

# A Descriptive Study to Assess the Level of Social Adjustment Among Adolescents in Selected Schools of the City

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## *Abstract—Background of the Study*

Social adjustment is a critical aspect of an individual's development, especially during adolescence. It involves adapting to changes in one's environment, including physical, vocational, and social aspects. This process is essential for individuals to navigate societal expectations and build healthy relationships. The study aims to explore social adjustment among adolescents in various contexts, providing insights into their overall well-being. The purpose of the study was to investigate the social adjustment of secondary school students. The descriptive survey method was used in the study to obtain pertinent and precise information. Two hundred forty students studying in classes 9<sup>th</sup> and 10<sup>th</sup> of secondary schools were selected through stratified random sampling technique from Jalandhar and Kapur thala districts of Punjab State. The data was collected by applying R.C. Deva's Social Adjustment Inventory (1990). The present study is aimed at studying the relationship between Social Maturity, School Adjustment and levels of Academic achievement among residential school girl students. The study was conducted on a sample of 347 girls from class ix-xii at an all-girls residential school of North India. Dr. Nalini Rao's Social Maturity Scale (RSMS) was used to measure social maturity; Sinha & Singh's Adjustment Inventory for School Students (AISS) was used to measure school adjustment and aggregate score of the students in the year end final examination was taken to assess level of their academic achievement. The results indicated a significant relationship between social maturity and school adjustment. Also, significant difference existed between the school adjustments of the three groups i.e. low, high and average levels of academic achievement. Primary objective to assess the level of social adjustment among adolescents in selected schools of the city. Secondary objective to find out the association of the level of social adjustment among

adolescent with their selected demographic variable. **RESULT** The scores are categorized as follows: a low score (0 to 20%) corresponds to 6 individuals, making up 6.0% of the total sample; an average score (21% to 40%) includes 16 individuals, or 16.0%; a good score (41% to 60%) consists of 38 individuals, representing 38.0%; a very good score (61% to 80%) involves 34 individuals, accounting for 34.0%; and an excellent score (81% to 100%) also involves 6 individuals, or 6.0%. The table also shows the minimum score is 103, The maximum score is 196, and the mean knowledge score is 154.69 with a standard deviation of  $\pm 18.44$ , indicating the average score across the sample with some variability around that mean.

**Conclusion** The present study shows that, Adolescents a low score (0 to 20%) corresponds to 6 individuals, making up 6.0% of the total sample; an average score (21% to 40%) includes 16 individuals, or 16.0%; a good score (41% to 60%) consists of 38 individuals, representing 38.0%; a very good score (61% to 80%) involves 34 individuals, accounting for 34.0%; and an excellent score (81% to 100%) also involves 6 individuals, or 6.0%. The minimum score is 103, the maximum score is 196, and the mean knowledge score is 154.69 with a standard deviation of  $\pm 18.44$ , indicating the average score across the sample with some variability around that mean. Analysis reveals that there is association of knowledge with Gender, standard, parents' occupation, order of birth. Thus, it was concluded that questionnaires to assess the level of social adjustment among adolescents in selected schools of the city was found effective. Hence, based on the above cited findings, that the educational intervention by the investigator in the form of questionnaires on social adjustment helped the adolescents.

## I. INTRODUCTION

Adolescents go through a lot of physical, psychological, and social changes during adolescence, a critical developmental stage that has been linked to social adjustment as a fundamental psychological trait in describing people. They must also learn to adjust to their new social circle, which consists of their teachers, significant others, parents, elder family members, siblings, friends, and peers. When adolescents don't fit these requirements, their healthy growth and development are hindered. Acquiring the skill of adaptability is essential for students to succeed as contributing members of society. According to Plato, "Man is a social culture," this implies that each individual must adapt to his or her surroundings. The capacity to build strong bonds with people in order to prevent exploitation by others is known as social adjustment. Adolescents just struggle and face conflicts in their life. Sometimes they set aside and gone from others and remain engage in negative thinking and behavior. Due to the lack of fine-tuning, they lack a fundamental route in adjustment during this period. So social adjustment is very much important in the contemporary world. Social adjustment means adjustment with family, peers and neighbors as well as with the academic achievement (Aggarwal & Bhalla, 2012). Archana (2011) found that mental health of adolescents and ethical adjustment have a positive connection. In the study of Veereshwar (1979) it was found that among urban and rural girls there is a significant difference in the area of family adjustment. Social adjustment is a critical aspect of an individual's development, especially during adolescence. It involves adapting to changes in one's environment, including physical, vocational, and social aspects. This process is essential for individuals to navigate societal expectations and build healthy relationships. The study aims to explore social adjustment among adolescents in various contexts, providing insights into their overall well-being. Social adjustment is the skill to adapt to changes in the physical, vocational, and social environment. In other words, according to society, social adjustment is the behavioural process of reconciling competing demands or requirements challenged by environmental impediments. Social

adjustment can be defined as a psychological process. It frequently involves coping with new standards and values. In the technical language of psychology, getting along with the members of the society as best as one can is called adjustment. The purpose of the study was to investigate the social adjustment of secondary school students. The descriptive survey method was used in the study to obtain pertinent and precise information. Two hundred forty students studying in classes 9<sup>th</sup> and 10<sup>th</sup> of secondary schools were selected through stratified random sampling technique from Jalandhar and Kapur thala districts of Punjab State. The data was collected by applying R.C. Deva's Social Adjustment Inventory (1990). As social beings we live in a society, we form opinions about others and others have opinions about us. Everybody wants acceptance and recognition from and within society. We try to behave according to the norms of the society so that we can adjust with others. But it is not an easy task as the personality of each individual is a unique organisation. This organisation has to make special efforts to adjust with others unique organisations, which we call society. Actually, adjustment is a wider term used in various spheres of life. For example, if an individual is well-adjusted in his family environment, his family adjustment will be good. So before defining social adjustment it is necessary for us to restrict the area of social adjustment. In other words, we can say that social adjustment is the direction we, the teachers, try to instil adjustment skill in our students. As teachers we should emphasise on the adjustment of the student in the school. It is the teacher's responsibility to help the student cope with the existing situations of the school. For this we should contribute to improving the social environment of the school.

## II. OBJECTIVES OF THE STUDY

### Primary objective

1. To assess the level of social adjustment among adolescents in selected schools of the city.

### Secondary objective

2. To find out the association of the level of social adjustment among adolescent with their selected demographic variable.

### III. MATERIALS AND METHOD

The Present study was conducted with the primary objective to assess the level of social adjustment among adolescent in selected schools of the city. Hence the quantitative research approach was considered an appropriate research approach for the present study. The research variable in this study was, "level of social adjustment among Adolescents. In this study the Demographic variable is Age, Gender, Residency, Standard, Religion, Monthly family

Income, Type of family, Parent education, Order of birth, Education status of parent. Sample of the study comprises of 100 school Adolescent of who were available during the period of data collection. Validity of tool obtained from the experts in the field of mental health nursing. The suggestions and advice's given by experts were considered and corrected. The reliability of the adolescent of select schools of the city was assessed by using social adjustment inventory tool. By using Parallel form method of reliability, it is found to be 0.878 and hence tool is reliable and valid.

### IV. RESULT

DISTRIBUTION OF SOCIAL ADJUSTMENT AMONG ADOLESCENTS REGARDS TO DEMOGRAPHIC VARIABLES.

Demographic Variables	Frequency	Percentage
Age		
15-16 years	20	20.0%
17-18 years	73	73.0%
19-20years	7	7.0%

Total	100	100.0%
GENDER		
Male	45	45.0%
Female	55	55.0%
total	100	100.0%
RESIDENCY		
Urban	47	47.0%
Rural	29	29.0%
Semi urban	24	24.0%
Total	100	100.0%
STANDARD		
IX	57	57.0%
X	2	2.0%
XI	41	41.0%
Total	100	100.0%
RELIGION		
Hindu	48	48.0%

Muslim	16	16.00%
Christian	1	1.0%
Buddhist	35	35.0%
Total	100	100.0%
MONTHLY FAMILY INCOME		

Below 5000	8	8.0%
5001 to 10000	11	11.0%
10001 to 15000	23	23.0%
15001 and Above	58	58.0%
Total	100	100.0%
TYPE OF FAMILY%		
Joint	26	26.0%
Nuclear	61	61.0%
Extended	6	6.0%
Single Parent	7	7.0%
Total	100	100.0%
PARENTS OCCUPATION		

Private Job	35	35.0%
Government Job	37	37.0%
Own Business	18	18.0%
Farmer	10	10.0%
Total	100	100.0%
ORDER OF BIRTH		
1	46	46.0%
2	41	41.0%
3	12	12.0%
4	1	1.0%
total	100	100.0%
EDUCATION STATUS OF PARENT		
Under Graduate	24	24.0%
Graduate	52	52.0%
Post Graduate	20	20.0%
Illiterate	4	4.0%
Total	100	100.0

#### ASSESSMENT OF LEVEL OF SOCIAL ADJUSTMENT SCORE AMONG ADOLESCENTS IN SELECTED SCHOOLS OF THE CITY.

Table IV.2: Assessment with level of social adjustment score among adolescents in selected schools of the city.

	Score Range	Level of social Adjustment	
		Frequency (f)	Percentage (%)
Low Score	0 to 20%	6	6.0
Average Score	21% to 40%	16	16.0
Good Score	41% to 60%	38	38.0
Very Good Score	61% to 80%	34	34.0
Excellent Score	81% to 100%	6	6.0
Minimum Score		103	
Maximum Score		196	
Mean Knowledge Score		154.69± 18.44	

## SECTION C

TO DETERMINE THE ASSOCIATION OF THE LEVEL OF SOCIAL ADJUSTMENT AMONG ADOLESCENT WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

This section deals with association of adolescents with age, gender, residency, standard, religion, monthly family income, type of family, parents' occupation, order of birth, education status of parent respectively.

Table no. IV.3: - Table showing comparative assessment of level of social adjustment vs Age using Chi- Square Analysis.

Age in years	No. of Adolescents	Low	Average	Good	Very Good	Excellent	X2-value
15-16	20	2	3	9	5	1	3.406, P=0.906 NS

Table no. IV 4: - Table showing Comparative assessment of level of social adjustment vs Gender using Chi-Square Analysis.

Gender	No. of Adolescents	Low	Average	Good	Very Good	Excellent	X2-value
Male	45	1	7	22	12	3	5.864, P=0.021 Significant
Female	55	5	9	16	22	3	

Table no. IV.6: - Comparative assessment of level of social adjustment vs Standard using Chi- Square Analysis.

Standard	No. of Adolescents	Low	Average	Good	Very Good	Excellent	X2-value
IX	57	2	4	23	23	5	21.482, P=0.006 Significant
X	2	0	1	0	0	1	
XI	41	4	11	15	11	0	

Table no. IV.7: - Comparative assessment of level of social adjustment vs Religion using Chi- Square Analysis.

Religion	No. of Adolescents	Low	Average	Good	Very Good	Excellent	X2-value
Hindu	48	4	6	17	18	3	5.995, P=0.916 NS
Muslim	16	1	2	5	7	1	
Christian	1	0	0	1	0	0	
Buddhist	35	1	8	15	9	2	

Table no. IV. 8: - Table showing Comparative assessment of level of social adjustment vs Monthly Income using Chi-Square Analysis.

Monthly Family Income	No. of Adolescents	Low	Average	Good	Very Good	Excellent	X2-value
Below 5000	8	0	2	1	4	1	20.412, P=0.060 NS
5001 to 10000	11	1	1	5	4	0	
10001 to 15000	23	3	0	15	4	1	
15001 and above	58	2	13	17	22	4	

Table no. IV.9: - Table showing Comparative assessment of level of social adjustment vs Type of Family using Chi- Square Analysis.

Type of Family	No. of Adolescents	Low	Average	Good	Very Good	Excellent	X2-value
Joint Family	26	1	5	12	6	2	10.113, P=0.606 NS
Nuclear Family	61	4	10	18	25	4	
Extended Family	6	0	1	3	2	0	
Single Parent Family	7	1	0	5	1	0	

Table no. IV. 10: - Table showing Comparative assessment of level of social adjustment vs Parents Occupation using Chi- Square Analysis.

Parents Occupation	No. of Adolescents	Low	Average	Good	Very Good	Excellent	X2-value
Private Job	35	4	6	14	9	2	23.39, P=0.025 Significant
Government Job	37	0	8	8	18	3	
Own business	18	1	2	13	2	0	
Farmer	10	1	0	3	5	1	

Table no. IV.11: - Table showing Comparative assessment of level of social adjustment vs Order of birth using Chi-Square Analysis.

Order of Birth	No. of Adolescents	Low	Average	Good	Very Good	Excellent	X2-value
1	46	3	5	18	18	2	32.92, P=0.001 Significant
2	41	1	5	18	14	3	
3	12	2	6	2	2	0	
4	1	0	0	0	0	1	

Table no.IV.12: - Table showing Comparative assessment of level of social adjustment vs Education status of Parent using Chi- Square Analysis.

Education Status of Parent	No. of Adolescents	Low	Average	Good	Very Good	Excellent	X2-value
Under Graduate	24	2	4	11	7	0	12.966, P=0.372
Graduate	52	4	9	19	15	5	
Post Graduate	20	0	3	6	11	0	NS
Illiterate	4	0	0	2	1	1	

## V. RELIABILITY ANALYSIS

Person's Correlation Coefficient	0.884
Reliability	0.878

By using Parallel form method of reliability, it is found to be 0.878 and hence tool is reliable and valid.

## VI. CONCLUSION

The study shows that, the level of social adjustment based on scores, with their respective frequencies and percentages. The scores are categorized as follows: a low score (0 to 20%) corresponds to 6 individuals, making up 6.0% of the total sample; an average score (21% to 40%) includes 16 individuals, or 16.0%; a good score (41% to 60%) consists of 38 individuals, representing 38.0%; a very good score (61% to 80%) involves 34 individuals, accounting for 34.0%; and an excellent score (81% to 100%) also involves 6 individuals, or 6.0%. The table also shows the minimum score is 103, the maximum score is 196, and the mean knowledge score is 154.69 with a standard deviation of  $\pm 18.44$ , indicating the average score across the sample with some variability around that mean. Study finding reveals that there is association of level of social adjustment with gender, standard, parents' occupation, order of birth and there is no association of level of social adjustment with any other demographic variable.

## VII. DISCUSSION

A descriptive study investigating the social adjustment of secondary school students employed a descriptive survey method to obtain precise information. A sample of 240 students from classes 9th and 10th of secondary schools was selected through stratified random sampling technique from Jalandhar and Kapurthala districts of Punjab State. Data were collected using R.C. Deva's Social Adjustment Inventory (1990), and the percentage analysis technique was applied. The findings revealed that the majority of the sample possessed average/moderate and poor/low levels of social adjustment. Specifically, 5 students (2.083%) fell in the extremely poor/low level, 10 students (4.167%) in the very poor/low level,

78 students (32.5%) in the poor/low level, 70 students (29.167%) in the average/moderate level, 41 students (17.083%) in the above-average level, 24 students (10%) in the high level, and 12 students (5%) in the extremely high level. The study concluded that the majority of students fall between average/moderate and poor/low levels of social adjustment. In the above study it reveals that there was difference between of social adjustment among 9th and 10th of secondary schools on the social adjustment. The findings suggest that extensive health education programs need to be planned to bring awareness among.

The present study shows that a low score (0 to 20%) corresponds to 6 individuals, making up 6.0% of the total sample; an average score (21% to 40%) includes 16 individuals, or 16.0%; a good score (41% to 60%) consists of 38 individuals, representing 38.0%; a very good score (61% to 80%) involves 34 individuals, accounting for 34.0%; and an excellent score (81% to 100%) also involves 6 individuals, or 6.0%. The table also shows the minimum score is 103, The maximum score is 196, and the mean knowledge score is 154.69 with a standard deviation of  $\pm 18.44$ , indicating the average score across the sample with some variability around that mean. Study finding reveals that there is association of knowledge with Gender, standard, parents' occupation, order of birth.

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