

# A Study to Assess the Relationship between Family Environment, Home Adjustment and Academic Achievement among Middle Adolescents in Higher Secondary School, Chennai

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**Abstract:** ***Objectives:** The present aims to find out the relationship between family environment and home adjustment and academic achievement among middle adolescents. **Methods:** A Non-Experimental Co-relational design was conducted among 170 middle adolescent students in a selected school at Thiruvallur, Chennai. Purposive sampling technique was used. **Results:** There was significant relationship between family environment dimensions of system maintenance dimensions and academic achievement among middle adolescent at the level of  $P < 0.05$ . The correlation of co-efficient shows that there was a significant relationship between home adjustments and academic achievement among middle adolescent at the level of  $P < 0.05$ . There was a significant Chi-square association between home adjustment and socio demographic variables of age, residence, socio-economic status, education of middle adolescent and father's education among middle adolescents at the level of  $P < 0.05$ . There was a significant association between academic achievement and socio demographic variables of age, socio-economic status and education of middle adolescents at the level of  $P < 0.05$ . **Conclusion:** This study proves the focus of study to assess the relationship between family environment, home adjustment and academic achievement among middle adolescents.*

**Keywords:** Relationship, Family Environment, Middle Adolescence, Home Adjustment, Academic Achievement

## 1. Introduction

The image of adolescent is a time of storms and stress, intense moodiness and pre occupation with the self, which has permeated both professional and lays perspectives on this developmental period.<sup>[1]</sup> The families in general and parents in particular, have often been deemed to be the most important support system available to the child.<sup>[2-4]</sup> The strong factor in moulding a child's personality is this relationship with his parents. But if they diverge from this, the child's development may be distorted.<sup>[5]</sup> Coleman (1974) on his study states that conflicts may arise between the adolescents and the parents that are difficult to resolve if neither is willing nor able to compromise.<sup>[6]</sup> It takes all the tact and understanding of parents to handle their teenage son or daughter.<sup>[7-8]</sup> Fox et al., (1983) reported that families of delinquent or uncontrolled adolescents are characterized by poorer family relational ships and less social connectedness. In general these families are lower on cohesion and independence and higher on conflict and control.<sup>[9]</sup> Cox & Cox (1997) stated that adolescents have a poor reputation of getting along poorly with their families.<sup>[10]</sup> The teenage boy or girl may be facing with serious problems of adjustment when there is a difference of opinions, ideas, and attitudes with his/her parents. In china, 2006 at Oahio University they estimated that the adolescents with disturbed family function or with home adjustment gets affected about 70% and 50% of adolescents were remaining in mildly affected or unaffected on academic performance.<sup>[11]</sup>

Academic success is important for the future of adolescents. Failing to graduate from high school can set youth down a path of low success and set-backs.<sup>[12]</sup> Difficulties encountered by those lacking, a high school diploma include lower wages, lower job satisfaction, and higher school levels

of unemployment.<sup>[13]</sup> Therefore, it may be crucial for students to follow through in completing high school, assuming that success in school is important to one's future. The family functioning of positive family characteristics can serve as strong protective factors for children. If it is perceived as negative, then it affects the academic performance of adolescents. Family functioning and academic performance also affects the student's personal adjustments and self-concept.<sup>[14-17]</sup> The adolescents boys and girls if relieved of all generous love, even flowing, non-possessive affection, with both rights and responsibilities, very limited Indian studies were conducted to study the perceived family environment, home adjustment and academic achievement in adolescent.<sup>[18]</sup> The investigator also had experience with his family and through his life circumstance that if the adolescents perceive a disturbed family functioning and adjustment, then it may also be any one of the fact, which affects the academic performance of the adolescents.<sup>[19]</sup>

The purposes of the study is to find out the relationship between family environment and home adjustment, to find out the relationship between family environment and academic achievement, to find out the relationship between home adjustment and academic achievement, to compare the academic performance of male and female, to find out the association between socio demographic variables and family environment, to find out the association between socio demographic variables and home adjustment, to find out the association between socio demographic variables and academic achievement and to find out the socio demographic variables among middle adolescents.

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## 2. Materials and Methods

A Non-Experimental Co relational design was used. The study was conducted in Sri Lakshmi Higher Secondary School and Chini Sri RamuluChetty Higher Secondary School at Tiruvallur, Chennai. Middle adolescents who were at the age of 14-16years including both male and female students in a selected school at Thiruvallur, Chennai. The data was collected using Purposive sampling technique from 170 Middle adolescents. The study was conducted at Sri Lakshmi higher secondary school and Chini Sri RamuluChetty higher secondary school at Thiruvallur, Chennai from 21.07.2008-24.08.2008. The inclusion criteria for the samples are both male and female adolescents and students who are willing to participate in the study. The exclusion criteria for the samples are Adolescents who are physically sick and absentees. The data was collected after obtaining ethical clearance from the institutional ethical committee of Saveetha University. The purpose of the study was explained to the samples and written informed consent was obtained from them. The demographic data was collected using Socio demographic data, Family environment scale (Moos, and Moos,1986),Bells adjustment inventory (1962) and Academic achievement .The data collected from adolescent were analyzed using descriptive statistical methods like frequency, percentage, mean, standard deviation and inferential statistics like independent t test, correlation and analysis of variance(ANOVA).

## 3. Results

### Section A: Sample Characteristics

Out of 170 study participants with regard to age of adolescents, (56.5%) 96 belonged to 16 years and (13.5%) 23 belonged to 14 years. A gender of (52.4%) 89 belonged to female and (47.6%) 81 belonged to male. Residence of adolescents (45.9%) 78 belonged to urban and (26.5%) 45 belonged to rural. As far as socio economic status is concerned, (49.4%) 84 belonged to upper class and (2.9%) 5 belonged to lower class. As the education of middle adolescents concerned, (47.6%) 81 belonged to XI Std and (10.0%) 17 belonged to IX Std.

**Table 1:** Distribution of the socio demographic variable among middle adolescents,(N=170)

S.no	Socio demographic variables	Frequency	Percentage	
1.	Age	a)14 years	23	13.5
		b)15years	51	30
		c)16years	96	56.5
2.	Gender	a) Male	81	47.6
		b) Female	89	52.4
3.	Residence	a) Urban	78	45.9
		b) Semi urban	47	27.6
		c)Rural	45	26.5
4.	Socio economic status	a) Upper	4	2.4
		b) Upper middle	77	45.3
		c)Lower middle	84	49.4
		d)Lower	5	2.9
5.	Education of middle adolescent	a) IX standard	17	10.0
		b) X standard	32	18.8
		c)XI standard	81	47.6
		d)XII standard	40	23.5

### Section B: Distribution of home adjustment among middle adolescents

The distribution of home adjustment among 170 middle adolescents showed that, 143(84.1%) of middle adolescent belonged to very poor, 19 (11.2%) belonged to unsatisfactory, 7(4.1%) belonged to average,1(0.6%) belonged to excellent, and no one in the good category.

**Table 2:** Distribution of home adjustment among middle adolescents, N-170

S.no	Home adjustment	Frequency	Percentage
1	Excellent	1	0.6%
2	Good	-	-
3	Average	7	4.10%
4	Unsatisfactory	19	11.20%
5	Very poor	143	84.10%

### Section C: Relationship between family environment and home adjustment among middle adolescents

The result of the correlation of co-efficient shows that there was no significant relationship between family environment and home adjustment among middle adolescents.

### Section D: Relationship between family environment and academic achievement among middle adolescents

There was significant relationship between academic achievement and family environment dimensions of system maintenance dimensions at the level of  $P > 0.05$ . The ANOVA test results shows that there was a significant association between academic achievement and socio demographic variables of age, socio economic status and education of middle adolescents at the level of  $P < 0.05$ .

### Section E: Association between socio demographic variables and academic achievement among middle adolescents

The independent t Test value shows that there was no significant association between academic achievement and socio demographic variables of gender.

## 4. Discussion

The present study result was supported by Hui EK (2000) who conducted a survey of 2013 secondary school students. The survey indicated that both the students concerns and cause are multi-dimensional .The academic activity was perceived as the most pressing concern, while the problems at home and maladjustment behaviours were seen as lesser concerns.<sup>[20]</sup> The results also showed the significant gender, age and school banding effects. The overall findings showed that there is significant relationship between family, environment, home adjustment and academic achievement among middle adolescents.

## 5. Conclusion

This study proves the focus of study to assess the relationship between family environment, home adjustment and academic achievement among middle adolescents of 170 students revealed the result with significant based on the objectives specified in the study.

## 6. Acknowledgement

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## 7. Conflict of Interest

Conflict of interest declared none.

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