

# A study on home adjustment of adolescents

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**Abstract:** The major aim of this paper is to study the home adjustment capacities of the adolescents. Home is the essential part of human life. Proper home adjustment makes good personality of adolescents, which influence their education and future life. Investigator wants to verify the differences in home adjustment of adolescents with respect to gender and location. The sample comprised of 100 Higher Secondary school students from various schools of Singur block of Hooghly district in West Bengal were taken as sample. Survey method was used to the study. Purposive sampling technique was used to select schools and Random sampling technique was used to select students to collect data for the study. To measure home adjustment, Home Adjustment Scale by Ratna Swarupa (2014) was used and the data were statistically analyzed. The finding of the study revealed that a significance difference was found in home adjustment between male and female adolescents and found a significance difference between urban and rural adolescents in their home adjustment.

**Keywords:** Home Adjustment and Adolescents

## Introduction:

The concept of adjustment has been originated in the form of adaptation in Biology and was a cornerstone in Darwin's "Theory of Evaluation". It was borrowed by the psychologists and renamed as Adjustment to emphasis the individuals struggle to get along and survive in his or her social and physical environment (Sarsani 2007). Adjustment during adolescence can be challenging and unpredictable due to various reasons. Dependence on family reduced at this stage than childhood. Therefore family takes a strong role in development of adolescents. There are some problems faced by the adolescents in home environment which influence their development of personality. Adjustment in home environment is the challenge of adolescents because in this stage family member's behaviour towards their child is changing time by time. Different aspects like Home Atmosphere, Family Finance, Sibling Relationship, Marital attitude of Parents and Adolescent's Social Life etc, affect their adjustment with home which influences their development of personality.

## Need of the study:

Adolescence is the vital stage of life and adjustment at this stage takes a vital role for their personality and education. Home is such place where adolescents face different challenges for adjustment. Many parents find it hard to understand their adolescent children. A concept of home adjustment of adolescents according to gender and location help the parents and teachers to tackle them and give proper education for their future.

## Statement of the problem:

Home adjustment of adolescents based on Home Atmosphere, Family Finance, Sibling Relationship, Marital attitude of Parents and adolescent's Social Life was the problem identified for the study. Hence, this study made an investigation and the problem was entitled as "A study on Home Adjustment of Adolescents".

**Adjustment:** - Adjustment is the behavioural process by which humans and other animals maintain equilibrium among their needs and the obstacles of their environment.

**Home Adjustment:-** Home adjustment is children's adjusted behaviour towards home conditions such as home atmosphere, family finance, sibling relationship, marital attitude of parents and adolescent's social life.

**Adolescents:** - The children of a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood.

## Review of related literature:

**Sharma (1989)** conducted study on "A psychological study of social, emotional and educational problem of male-female adolescents belonging to different age level." She found that the early age females shown significant difference in social, educational, emotional problem where the early age males did not show such significant difference. Fifteen-year ages of female adolescents suffering from SEEP development and dissimilar personality factors in all areas.

**Shah (1991)** has noted that boys from positive home climate were better adjustment in school than those from a port home climate in the case of girls in urban area family climate has been found to be positively related to school adjustment. The rural area the opposite results are found. The effect of family climate on adjustment varied SES, intelligence, sex and locality of the adolescents.

**Kashinath and Pradhan (1993)** found girls students tend to give more importance to the parents than the boys. And significance difference was observed between boys and girls on home adjustment.

**Patri (2007)** conducted study on “A study on social and emotional intelligence in relation to sex, intelligence and adjustment.” In his study also significant difference were found in home adjustment in relation to gender, locale, and level of intelligence variations.

**Sarsani (2007)** conducted study on “A study on self-concept and adjustment problems of adolescents and observed that gender, locale, SES and age of adjustments having impact on the level of adjustment at home and school.”

### Objectives of the study:

The following are the major objectives of the study-

1. To measure whether a significant difference exists in the home adjustment of adolescents in terms of gender.
2. To measure whether a significant difference exists in the home adjustment of adolescents in terms of location.

### Hypothesis:

The following are the major Hypotheses of the study-

1. There is no significant difference in home adjustment of adolescents with respect to the gender.
2. There is no significant difference in home adjustment of adolescents with respect to the location.

### Delimitation of the study:

The following are the delimitations of the study-

1. Only two urban and two rural schools of Singur block of Hooghly district of West Bengal was selected for data collection and
2. Only class xi and xii students are considered for the data collection of the study.

### Methodology of the study:

Survey method was employed to collect data pertaining to the present investigation. The sample consisted of 100 higher secondary school students. Schools were selected through Purposive sampling technique, and students were selected through Random sampling technique. The stratification has been done based on gender and their living areas such as urban and rural areas.

Home adjustment scale by Ratna Swarupa (2014) has been adopted for data collection in this study. There are 5 dimensions and 53 items in this tool. Investigator standardized the tool with respect to the sample of her study. The tool was given to experts Professors, Department of Education of Kalyani University to establish content validity. Reliability of the tool was established by split half method. The reliability of the tool is 0.71. Hence, the tool is reliable.

### Data Analysis:

The collected data were analysed with descriptive and inferential statistical techniques and interpreted.

**Hypothesis 1:** There is no significant difference between male and female adolescents in their home adjustment.

**Table- 1:** Home Adjustment difference in terms of gender

Variable	Sub Variable	N	Mean	S.D.	“t” value	Level of significance
Gender	Male	54	198.06	19.4	2.72	S*
	Female	46	210.63	25.6		

S\* - Significant at 0.01 level

It was understood from the Table -1 that the calculated “t” value was greater than the tabulated value 1.98 at 0.05 level and 2.63 at 0.01 level of significance with df = 98. This implied that there was a significant difference between male and female adolescents in their home adjustment in the Singur block of Hooghly district. Hence, the null hypothesis was rejected.

**Hypotheses 2:** There is no significant difference between urban and rural adolescents in their home adjustment.

**Table- 2:** Home Adjustment difference in terms of location

Variable	Sub Variable	N	Mean	S.D.	"t" value	Level of significance
Location	Urban	51	209.24	21.6	2.21	S*
	Rural	49	199.24	23.6		

S\* - Significant at 0.05 level

It was understood from Table -2 that the calculated "t" value was greater than the tabulated value 1.98 at 0.05 level and less than the tabulated value 2.63 at 0.01 level of significance with  $df = 98$ . This implied that there was a significance difference between urban and rural adolescents in their home adjustment. Hence the null hypothesis was rejected.

#### Findings of the present study:

1. There is a significant difference in home adjustment of adolescents with respect to the Gender.
2. There is a significant difference in home adjustment of adolescents with respect to the Location (urban and rural).

#### Conclusion:

The present investigation made the difference of the adolescents in their home adjustment with respect to gender and location. From the analysis the higher mean of female adolescents have higher home adjustment capacities than male adolescents. Likewise, urban adolescents have higher home adjustment capacities than rural adolescents.

#### Educational Implication and Recommendation:

Male adolescents and rural adolescents must be given due care and cooperation from parents and also from the teachers to make understand parents and their adolescents students to adjustment with home which is very important for their education, carrier and all over their personality development. Good care for male adolescents and proper education of rural adolescent's parents increase the home adjustment capacities of adolescents.

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