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RESEARCH PAPER

## A Study of Adjustment of High School Students of Ahmedabad City

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**Key words:** *Adjustment, harmonious relation, systematic emergence etc.*

### **Abstract**

*To change oneself and adjust with environment to establish harmonious relation is adjustment. The process of adjustment starts right from the birth of the child and continues till ones death. The concept of adjustment is as old as human race on earth, systematic emergence of this concept starts from Darwin. In those days the concept was purely biological and used the term adaptation.*

*The present study aims at findings out the study of adjustment of High School Students of Ahmedabad city. Self-developed tool was administered on a cluster sample of 320 high school students in Ahmedabad City. This study clearly indicates about the adjustment among the high school students. Adjustment of girls and boys are common. Joint and nuclear family adjustment are more or less common.*

### **Introduction**

Man among the living beings, has the highest capacities to adapt to new situations. Man as a social animal not only adapts to physical demands but he also adjust to social pressures in the society. Biologists used the term adaptation strictly for physical demands of the environment but psychologists use the term adjustment for varying conditions of social or interpersonal relations in the society. Thus one can say that adjustment means reaction to the demands and pressures of social environment imposed upon the individual. The demands may be external or internal to whom the individual has to react observe the life of a child, he is asked to do this and not to do other things. Child has to follow to certain beliefs and set of values which the family follows. One's personality develops in the continuous process of interaction with his family and environment.

Adjustment as an achievement that means how efficiently an individual can perform his duty in different circumstances. Students are the future of our nation.

A well-adjusted student will definitely bring fame, name and success for the nation as well as in the society. A well-adjusted student can cater personal needs also. Thus, well-adjusted person is like water which changes shape according to circumstances and find its own way. To study adjustment problems and procedure researcher has selected the problem as slated in statement of a problem.

❖ **Statement of the Problem**

❖ A Study of Adjustment of High School Students of Ahmedabad City.

❖ **Objectives of the study:**

Main objectives of the study are as follows:

- 1) To study the effect of gender on the adjustment of high school students of Ahmedabad city.
- 2) To study the effect of type of family on the adjustment of high school students of Ahmedabad city.

❖ **Hypothesis of the Study:**

Main hypothesis of the study are as follows:

- 1) There will be no significant difference between mean scores of adjustment of boys and girls of High school of Ahmedabad city.
- 2) There will be no significant difference between mean scores of adjustment of high school students belonging to joint family and nuclear family of Ahmedabad city.

❖ **Limitation of the study:**

- 1) This study is restricted to high school students of Ahmedabad city.
- 2) This study is done on Gujarati Medium Students.

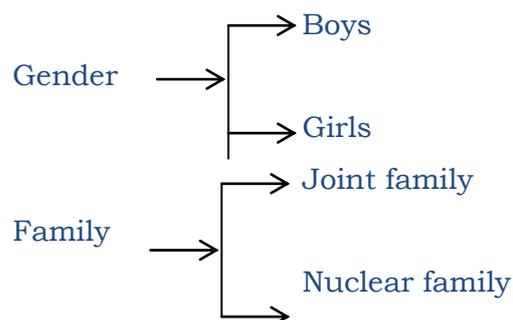
❖ **Method of Research:**

In the present study, survey method was used because it is proper and feasible too.

❖ **Variables of the study:**

Variables of the study are as follows:

Independent Variable:



Dependent Variable: Adjustment

Control Variable: - Gujarati Medium School  
- Ahmedabad City

❖ **Sample:**

In the present study the researcher has selected high school student for the cluster sampling. There were 320 student in total of 6 school of Ahmedabad city as a sample.

❖ **Tool:**

❖ Researcher made a self-made adjustment inventory.

❖ **Data Analysis and Interpretation:**

**Table No.1**

**Analysis of Adjustment among Boys and Girls of Secondary School**

Gender	N	Mean	S.D.	T-Value	S/NS
Boys	160	42.48	8.85	0.91	NS
Girls	160	43.36	8.556		

From the table it is evident that the  $t=0.91$  is less than  $+ 0.05 = 1.96$  which indicates that the difference is not significant at 0.05 level of significance.

Thus, the hypothesis that 'there will be no significant difference between the Mean Scores of Adjustment of Boys and Girls of high school of Ahmedabad city, is not be rejected at 0.05 level. It means that there is no significant difference in the adjustment among the secondary school boys and girls of Ahmedabad City.

**Table No.2**

**Analysis of Adjustment among High School Student belonging to Joint and Nuclear Family**

Gender	N	Mean	S.D.	T-Value	S/NS
Joint Family	194	43.20	9.32	0.7	NS
Nuclear Family	127	42.54	7.70		

From the table it is evident that the  $t=0.7$  is less than  $+ 0.05 = 1.96$  which indicates that the difference is not significant at 0.05 level. Thus, the hypothesis that There will be no significant difference between the Mean Scores of Adjustment of High School Students belong to Joint Family and Nuclear Family of Ahmedabad city will not be rejected at 0.05 level. It means that there is no significant difference in the adjustment among the high school students belonging to joint and nuclear family.

❖ **Findings:**

The researcher has presented the above findings after interpreting data, getting through the information according to the collected data, which were as under:

1. There is no significant difference between adjustment of girls and boys of high school of Ahmedabad. Thus, it can be said that the adjustment of boys and girls of high school students is almost similar.
2. There is no significant difference between the adjustment of joint family and nuclear family of high school students of Ahmedabad. Thus, it can be said that adjustment of high school student of joint and nuclear family is almost similar.

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