

ADJUSTMENT OF HIGH SCHOOL ADOLESCENT CHILDREN IN CLASSROOM.

Dr. Khan Zeenat Muzaffar

Assistant Professor, Marathwada College of Education Aurangabad.

ABSTRACT:

The adolescent period is a period of stress, storm and strife, where the child experiences many problems of adjustment, the study was undertaken to investigate the adjustment ability of the high school students. The survey method was used and a sample of 130 students from 8 English medium schools were collected. The High school Adjustment ability tool by A.K Singh and N.A Sen Gupta was used. The findings showed that high school adolescent have Low Adjustment ability in classroom. There is no significant difference in the Adjustment ability between male and female adolescents.

Key words-Adjustment, High school adolescents

INTRODUCTION:

Adjustment is a process of findings and adopting modes of behavior suitable to environment, or the changes in the environment. How one adjusts in particular situation depends on the personal characteristics and also the circumstances of the situation. In other words both personal as well as environmental factors work side by side in adjustment. An individual is adjusted if he is adjusted to both himself and environment. In classroom the adolescent adjustment is a tough task. If the classroom environment is autocratic and threatening the child finds lot of difficulty in adjustment. Teachers pressure, exam pressure generally if not dealt properly leads to maladjustment

“Adjustment is an outcome of individual efforts to deal with stress and meet his needs to maintain harmonious relationship with the environment”.**(Coleman)**

RATIONALE OF THE STUDY:

Teachers play a pivotal role in the school. They can either make the child or Mar the child if they desire. It is observed that most of the teachers are ill-trained and lack of psychological knowledge make them to handle them very roughly. Similarly the needs of the children are not met in the present day curriculum effectively and also do not cope up with the changing environment. Thus this situation creates tension and anxiety in children, which leads to maladjusted behavior. This study was taken with the intention to find out the adjustment ability of adolescent, which is supposed to be very crucial stage in the life of the child with regard to choosing philosophy, carrier etc.

OBJECTIVES:

- 1) To study the study the high school adjustment ability of adolescents in the classroom.
- 2) To study the High school Adjustment of male Adolescents in the classroom
- 3) To study the High school Adjustment of female students in the Classroom.
- 4) To compare the adjustment ability of Male and female adolescents.

HYPOTHESES:

- 1) The High school adjustment ability of Adolescents is high.
- 2) The High school adjustment ability of Male Adolescents is Low.
- 3) The High school adjustment ability of Female Adolescents is high.
- 4) There is no significant difference in the high school adjustment ability of Male and female adolescents.

SCOPE:

- 1) **Area:** The study is useful for studying the Adolescents students universally.
- 2) **Content:** The study is useful for studying the Adjustment level of High school students
- 3) **Unit:** The study is useful for all the children of age group 13 go 21 years.

LIMITATIONS:

- 1) **Area:** The study is limited to only Aurangabad city
- 2) **Content:** The study is limited to Adjustment ability.
- 3) **Unit:** The study is limited only to IX standard students of English medium

OPERATIONAL DEFINITION:

- 1) **Adjustment:** The ability of an individual to make harmonious relationship with self and environment.
- 2) **Adolescent Children:** The children who belong to age group of 13 to 21 years.

RESEARCH METHODOLOGY:

1) **Research Method-**

Survey method was used for the collection of data .The Students from 8 English medium schools of Aurangabad was selected as a sample. Total **130**Students were selected from different schools of Aurangabad City.The selected sample was administered with high school adjustment test by A.K Singh and N.A Sen Gupta .The scores were recorded, tabulated and analysed.

- 2) **Sampling Technique:** Random sampling technique was used.
- 3) **Sample Size:** **130**students from 8 English medium schools of Aurangabad city.
- 4) **Sample Design:**

Aurangabad City



English Medium schools



IX standard



Students(130)

TOOLS:

- 1) **High School Adjustment Test**-A.K Singh and N.A Sen Gupta

VARIABLES:

- 1) **Independent Variable**-Adjustment level
- 2) **Dependent Variable**- High school adolescent children.

STATISTICAL TECHNIQUE:

Mean,S.D,T test

DISCUSSION OF THE RESULT

- 1) **The High school adjustment ability of Adolescents is high.**

IX standard students.	Mean	Range	Interpretation
130	42.885	1-47	Low adjustment

As the mean value is 42.885, which shows that adolescents of high school show low adjustment ability

- 2) **The High school adjustment ability of Male Adolescents is Low.**

IX standard male students.	Mean	Range	Interpretation
65	42.43	1-47	Low adjustment

As the mean value is 42.43, which shows that Male adolescents of high school show low adjustment ability

3) **The High school adjustment ability of Female Adolescents is high.**

IX standard Female students.	Mean	Range	Interpretation
65	43.34	1-47	Low adjustment

As the mean value is 43.34, which shows that female adolescents of high school show low adjustment ability

4) **There is no significant difference in the high school adjustment ability of Male and female adolescents.**

Variable(High School Adjustment)	N	Mean	S.D	't' Value	df Value	Significant value	Interpretation
Male	130	42.43	478.9	0.549	1.97	0.05	Insignificant
Female		43.34	492.87				

As the 't' value is 0.05, it is clear that there is no significant difference in the male and female Adolescent adjustment.

CONCLUSIONS (Testing of Hypotheses)

1) **HYPOTHESIS NO.01**

The High school adjustment ability of Adolescents is high.

As the mean value is 42.88, as per the Norm table, ranges between 1-47, which indicates Overall Low adjustment ability of High school students in classroom. Hypothesis 01 is rejected.

2) HYPOTHESIS NO.02

The High school adjustment ability of Male Adolescents is Low.

As the mean value is 42.43, as per the Norm table, ranges between 1-47, which indicates Overall Low adjustment ability of High school students in classroom. Hypothesis 02 is rejected.

3) HYPOTHESIS NO.03

The High school adjustment ability of Female Adolescents is high.

As the mean value is 43.34, as per the Norm table, ranges between 1-47, which indicates Overall Low adjustment ability of High school students in classroom. Hypothesis 03 is rejected.

4) HYPOTHESIS NO.04

There is no significant difference in the high school adjustment ability of Male and female adolescents

As the 't' value is 0.5, it is clear that there is no significant difference in the male and female Adolescent adjustment. The Hypothesis no.04 is rejected

SUGGESTIONS:

- 1) The students him/herself and with the assistance of teacher in classroom should try to remove the hurdles which comes in the way of achievements or goals.
- 2) The teacher should provide conducive and non-threatening environment for proper adjustment of children in classroom.
- 3) The students should live in the real environment and avoid fantasy and fictional desires.

- 4) The teacher should deal friendly, if any maladjusted characteristics are noticed in the children.

REFERENCES:

- 1) B.N .PANDA(2003), -*Advanced Educational Psychology* Discovering Publishing House New Delhi, pp 314.
- 2) Clifford T.Morgan ,Richard A.King,(2015)*Introduction to Psychology* -Mc Graw Hill education Pvt Ltd Special Education New Delhi 722pp
- 3) Saundra K.Ciccarelli and Glenn E.Meyer (2016) *Psychology* Pearson Publishing Pvt Ltd 753pp
- 4) Best John W.James V.Kahn(2004) *Research in Education* –Printice Hall of India Pvtltd.New Delhi 435pp.
- 5) **Lal Brindavan**-(2002) *Research methodology*. ADB publisher jaipur-386pp.