

## SOCIAL ADJUSTMENT OF ADOLESCENTS OF U. P. BOARD SCHOOLS OF PRAYAGRAJ DISTRICT, UTTAR PRADESH

**SHAHINA PARVEEN\* AND Dr. ANUPAMA MEHTA\*\***

\*Research scholar \*\*Assistant Professor, Department of Teacher Education, SHUATS, PRAYAGRAJ

Received Aril 10, 2022 Accepted June 9, 2022

**ABSTRACT:** The study showed that social adjustment is the achievement of balance in social relationship usually aided by the appropriate application of social skills. The purpose of the study is to find out the significance difference of social adjustment level among rural and urban adolescent students in the relation of male and female. This study is contributed to those rural and urban adolescent students who have different social adjustment pattern. Social adjustment humans results from interactions between persons and their environment that are perceived as straining or exceeding their adaptive capacities and threatening their well-being. Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behaviour.

**Key Words:** School, adolescent, students, secondary segments.

Social adjustment is an effort made by an individual to cope with standards, values, and needs of a society in order to be accepted. it can be defined as a psychological process. It involves coping with new standard and value. In the technical language of psychology getting along with the members of society as best one canl is called adjustment. Psychologists often make use of them adjustment to describe various types of social and interpersonal relations in society .therefore, adjustment can be referred to as the reaction to the demands and pressures of a social setting imposed upon the individuals . Social adjustment is an attempt made by an individual to address the standards, values, and desires of a society so as to be accepted. It is often referred as a psychological method. It involves dealing with new standard and values. In the scientific languages used in psychology, ‘getting along with the members of society as best as one can is termed as adjustment.

### RESEARCH METHODOLOGY

Table-1: Social adjustment between male and female adolescents

VARIABLES	CATEGORY	NO. OF STUDENT	MEAN	SD	t-VALUE
SOCIAL ADJUSTMENT	FEMALE	100	82.76	9.37	0.75501
	MALE	100	79.94	12.87	

at 0.05 level of significance

The observation of the table 1 shows that mean and standard deviation of social adjustment of adolescent male are 82.76, 9.37 and that of adolescent female are 79.94, 12.87 and the t-value at .05 level is 0.075501 .This value is lower than the table value of 1.96 degree

A list of students was obtained from district education office Prayagraj. The names of students were arranged in ascending order of the total 10 per cent students were selected randomly for the study. Research methodology defines what the activity of research is, how to proceed, how to measure progress, and what constitutes success . Data which is the base of analysis for drawing conclusion in the light of aims formulated for the study, Tools used by Dr. R.C.Deva. In this research Descriptive survey Method was used for data collection from 200 students. The population for this study comprises of UP Board Prayagraj district. Purposive sampling was used for data collection.

### RESULTS AND DISCUSSION

It is depicted from the table that the social adjustment of female students was higher 82.76 per cent than the male students 79.94 per cent in the government school of U. P. Board Prayagraj. Hence the calculated value of t-test is less that the table value so that the null hypothesis is accepted.

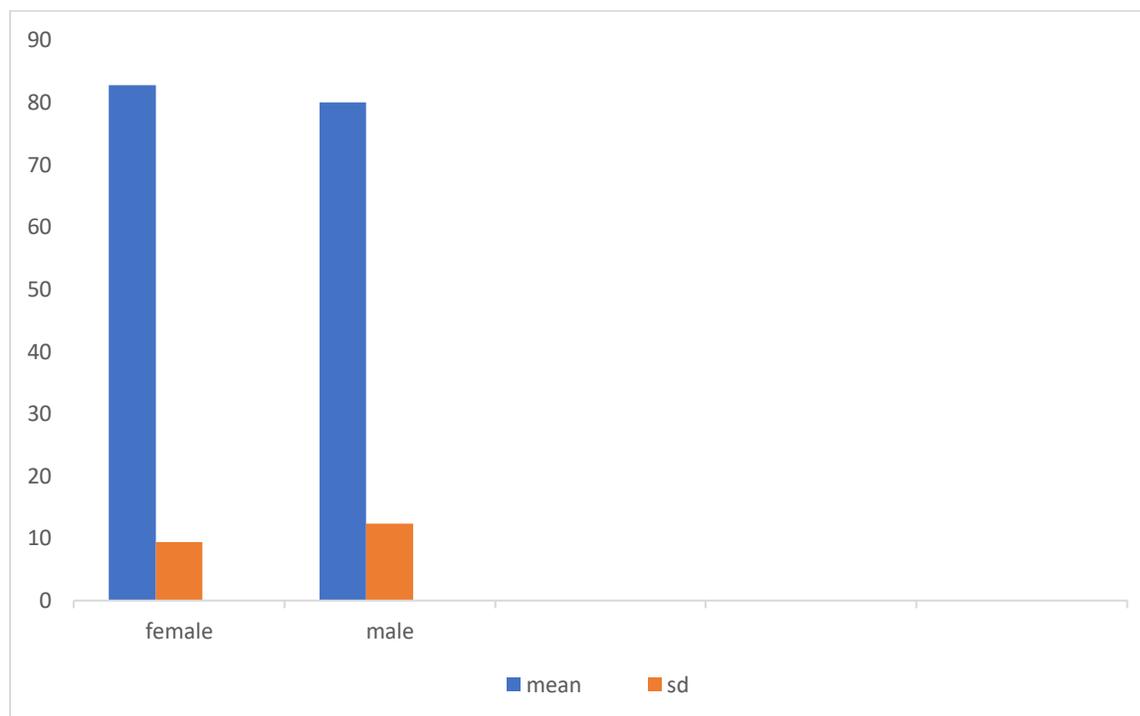
of freedom at 0.05 levels. This indicates that social adjustments of adolescent male and female studying in UP Board school are similar at 0.05 levels. It is evident from the above cited table that social adjustment of adolescent male and female are not significantly

different from each other. **On the** basis of the above calculated mean ( in table 1) it is clear that the girls (mean 82.76) have better social adjustment as compared to the boys (mean 79.94).

Therefore, the null hypothesis  $H_0$ , there is no significant difference in social adjustment of

adolescent's male and female of UP board schools, is accepted.

This finding was contradicted by a study done by Rakhi Ghatak on a study on social adjustment of adolescents where the study revealed that a significant difference was found in social adjustment between male and female adolescents.



**Figure 1: Graphical presentation of social adjustment of adolescent male and female**

**REFERENCES**

Kaji, S.M. (2009) A study of social adjustment of married and unmarried people in Ahmedabad city. Department of Psychology, L.D.Arts College, Ahmedabad, published in souvenir of 13 International and 44 National Conference of IAAP, Aurangabad, 30 31 January and 1 February 2009

Manju Gehlawat (2011), A study of Adjustment among High School students in Relation to their Gender. C.R.College of Education Rohtak, Haryana

Makwana, A. (2014). Adjustment of the Secondary

School Students among Urban and Rural area in Ahmedabad District. Journal of Contemporary Psychological Research, 1(1)

Nirmala Devi (2011) . A study of Adjustment of students in relation to personality and achievement motivation , Associate Professor ,Hindu College of Education , Sonipat , Haryana India.

Garg,A.(1996) Parenting,ego –strength and sex as correlated of Emotional competencies among Adolescents Labour . Doctoral Dissertation (unpub) Agra: Dr B.R.Ambedkar Universities