

EFFECT OF NATURE OF FAMILY ON ADJUSTMENT OF ADOLESCENT

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Abstract

The present study aims to compare the adjustment patterns of the adolescent of the ideal home environment with those adolescent Of Broken home environment. The incidental-cum-purposive sample comprised on 100 adolescents taken from Patna. For this purpose Bell's Adjustment Inventory adopted by Mohsin and Shamshad in Hindi was administered on subjects. A Personal Data Sheet was also used to get some personal and social information related to the respondents. For Analysis of data t-test was used. The study has found significant difference between adolescents of the ideal home environment and adolescents of Broken home environment.

Keyword: ideal home environment, adjustment of adolescent

Introduction

Adjustment is a process of interaction between behavior and the conditions of the environment, including those originating within the individuals. A well adjusted person establishes a harmonious, stable and satisfying relationship with the environment. According to Kaplan 1965, "Adjustment is need for a person's adjusting to himself, understanding his strength and limitations, facing reality and achieving a harmony with in him". Coleman (1956) is of the view that "the effectiveness of the individual's effort to meet his needs and adapt to his environment is called adjustment". for English and English (1958), "adjustment is a condition of harmonious relation to the environment where one is able to obtain satisfaction for One's need and to meet fairly well the demands physically and social put upon one.

Adolescence is a very important period of life. Adolescence period is very essential to the growth of any person. The peculiarities of this period make it unique from other aspects of development. It is a transitional period from childhood to adulthood; it requires an atmosphere full of love and

understanding to function well. According to Hurlock (1980) adolescent period which begins at the age of 12 and lasts till the age of 18, leads to a long period of adjustment to new patterns of life and the new social expectations. Family experience has a major impact on adjustment of adolescence.

The ideal home environment provides an atmosphere in which all its members can develop their best potentialities and the needs of all are met constructively and with a minimum of imbalance. The home that is broken by divorce has a significant influence on the life of an adolescent. A home broken by divorce is likely to be conducive of much emotional disturbance and conflict in adolescents. When the adolescent is exposed to constant bickering, nagging, recrimination, and name calling between parents, he experiences a conflict of loyalties that can be most distressing. He even may be called upon to take sides in marital arguments. He is not yet mature enough to judge the rightness or wrongness of either side, but it is equally difficult for him to remain emotionally neutral. He often suffers as much as do the parents in a situation of this kind. Unfortunately, a parent who is giving way to emotional tantrums in relations with the mate rarely is in a position to recognize the harm that is being done to the adolescents. Cooney and Mortimer (1999) observed that divorce may be a kind of distraction that disrupts the functions of parents to their children. The absence of a father in homes may lead to aggressive behavior and poor adjustment. During the teenage years, the father often assumes the primary responsibility for disciplining the male adolescents who sometimes exhibit more antisocial and delinquent behavior. Divorce generally has effects on both sexes of adolescents but in different ways. Kelly (2000) affirmed that there are lots of negative effects of divorce on males than females.

OBJECTIVE

The purpose of the present study was to investigate the effect of nature of family on adjustment of adolescents.

HYPOTHESIS

It was hypothesized that the adolescents of the ideal home environment would be found better adjusted than the adolescents of broken home environment.

RESEARCH METHODOLOGY

a) Sample

An incidental-cum-purposive sampling was employed on 100 adolescents taken from Patna. The sample comprised 50 adolescents of ideal home environment and 50 broken home environments. The age of subjects ranged between 13 to 19 years.

b) Tools

(1) Personal data sheet (PDS) designed by author to get some personal information related to the respondents.

(2) Bell's adjustment inventory adopted by Mohsin & Shamshad in Hindi (1987) has been used to major adjustment of subjects in Home, Health, Social, Emotion and overall areas.

c) PROCEDURE

The scales were administered on the respondents in one session. The data were analysed using t-test.

RESULT AND DISCUSSION

Table

Showing mean & t-ratio for Home, Health, Social, Emotional & Overall Adjustment scores.

Areas of adjustment	Groups	N	Mean	SD	t-value	df	p-value
Home	AIHE*	50	6.32	2.52	2.59	98	<.05
	ABHE**	50	8.13	3.61			
Health	AIHE	50	7.35	2.89	3.18	98	<.01
	ABHE	50	9.45	3.69			
Social	AIHE	50	8.02	3.80	4.32	98	<.01
	ABHE	50	11.39	4.01			
Emotional	AIHE	50	7.84	3.35	3.20	98	<.01
	ABHE	50	10.37	4.56			
Overall	AIHE	50	29.53	8.52	5.97	98	<.01
	ABHE	50	40.34	9.54			

*Adolescents of Ideal Home Environment.

** Adolescents of Broken Home Environment.

The results of this study show that the adolescents of ideal home environment are better than the adolescents of broken home environment on the dimension of adjustment. Finding of the study is significant beyond.01 of significance. In home dimension the respondents belonging to AIHE having a mean score of 6.32 and ABHE having a mean score of 8.13 & the mean difference is significant as the t-ratio is 2.59 significant beyond 0.5 level of significance. In health dimension the respondents belonging to AIHE with a mean score of 7.35 were found better adjusted as compared to ABHE with a score of 9.45 and the difference between the two mean of significant (t3.18,df-98, p<0.01) In social dimension the respondents belonging to AIHE having a mean score of 8.02 to & ABHE having a mean score of 11.39 & the differences

between the two mean is significant ($t=4.32$, $df=98$, $p<0.01$). In emotion dimension the respondents belonging to AIHE with a mean score of 7.84 & ABHE having a mean score of 10.37 & the mean difference is significant as the t -ratio is 3.20 significant beyond the 0.01 level of significance. In overall adjustment the respondents belonging to AIHE with a mean score of 29.53 and ABHE having a mean score of 40.34 and the difference between the two mean are significant ($t=5.97$, $p<0.01$). Thus, the hypothesis is confirmed in overall adjustment. According to Furstenberg et al. (2001) that family needs to be intact for adolescents to experience the warmth the nature of a loving family.

CONCLUSION

It is concluded that the adolescent of ideal home environment showed better adjustment than the adolescents of broken home environment. Thus, the nature of family is highly affected on the adjustment patterns of adolescents.

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