social maturity and maladjustment. Therefore, the null hypothesis stands rejected i.e., there will be significant relationship between social maturity and maladjustment. On the basis of Pearson correlation the result shows that there is a negative correlation has occurred. If one will increase the other will decrease. That is if social maturity increase the maladjustment will decrease; and if the maladjustment level increase the social maturity will decrease.

On the basis of Pearson correlation the result shows that there is a negative correlation has occurred. If one will increase the other will decrease. That is if social maturity increase the maladjustment will decrease; and if the maladjustment level increase the social maturity will decrease. Social maturity plays an important role in one's life and his adjustment level very much. If one may not socially mature, they will not be able to achieve a positive self in themselves and in the society. When socially immature there will arise problems and it leads to maladjustment. There exist a correlation between these two variables; but there is a negative correlation. When social maturity increases the maladjustment decreases. Actually in daily life this is needs in a person. So the null hypothesis, there will be no significance relationship between social maturity and maladjustment is rejected and the alternate hypothesis is accepted.

## 5. Conclusion

The present study result shows that there is significant difference exist in level of social maturity among slum and suburbs. The null hypothesis is rejected here. On the basis of corresponding mean scores the suburb groups are socially more mature than slum. The result on maladjustment level reveals that the null hypothesis is accepted that there is no significant difference in slum and suburb in the level of maladjustment. The suburb individuals show the highest rate in maladjustment when comparing on means. There occurs a negative correlation between social maturity and maladjustment that is when social maturity increases the maladjustment level will decrease.

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