



**A STUDY OF ADJUSTMENT PATTERN OF HIGH SCHOOL STUDENTS OF
SUNDERBANI TEHSIL OF DISTT RAJOURI (J&K)**

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Abstract

Jammu And Kashmir State is full of beautiful surrounding. The state is famous for its scenic beauty and unique culture. But at the same time the state is surrounded with some inter-national border and the people living in border areas come across with varied socio-cultural as well as academic complexities leading to some adjustment problems. It is generally observed that the people living in the border areas are better prepared to face any problematic situation of life related to adjustment. Various studies conducted on characteristics of people living in border areas have shown that the population living in border area is significantly better in life managing skills and other desirable abilities to enjoy successful life.

CONCEPT OF ADJUSTMENT: Life presents continuous chain of struggle for existence and survival. Everyone strives hard for satisfying our need. Adjustment is continuous process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment. Adjustment is a process that to lead a happy and contented life. Adjustment gives the strength and ability to bring desirable change in the condition of the environment. There is a continuous interaction going on between individual and his environment. If this interaction is profitable to the society and good for an individual, it is known as adjustment and if the individual has the courage to attain the goal, it is known as adjusted. A compromise between the needs of the individual and the demands of the society in which he lives is called adjustment. In struggling to achieve something, if one find that results are not satisfactory, and changes his goal or the procedure. Thus one protects from possible injury to one's ego and frustration. It is like shifting to more defensive position in order to face challenges of the situation after Initial Failure. This feature of living being is termed as adjustment. A well adjusted person is one who is efficient and happy in a reasonable satisfactory environment. The maladjustment refers to disharmony between the person and his environment. The term "Adjustment" is a continual process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment. The behaviour of a person is purposeful which is directed

towards the goal or satisfaction of some needs It is the adjustment, which satisfied a person's feeling or needs An individual is adjusted to the extent to which there is harmony among his needs. Goals leading to the fulfillment of these needs are attainable and these goals are socially desirable. Adjustment is to achieve mental or behaviour balance between one's need and the demand of the other as a result of which the individual is put to more satisfactory state. A good adjustment is one, which is both realistic and satisfying. Adjustment is a long run and it reduces to a minimum of the frustrations, tensions and anxiety, which a person much endures. Adjustment helps us to keep balance between one's need and capacity to meet these needs. Adjustment gives us the ability and strength to bring desirable changes in the state of our environment.

According to Webster (1951), "Adjustment is the establishment of the satisfactory relationship as representing harmony, conformance and adaptation of the life". An individual's adjustment is adequate, wholesome or helpful to the extent that he has established harmonious relationship between himself and the conditions, situations and person who comprise his physical and social environment.

According to Shaffer (1956) "Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influences the satisfaction of these needs." E.J. Shabon (1957) "has termed as healthy energetic participation in group activity, grasping of responsibility at times to the point of leadership and above all avoidance of self deception in the adjusting. The word 'Adjustment' means to fit oneself or to bring oneself to proper state or position in any field of life. Therefore, the word adjustment means the extent to which an individual's personality functions effectively in the society. "The process of adjustment starts right from the birth of the child and continues till the death. Man among the living being has the highest capacity to adapt to new situations. Man as a social animal not only adapts to physical demand but also adjust social pressures. Thus we see that adjustment means reactions to the demands and pressure of social environment imposed upon the individuals. The demand may be external or internal to whom the individual has to read". (Chauhan), 1978)

AREAS OF ADJUSTMENT: Beil (1937) explains important areas of adjustment for adults as home, health, social, emotional, school and occupational adjustment. In case of adolescents last dimension occupational adjustment is not applicable.

Home Adjustment: Beil (1939) brought out the following significant differences at home adjustment between boys and girls. The high school boys had experienced a desire to run away from home often, than the high school girl. The high schools girls were more irritated than were the boys because their parents, personal habits, favoritism by parents, love and hate for parents and parents criticism.

Health Adjustment: Health in its broader aspects is essential to its well balanced personality, it dependent to a large degree on ideas and happiness. Sound health is the source of satisfaction and adjustment. Persons who have physical defects or deformities may develop various types of complexes and frustrations and result is maladjustment.

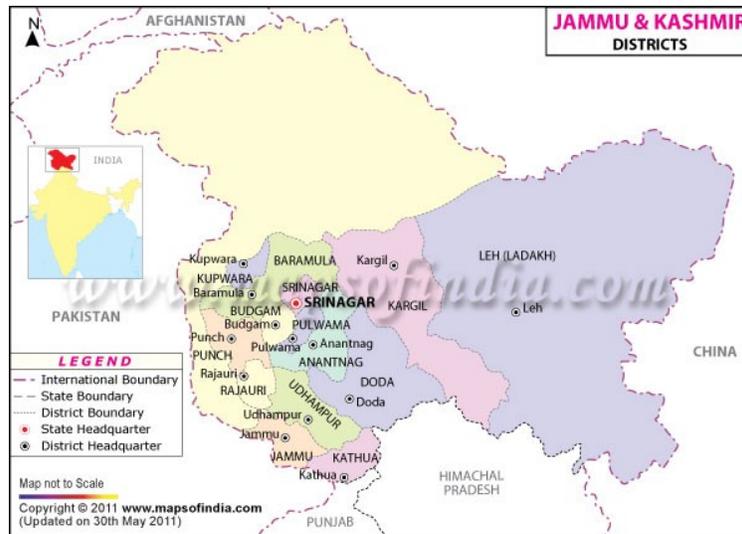
Social Adjustment: Area of social adjustment is influenced by social maturity of the person. Maturity in social relationship means to establish good relations with family, neighbours, playmates, class-fellows, teachers and other members of the society. Socially mature person behaves in accordance with social norms, customs and traditions. He never engages himself in anti-social activities.

Emotional Adjustmen: A person is emotionally adjusted if he expresses proper emotion in a proper situation in a proper form. An emotionally stable person may be well adjusted and emotionally unstable conditions cause mental disorder and maladjustments.

School Adjustment: Healthy environment of the school helps the person in making school adjustment. Subrahmanyam (1989) describes school adjustment as the adjustment of the students to the school environment, consisting of school conditions such as physical environment, curriculum, text books, methods of teaching, facilities, work-schedule, authority, discipline, interpersonal relations with the teachers and other members of the organization etc. The member in which and the speed with which the students arrives at satisfactory adjustment to the demands of a school is index of his capacity to understand them. In other words, it is the capacity of his adjustment to that environment.

In brief, adjustment means how an individual reacts to his needs and expectations. When his purpose needs and expectations are satisfied, he is adjusted. The purpose of education is to enable every individual to adjust personally to the environment.

Need of the Study:



Jammu and Kashmir is the northern most state of India. It is situated mostly in the Himalayan Mountains. Jammu and Kashmir shares a border with the states of Himachal Pradesh and Punjab to the south and internationally with the People’s Republic of China to the north and east and the Pakistan administered territories of so called Azad Kashmir and Gilgit- Baluchistan, to the west and northwest respectively. Formerly was a princely state.

Justification of the Problem: Adjustment is an all inclusive term meaning and relationship between an individual and his environment through which his needs are satisfied in accordance with social demands. Adjustment can be seen from the lowest to the highest species up to man. Boring says that if a paramecium (single celled animal) meets an obstruction while swimming, it will pack up, turn through a small angle and swim forward again. The present world is complex in nature and is very difficult to live peacefully in it and “Adjustment” is the key to success. It helps an individual to shape his personality to play the roles which is assigned to him within a given environment. And if his needs are met by playing such roles, he is said to be a “well-adjusted” person and if not he is maladjusted. Various models and theories of adjustment have been given. Moral model views it in terms of morality, the absolute norms of expected behaviour. The medical, biological model holds genetic, psychology and bio chemical factors to be responsible for one’s adjustment. The psychological view says that adjustment plays an important role in human life. They said adjustment is the extent that one’s needs are gratified or are in the way of being gratified. In the Freud’s opinions these needs are sexual in nature. On the other hand, failure to gratify a strong need or to respond to a strong external need may result in painful tensions. These tensions can disturb psychological comfort, produce physical symptoms

which results in abnormal behaviour. So, adjustment implies a satisfactory adaptation to the demand of day to day life. At adolescence, large numbers of students suffer from adjustment problems like a child feels a certain degree of frustration. The need of present investigation came to be justified by considering that lots of differences that are found in adjustment pattern of boys and girls in changing environment with different types of school, self- motivation, achievement orientation, emotional problems. All these negative aspects hamper a child's growth and development. Adjustment is the main factor which determines the personality of an individual to have a happy life i.e. to keep a balance between their needs and demands and situations of their environment. The present study will give us an idea of pattern of adjustment among the students living in border area, the individual will thus differ in the adjustment at adolescent stage. The present study is taken at M.A. level in order to find out the adjustment differences in high school students belonging to border area. Adjustment is a multi dimensional trait and it is just possible that a person is adjusted in one trait but maladjusted in other or may be that he is maladjusted in all. The need of the present problem was felt from many grounds. In general, it is felt that with the beginning of adolescent period, a child feels certain problems. In particular the growing child must acquire skills and attitudes that will enable him to find his place in the world of work and he must adjust himself to a member of the group so that he can establish happy relations and family responsibilities. Unfortunately the adolescents must also overcome the resistance of the maturing process by his parents. All these problems contribute adjustment problems, which must be guided properly in order to achieve adult maturity. Therefore, the study of the area of adjustment is not only important from individual point of view as it not only saves the individual from frustration but also safeguard the other who have to deal with him. The study of the adjustment patterns at the school stage is the most important because we have co-education institutions where boys and girls study together and they should adjust with each other. So that conducive environment in the school may prevail and the problem like indiscipline may be checked. Now days, adjustment at the school is a burning problem. Academic adjustment and home adjustment and to some extent present educational system is the result of wide spread behaviour problem in children. Therefore it is essential to study the adjustment pattern of the adolescent in relation to academic anxiety and provide feedback. So that conducive environment for student may be created for better learning situation. No doubt, studies have conducted on adjustment but border area has not been taken up for study. This area is confronted with many

problems due to its location. Sometimes families of children studying in school are disturbed due to shelling and bombing at the border by our neighbor country Pakistan. The investigator wanted to study whether this affect the adjustment and academic achievement of the students. Therefore, it thought worthwhile to study the present problem.

OBJECTIVES OF THE PRESENT STUDY: 1. To study the level of adjustment patterns of high school students belonging to border area of tehsil Sunderbani of Distt. Rajouri. 2. To study the gender differences between the high school students belonging to border area in terms of their Home adjustment 3. To study the gender differences between the high school students belonging to border area in terms of their Health adjustment 4.To study the gender differences between the high school students belonging to border area in terms of their Social adjustment. 5. To study the gender differences between the high school students belonging to border area in terms of their Emotional adjustment and school adjustment

HYPOTHESES OF THE STUDY:

1. There will be no significant differences in home adjustment of high school boys and girls belonging to border area. 2. There will be no significant differences in health adjustment of high school boys and girls belonging to border area. 3. There will be no significant differences in social adjustment of high school boys and girls belonging to border area. 4. There will be no significant differences in emotional adjustment of high school boys and girls belonging to border area. 5. There will be no significant differences in school adjustment of high school boys and girls belonging to border area.

METHODS AND PROCEEDURE: The progress of mankind depends upon well-conducted research program. Such facts are obtained through a systematic procedure. Each data collecting device has both merits and demerits. Each research tool is appropriate in a given solution to accomplish a particular process. It may be stressed that these tools may be used in combinations. They supplement the work of each other.

SAMPLING: An optimum sample in survey is one, which fulfills the requirements of efficiency, representatives, reliability and flexibility. The sample should be small enough to avoid intolerable sampling error. Sampling is fundamental to all the statistical methodology of research. No research can be conducted without sampling. In any scientific investigation sampling plays an important role. Sampling in educational research means a segment of population chosen from the universe for the purpose of applying generalization of the study on

the universe. The sample should be representative of the whole universe. The word universe indicated the large group from which the sample is chosen. A researcher can never collect the data from the whole population in any investigation. One has to take selected group of individuals who could represent the whole population in and from the basis for making inferences for certain population facts. This is known as sampling. The sampling has a great utility in research to estimate an accurate guess about the population. It is easier, less time consuming and economical to deal with a sampling than with the whole population.

SAMPLING TECHNIQUES USED IN THIS STUDY: Types of sampling: The investigator tried to get parameter of whole population but it is beyond her capacity to work on the entire population. The entire process of investigation depends on a successful sample which may reflect the whole population. There are many techniques for obtaining sample which may be the representative of the population. In the present study simple random technique of probability sampling was applied for the collection of sample from the population. First the lists of all schools were prepared by the investigator and then out of the list of schools of block and student of six schools were selected randomly using lottery method.

Sampling Procedure: The sample of the present investigation was drawn from the adolescent's boys and girls of border area. A sample of 200 students was taken which included 100 girls and 100 boys with the due permission of school's principals and headmasters. The details of school selected for data are given below:

Shows the number of boys and Girls group selected from the different Schools of Border Area

S.No	Name of the schools	Boys	Girls	Total
1.	Govt. High School Dhok Kangri	19	16	35
2.	Govt. Lower High School Dhok Banyard	15	10	25
3.	Govt. High School Kalideh	16	19	35
4.	Govt. Hr. Sec. School Baja Bain	17	17	34
5.	International Public High School Baja Bain	18	17	35
6.	Harsh Niketan Hr. Sec. School Sunderbani	15	21	36
	Total	100	100	200

Tools Used: For every types of research we need certain instrument, it is the selection of the appropriate tools that is of vital importance and significance, which enables the researchers to arrive at the certain generalization about the problem.

Selection of Tools: Different types of tools are used for collecting various kind of information for various purposes. For every types of research needs certain instruments to gather new facts. The selection of suitable instrument or tool is of vital important for any successful research which depends upon the nature of the problem. For the present investigation the following tool is selected.

Saxena's Adjustment Inventory: For the measurement of adjustment, the investigator selected "Adjustment Inventory Constructed and Standardized by Saxena" The inventory is called "Vyaktitva Parakha Prashnvali". It is intended for the area suitable for the use of school students. It is suitable to provide five separate areas of adjustment i.e. (A) Home Adjustment, (B) Health Adjustment, (c) Social Adjustment, (D) Emotional Adjustment and (E) School Adjustment. The inventory consists of 90 items seeking responses in "Yes" and "No" form, obtained on the text booklet. By circling or marketing tick around the "Yes" or "No" to which they feel right.

Administration of Tool: After deciding the sample and tools to be used the next step was how to administer them to collect the desired data. In the present study, the sample is drawn from 9th class students belonging to border area of Sunderbani Tehsil of District Rajouri. The researcher visited various schools for the collection of data. The researcher himself approached to the Head of the Institutions of the mentioned school and explained them the nature and purpose of the investigation.

Scoring Of Saxena's Adjustment Inventory: The scoring of this inventory was done according to the key prescribed by the author of the test, the items were divided into five categories A, B, C, D and E; these five areas of adjustment were meant for A- Home Adjustment, B- Health Adjustment, C- Social Adjustment, D- Emotional Adjustment, and E- School Adjustment. In "Yes", "No" forms as allotted to each element was given one mark each. In this way adjustment scores of all the 200 students were obtained. The high the score obtained in each of the five areas, the good is the adjustment of the subjects in that area.

Organization and Tabulation of the Data: Since the objectives of the study were to find out significant differences between the adjustments levels of the students of the Border area. For this purpose Critical Ratio (CR) technique was used.

ANALYSIS AND INTERPRETATION OF DATA: After the data has been collected it must be processed and analyzed to draw proper conclusions. However, valid, reliable and adequate, the data may be, these do not have any worthwhile purpose unless these are carefully and systematically classified and tabulated, scientifically analyzed, intelligently interpreted and rationally concluded. The analysis of data involves breaking up of similar parts and putting them into new arrangement for the purpose of interpretation. The interpretation of data calls for a critical examination of the results of the analysis in the light of all the limitations of the gathered data.

STATISTICAL ANALYSIS OF THE DATA: In the present study, the investigator employed CRITICAL RATIO for the proper and precise analysis of the data and for critical-ratio (CR), mean, S.D, SEM and SEDM were to be calculated.

INTERPRETATION OF DATA: The Tabulated value along with interpretation is given below:

Table-1 Showing Critical Ratio of Means Scores of Home Adjustment between High School Boys and Girls belonging to Border Area

Hypo	Var.	N	Mean	SD	SEM	SEDM	CR
1.	Girls	100	18.08	2.00	0.19	0.31	8.84
	Boys	100	15.34	2.30	0.24		

Significant at .01 levels

Interpretation: Table -1 reflects that calculated value of critical ratio came out to be 8.84, which is more than the table value at 0.01 levels i.e.; 2.58. It reveals that there is significant difference in home related adjustment between boys and girls of high school students belonging to border area of Sunderbani Tehsil. Further perusal of the table, shows that the girls of border area have better home adjustment than boys as mean score for girls is 18.08 and boys 15.34 respectively. Thus it can be interpreted that there is a significant difference between boys and girls in home adjustment. Thus the hypothesis, that there will be no significance difference between boys and girls regarding their home adjustment is rejected.

Table -2: Showing Critical Ratio of Means Scores of Health Adjustment between High School Boys and Girls belonging to Border Area

Hypo	Var.	N	Mean	SD	SEM	SEDM	CR
2.	Girls	100	11.14	1.29	0.12	0.13	6.46
	Boys	100	13.34	0.45	0.05		

Significant at .01 levels

Interpretation: Table -2 reflects that calculated value of critical ratio came out to be 6.46, which is more than the table value at 0.01 levels i.e.; 2.58. It reveals that there is significant difference in health related adjustment between boys and girls of high school students belonging to border area of Sunderbani Tehsil. Further perusal of the table, shows that the girls of border area have better health adjustment than boys as mean score for girls is 11.14 and boys 13.34 respectively. Thus it can be interpreted that there is a significant difference between boys and girls in health adjustment. Thus the hypothesis, that there will be no significance difference between boys and girls regarding their health adjustment is rejected.

Table -3: Showing Critical Ratio of Means Scores of Social Adjustment between High School Boys and Girls belonging to Border Area

Hypo	Var.	N	Mean	SD	SEM	SEDM	CR
3.	Girls	100	20.07	1.95	0.19	0.32	15.0
	Boys	100	24.89	2.46	0.29		

Significant at .01 levels

Interpretation: Table -3 reflects that calculated value of critical ratio came out to be 15.0, which is more than the table value at 0.01 levels i.e.; 2.58. It reveals that there is significant difference in social related adjustment between boys and girls of high school students belonging to border area of Sunderbani Tehsil. Further perusal of the table, shows that the girls of border area have better social adjustment than boys as mean score for girls is 20.07 and boys 24.89 respectively. Thus it can be interpreted that there is a significant difference between boys and girls in social adjustment. Thus the hypothesis, that there will be no significance difference between boys and girls regarding their social adjustment is rejected.

Table-4: Showing Critical Ratio of Means Scores of Emotional Adjustment between High School Boys and Girls belonging to Border Area

Hypo	Var.	N	Mean	SD	SEM	SEDM	CR
4.	Girls	100	17.73	2.85	7.54	7.54	0.34
	Boys	100	20.31	2.63	0.28		

Significant at .05 levels

Interpretation: Table -4 reflects that calculated value of critical ratio came out to be 0.34, which is less than the table value at 0.05 levels i.e.; 1.96. It reveals that there is insignificant difference in emotional related adjustment between boys and girls of high school students belonging to

border area of Sunderbani Tehsil. Further perusal of the table, shows that the boys of border area have better emotional adjustment than girls as mean score for boys is 20.31 and girls is 17.73 respectively. Thus it can be interpreted that there is insignificant difference between boys and girls in emotional adjustment. Thus the hypothesis, that there will be no significance difference between boys and girls regarding their emotional adjustment is accepted.

Table-5: Showing Critical Ratio of Means Scores of School Adjustment between High School Boys and Girls belonging to Border Area

Hypo	Var.	N	Mean	SD	SEM	SEDM	CR
5.	Girls	100	5.84	1.83	0.18	1.88	1.01
	Boys	100	7.74	1.87	1.87		

Significant at .05 levels

Interpretation: Table -5 reflects that calculated value of critical ratio came out to be 1.01, which is less than the table value at 0.05 levels i.e.; 1.96. It reveals that there is insignificant difference in school related adjustment between boys and girls of high school students belonging to border area of Sunderbani Tehsil. Further perusal of the table, shows that the boys of border area have better school adjustment than girls as mean score for boys is 7.74 and girls is 5.84 respectively. Thus it can be interpreted that there is insignificant difference between boys and girls in school adjustment. Thus the hypothesis, that there will be no significance difference between boys and girls regarding their emotional adjustment is accepted.

GENERAL CONCLUSIONS: The purpose of any research work is to come out with some concrete solution pertaining to the problem taken in hand by using different stages of research. In the light of the analysis and interpretation of data mentioned in the previous chapter. The following conclusions were drawn: 1. The girls belonging to border area have significantly higher home adjustment than boys. 2. The boys belonging to border area have significantly higher health adjustment than boys. 3. The adolescent's boys belonging to border area have significant difference in social adjustment than high school girls belonging to border area. 4. There is insignificant difference in the Emotional adjustment of high school boys and girls. 5. There is insignificant difference in the School adjustment of high school boys and girls. 6.

Educational implications: 1. The significant result of the study reveal that we can give proper guidance to the students for their health adjustment, home adjustment, social adjustment, emotional adjustment and school adjustment. This study can guide the students in a proper way

to improve their adjustment. 2. The study reflects that the parents should help their wards and also provide them guidance to adjust properly in this world. The parents should also give extra time to adjust properly. 3. Last but not least, the government as well as the concerned authorities of Education Department should provide essential educational facilities to the students of border area in order to solve their adjustment problem.

SUGGESTIONS FOR FURTHER RESEARCH: 1. There is great need in the present scenario to conduct research on Adjustment Pattern, because it is a new concept in the field of education. 2. Same study can also be undertaken comparatively for different regions of the country. 3. Same type of work can be done on university and professional college students. 4. Similar study may be conducted on some weaker sections of the society. 6. Similar study may be conducted on the student's of tribal area of J&K. 7. Some cross cultural studies may also be conducted by taking adjustment as a dependent variable and cultural variation as independent variable.

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