

## ADJUSTMENT AND VALUES OF ADOLESCENT MALE AND FEMALE STUDENTS

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### ABSTRACT

*In the present study investigators make an attempt to assess the various problems of adjustment and value patterns of adolescents (boys/ girls). Most of the adolescents face various difficulties in adjustment in their educational and social life. Therefore, it is essential to compare the adjustment and various value patterns of adolescents, so that they may be given adequate and proper guidance. Personal Value Questionnaire by Sherry and Varma and Adjustment Inventory by Sinhan and Singh were used. Significant difference was found between boys and girls in the case of aesthetic, knowledge, family prestige and health values. There was no significant difference between boys and girls in the matter of their adjustment.*

### INTRODUCTION

In ancient India, education was a nice blend of knowledge and values which equipped the students to face challenges of life boldly and live in the society harmoniously. They were taught, 'that life without values is valueless while with values it becomes invaluable.

When a child is born, he is just a mass of protoplasm thrown into the lap of society. The story of development of human personality is the story of constant interaction between self (the inner reality) and environment (the outer reality). The pillars are the 'values', which develop through an interaction of needs, perception, emotion, sentiments and attitudes. Almost all human beings have the same physiological needs; hence difference in their values and styles of life. These values make our life meaningful and give us a direction for our future life. These influence our life and work and make our personality well. According to Morris "The concept of values cannot be defined specifically." According to Allport, "Anything that finds a satisfaction is designated as value".

### TYPES OF VALUES

1. Personal values
2. Social values

3. Moral values
4. Spiritual values
5. Behavioral values

### ADJUSTMENT

The concept of adjustment was originally a biological one and it was termed adaptation. Adjustment involves a reaction of person to demands imposed upon him. Internal demands are related to emotions and external demands are related to home conditions, health, society and education. If a person has a strong value system and knows his preferences well, this problem of adjustment would not arise. According to C.V.Good, 'Adjustment is the process of finding and adopting needs of behavior suitable to environment or to changes in the environment.'

### RELATED RESEARCH STUDIES

Pooja Purang and Anuradha Sharma (2000) studied the relationship of family background with value systems of students. The study revealed that father's and mother's education is positively correlated to knowledge value.

Kumud (1991) in her study "A study of values among lecturers and their comparison with some scientists and engineers" revealed that scientists are more interested in economic, theoretical values than the lecturers and engineers.

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J.Moorjani, M.Mohan, R.Sharma (2007) studied the influence of modernization and gender on adjustment level of adolescents of government and private schools. The tools used are modernization scale and adjustment inventory (Sinha and Singh, 1984) for school students. A few interesting findings are that modernization did not show significant influence on adjustment level of students.

Shobha Rao (2006) presented an overview on moral education. She compared education in ancient India and in progressive India. She says that in ancient India education was a nice blend of knowledge and values but today standard of living gave way to virtuous living, selfishness, greed and competition are guiding the society.

#### OBJECTIVES

1. To study the value pattern of adolescents.
2. To study the adjustment pattern of adolescents.
3. To study the value difference between boys and girls.
4. To study the adjustment difference between boys and girls.

#### HYPOTHESES

1. There is no significant difference in the value pattern among adolescents.
2. There is no significant difference in the adjustment pattern among adolescents.
3. There is no significant difference in the values between boys and girls.
4. There is no significant difference in the adjustment between boys and girls.

#### METHOD

Descriptive survey method of research has been used.

#### SAMPLE

The present study was conducted on a sample of 200 students (100 boys and 100 girls) studying in High schools of Rewari district of Haryana.

#### Tools

The following two tools have been used:

1. Adjustment Inventory for School Students - Dr. A.K.P. Sinha, Dr. R.P.Singh
2. Personal Value Questionnaire - Dr. (Mrs.) G.P.Sherry, Dr. R.P.Verma

#### Statistical Techniques Used

Mean and standard deviation of the scores of values and adjustment are calculated for males

**TABLE 1**  
**Comparison between Values of Girls and Boys (Students)**

Value	Girls		Boys		't' value
	Mean	S.D.	Mean	S.D.	
Religious	9.8	3.10	9.0	4.0	1.20
Social	15.5	2.86	15.38	2.90	1.71
Democratic	15.4	2.51	15.15	2.91	0.85
Aesthetic	13.58	2.76	12.5	2.54	2.84 *
Economic	8.40	2.85	8.01	3.60	0.75
Knowledge	15.81	2.25	16.5	2.60	3.00 *
Hedonistic	7.91	3.15	8.55	3.25	1.25
Power	7.00	2.40	7.5	2.56	0.76
Family Prestige	13.46	3.24	12.10	3.36	2.80 *
Health	11.51	3.50	12.82	2.70	3.10 *

\*Significant at .05 level

and females. 't' test was employed to compare the difference between mean scores of male and female students on each of the three dimensions of adjustment scale and each of the ten dimensions of value.

A look on the table No. 1 reveals that the t values of aesthetic, knowledge, family prestige and health values are significant at 0.05 level of significance. This shows that there exists a significant difference between the boys and girls in the case of these values.

The Aesthetic value and family prestige value of girls is higher than that of the boys. They have more beauty appreciation power and are interested in decoration of homes, surroundings and in neatness. They are more concerned about the prestige of family and try to act and behave in a manner which is according

to the social norms and status of their family. But the knowledge value of boys is higher than girls. The boys are more hungry for knowledge. They are more interested in theoretical principles of

**TABLE 2**  
**Showing Mean, S.D. and 't' value of the scores of adjustment of boys and girls.**

Girls		Boys		't' Value
Mean	S.D.	Mean	S.D.	
12.22	4.35	12.0	4.60	0.45

any activity and also in discovery of truth. Similarly, health value of boys is higher than that of girls. They are more health conscious and consider good physical health a measure of their ability which is essential for the development of their personality.

The table No. 2 shows the adjustment of boys and girls. The 't' ratio is 0.45 which is not significant at any level of significance. Thus we can say that there is no significant difference between the adjustment of boys and girls.

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