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A Study of Adjustment Problem And its Impact on Achievement Among Secondary School Students

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Abstract

Adjustment is to achieve mental or behavioral balance between one's own needs and the demands of others as a result of which the individual is put to a more satisfactory state. Academic achievement is the knowledge or skill developed in the school subjects usually designed by the test scores on marks assigned by the teachers. Adjustment plays a vital role in the development of child. Adjustment is a dynamic and continuous process. For living a happy and prosperous life adjustment is a pre-requisite condition. Adjustment is a process of maintaining a balance between the needs such as physical, social, psychological and the circumstances that influence the satisfaction of these needs. The present study attempts to assess the adjustment problems with special reference to Secondary school students of Dharwad District. A sample of 1500 students was taken from the randomly selected Secondary Schools from the District itself. Out of the 1500 sample, 750 were boys and rest 750 were girls. The sample was collected by using simple random sampling technique. Normative Survey Method was used to collect the data. Adjustment Inventory constructed and standardized by RashmiOjha was used to collect data. The findings of the study shows that girl students have significantly higher academic achievement in social studies as compared to boy students and also the girl students have significantly higher on total adjustment and its dimensions as compared to boy students of secondary schools.

Key words: Adjustment, Academic achievement, secondary school, adjustment problem, and impact.

1. Introduction

Adjustment to schooling is influenced by a variety of personal and family Characteristics, and societal trend. It is the interaction of the child's personal characteristics and their experiences that ultimately determines how a child adjusts to school (**Margetts, 2002**).

Adjustment is to achieve mental or behavioral balance between one's own needs and the demands of others as a result of which the individual is put to a more satisfactory state. Academic achievement is the knowledge or skill developed in the school subjects usually designed by the test scores on marks assigned by the teachers. A brilliant child who is doing mathematics only slightly better than average work would be making and unsatisfactory adjustment. At the same time a child very limited potential in mathematics might be though as making satisfactory adjustment of his achievements even though blow average is commensurate with his ability.

Adjustment plays a vital role in the development of child. Adjustment is a dynamic and continuous process. For living a happy and prosperous life adjustment is a pre-requisite condition. Adjustment is a process of maintaining balance between the needs such as physical, social, psychological and the circumstances that influence the satisfaction of these needs. Adolescence is the most important and critical period of individual's development. It is the period of rapid revolutionary changes in the individual's physical, mental, moral, spiritual, sex and social outlook. It isa period of stress and storm that makes the adolescent to face many challenges in their life. It is a transition period during which they learn many new habits, behaviours and give up some old habits. In this period equilibrium of physical, mental and social forces is lost and the result is that the individual has to make new adjustment with his own self, with the family and with the society at large. Some adolescents do not negotiate these challenges positively and leads to personal and social problems

which lead towards their maladjustment. Most of the students suffer from frustrations, conflicts, complexes, anxieties and worries. They experience difficulty in physical, mental, emotional, social and other adjustment.

Concept and Definition of Adjustment

The concept of adjustment was first used by Darwin in his theory of natural selection. At that time the word adaptation to environment was used instead of adjustment. Man had the highest capacity to adapt to new situation among all living being. In this process of adaptation man uses his maximum capacity to fight against the adversaries of the environment situations. When man becomes victorious, he is said to have been adapted to the environment.

Dictionary of Education defines adjustment as—adjustment as the process of finding and adopting modes of behaviour suitable to environment or to change in the environment. According to Crow & Crow, —an individual's adjustment is adequate, wholesome or healthful to the extent that he has established harmonious relationship between him self and the conditions, situations and persons who comprise his physical and social environment.

According to Shaffer, adjustment is the process by which a living organism maintains a balance between needs and the circumstances that influence the satisfaction of these needs. Gates, A. and Jersild, A. states adjustment is a continual process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment.

Concept of Academic Achievement

Academic Achievement is the outcome of education the extent to which a student teacher or institution has achieved their educational goals Academic achievement is commonly measured by examinations or continuous assessment but there is no general agreement to know how it is best tested or which aspects are most important, procedural knowledge such as skills or declarative knowledge such as facts. Academic Achievement is the accomplishment or proficiency of performance in a given skill or body of knowledge.

Achievement refers to the scholastic or academic achievement of the student at the end of an educational programme. A good number of variables such as personality characteristics of the learners, the SES, the organizational climate of the school, curriculum planning, etc., influence achievement in different degrees. These variables are generally referred to as correlates of achievement.

The factors, which influence on academic achievement of students', are many. Students' IQ, health, peer group, past experience, attitude towards the school subjects and teachers, the emotional care, parents' love and affection, family environment, SES, etc., are some of the factors which affect the academic achievement of students.

In this study the researcher has made an attempt to study the relationship of adjustment with students' Academic Achievement and it was found that there was a positive relationship.

The Problem

The present investigation is titled as: A Study of Adjustment Problem and Its Impact on Achievement among Secondary School Students.

Review of Literature

Suseela Malaklolutnu Poovaikarasi Sateyen Selan (2011) studied "Adjustment Problems among International Students in Malaysian Private Higher Education Institutions". A quantitative survey using the 'International Student Problem Inventory' was conducted on randomly selected international students from five major private higher education institutions in Malaysia. Data analysis

revealed that the adjustment problems related to academic, religious, personal, and social adjustment problems were rated high, with financial, and language adjustment problems showing the least impact. Based on the findings, some recommendations are provided to help international students get adjusted to the Malaysian environment and achieve academic success.

Birina (2017) studied “Adjustment Problems of Secondary School Students of Gorkha Community with Respect to Gender”. The present study attempts to assess the adjustment problems with special reference to Secondary school students of Gorkha Community in Udalguri District, B.T.A.D. Assam. A sample of 60 students was taken from the randomly selected Secondary Schools from the District itself. Out of the 60 sample, 30 were boys and rest 30 were girls. The sample was collected by using simple random sampling technique. Descriptive Survey Method was used to collect the data. Adjustment Inventory constructed and standardized by A.K.P Singha and R.P Singh(1971) was used to collect data.

Objectives of the study

- To study the significant difference between Boy and Girl students of secondary schools of Dharwad district with respect to academic achievement in social studies.
- To study the significant difference between Boy and Girl students of secondary schools of Dharwad district with respect to total adjustment and its dimensions.

Variables of the Study

In the present study the following variables were considered:

Independent Variable

Adjustment

Dependent Variable

Academic Achievement

Moderator Variable

Gender

Research Design

The present study is a normative survey method type research. The research design specifies the questions to be investigated, the process of sample selection, methods of procedure to be followed, measurements to be obtained and comparison and other analyses to be made.

Hypotheses of the Study

Hypothesis: There is no significant difference between Boy and Girl students of secondary schools of Dharwad district with respect to academic achievement in social studies.

Hypothesis: There is no significant difference between Boy and Girl students of secondary schools of Dharwad district with respect to total adjustment and its dimensions i.e.,

- Home adjustment
- Health adjustment
- Social adjustment
- Emotional adjustment

Research Tools Used

The following tools were used for collection of data.

1. Adjustment Inventory: by RashmiOjha
2. Academic Achievement in Social Science : by Investigator

Population and Sample

In the present study, the investigator proposes to use the stratified random sampling procedure to select the sample (participants). The sample was consisted of a 1500 population of secondary school students of Dharwad district.

Data Collection

Data was collected from secondary school students. The investigator personally visited the secondary schools located in Dharwad district and with the prior permission of the higher authorities administered the tools to 1500students. A clear cut instruction was given to fill up the tools.

Statistical Techniques

To know the difference between adjustment and its dimensions and academic achievement of the secondary school students the following statistical technique was used.

- Differential Analysis

Data Analyses

Table-1: Results of t-test between Boy and Girl Students of Secondary Schools of Dharwad District with Respect to Academic Achievement in Social Studies

Gender	n	Mean	SD	SE	t-value	p-value	Signi.
Boys	750	97.85	19.05	0.70	-3.5118	0.0005	<0.05, S
Girls	750	101.12	16.94	0.62			

From the result of the above table, it can be seen that, a significant difference is observed between Boy and Girl students of secondary schools of Dharwad district with respect to academic achievement in social studies ($t=-3.5118$, $p<0.05$) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the girl students have significantly higher academic achievement in social studies as compared to boy students of secondary schools of Dharwad district.

Table-2: Results of t-test between Boy and Girl Students of Secondary Schools of Dharwad District with Respect to Total Adjustment and its Dimensions

Variable	Gender	n	Mean	SD	SE	t-value	P-value	Signi.
Total adjustment	Boys	750	54.59	16.97	0.62	-4.7821	0.0001	<0.05, S
	Girls	750	59.20	20.22	0.74			
Home adjustment	Boys	750	13.15	4.78	0.17	-2.8342	0.0047	<0.05, S
	Girls	750	13.92	5.59	0.20			
Health adjustment	Boys	750	10.44	6.13	0.22	-5.0108	0.0001	<0.05, S
	Girls	750	12.20	7.45	0.27			
Social adjustment	Boys	750	17.41	5.84	0.21	-3.2922	0.0010	<0.05, S
	Girls	750	18.45	6.44	0.24			
Emotional adjustment	Boys	750	13.60	6.56	0.24	-3.0211	0.0026	<0.05, S
	Girls	750	14.63	6.76	0.25			

From the result of the above table, it can be seen that,

- A significant difference is observed between Boy and Girl students of secondary schools of Dharwad district with respect to total adjustment ($t=-4.7821$, $p<0.05$) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the girl students have significantly higher on total adjustment as compared to boy students of secondary schools of Dharwad district.
- A significant difference is observed between Boy and Girl students of secondary schools of Dharwad district with respect to dimension of total adjustment i.e., home adjustment ($t=-2.8342$, $p<0.05$) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the girl students have significantly higher on dimension of adjustment i.e., home adjustment as compared to boy students of secondary schools of Dharwad district.
- A significant difference is observed between Boy and Girl students of secondary schools of Dharwad district with respect to dimension of total adjustment i.e., health adjustment ($t=-5.0108$, $p<0.05$) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the girl students have significantly higher on dimension of adjustment i.e., health adjustment as compared to boy students of secondary schools of Dharwad district.
- A significant difference is observed between Boy and Girl students of secondary schools of Dharwad district with respect to dimension of total adjustment i.e., social adjustment ($t=-3.0211$, $p<0.05$) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the girl students have significantly higher on dimension of adjustment i.e., social adjustment as compared to boy students of secondary schools of Dharwad district.
- A significant difference is observed between Boy and Girl students of secondary schools of Dharwad district with respect to dimension of total adjustment i.e., emotional adjustment ($t=-3.2922$, $p<0.05$) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the girl students have significantly higher on dimension of adjustment i.e., emotional adjustment as compared to boy students of secondary schools of Dharwad district.

Major Findings of the Study

1. The girl students have significantly higher academic achievement in social studies as compared to boy students of secondary schools of Dharwad district.
2. The girl students have significantly higher on total adjustment as compared to boy students of secondary schools of Dharwad district.
3. The girl students have significantly higher on dimension of adjustment i.e., home adjustment as compared to boy students of secondary schools of Dharwad district.
4. The girl students have significantly higher on dimension of adjustment i.e., health adjustment as compared to boy students of secondary schools of Dharwad district.
5. The girl students have significantly higher on dimension of adjustment i.e., social adjustment as compared to boy students of secondary schools of Dharwad district.
6. The girl students have significantly higher on dimension of adjustment i.e., emotional adjustment as compared to boy students of secondary schools of Dharwad district.

Implications of the Study

The present study has its implication for teachers, curriculum framers and parents. Educational Implications of present study are as follows:

- The first responsibility of the parents and teachers should be to know the areas where the students lack adjustment and try to give better conditions for proper adjustment in every sphere.
- Parents should also create such an environment so that adolescent girls can express their feelings/opinion without any hesitation
- School environment must be cordial and congenial. There should be proper provision of co-curricular activities in the school. These activities would develop desirable social qualities among adolescent girls and also help to adjust well in the society.
- To utilize the capacities, capabilities and potentialities of the girl child, it is necessary to change the attitude of parents as well as teachers by training and educating them about each psychological aspect of female child.
- Students should be given an opportunity to express their own ideas and discuss their problems with school authorities. It develops self-confidence and mental satisfaction among the students.
- Special courses should be introduced in the school so that the students can become self-reliant, self-confident and well-adjusted in the society, school as well as home also.
- There should be proper provision of guidance and counseling centre in the schools. It may be able to help students to adjust himself / herself.

Discussion and Conclusion

Adjustment problems have posed a serious threat to the students at every stage of life and every level of education. Maladjustment has hindered the way of developing well balanced personalities among students. This in turn results in lack of proper adjustment in the emotional, social, and educational and any aspects of life. Although some students have the abilities of proper adjustment, maximum students are yet to reach the level. Thus, to assess such maladjustment problems this study was conducted by the investigator. The findings of the present study indicate that there exist significant differences between the secondary school students on the basis of gender regarding emotional, social, health adjustment, home adjustment problems in Dharwad District. There seems to be an urgent need to improve the situation arising out of maladjustment. And this is the responsibility of all the people of the society to work together to throwaway the problems of adjustment by facilitating better adjustment skills among the Secondary School students.

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