



# A Study of Social Adjustment and Social Maturity of Adolescents.

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## Abstract

Adolescence is the stage of development, which produces a number of social problems for a person. These problems arise out of adolescent adjustment with social group. The present study aims the social adjustment and social maturity of Adolescents. The simple random sample consisted of 1000 such adolescents in Guntur district of Andhra Pradesh state. The investigator adapted Dr. Roma Pal social adjustment inventory and Social maturity Scale by Nalini Rao (2011) to collect the data. It was analysed using t-test and Pearson's correlation. The results revealed that there was significant mean difference between social adjustment of adolescents with respect to gender. The study also revealed that there is no significant difference in the social maturity with respect to gender. Negative correlation between social adjustment and social maturity of adolescents.

Key Words: Social maturity, Social Adjustment and Adolescents.

## Introduction

Adolescence is the stage of development which produces a number of social problems for a person. These problems arise out of adolescent adjustment with social group. The social group expects him to be socially matured when he becomes an adolescent by establishing more mature relationship with age mates to achieve socially responsible behavior, develop intellectual skills and concepts necessary for civil competence and achieves a more autonomous state. Thus, the social maturation allows detailed perception of social environment that help adolescent to influence the social circumstances and develop social patterns of social behavior

Social maturity is a personal commitment each individual must make as the attitude that will influence his/her daily lives. Individuals can opt for the socially immature attitude of self-centeredness or they can opt for the socially mature attitude of genuine concern for the total well-being of each other. The very informal atmosphere of self-help groups where the individuals discuss and share their problems and their achievements with each other within the framework of caring and sharing without the fear of being exploited.

Social maturity is the ability to function in an appropriate responsible manner. As adolescence is the age for an individual to express mature behavior, Social maturity is an essential aspect for the individual as well as society

### **Review of Related Literature**

P. Anitha (2017) studied about Study on Social Maturity of the Adolescent College Students in Colleges at Tiruchirappalli. The inference that gender has a significant difference with overall social maturity and achievement motivation has a significant relation with overall social maturity of the respondents, while age has no significant relations with overall social maturity of the respondents. Anusha Punia (2016) examine the adolescents social maturity – a comparative study. Female students of first year have good work orientation, ability to take stress, communication, cooperation, social commitment, social tolerance, openness to change. Ritu Singh, et al., (2014), It is evident from the study that gender differences do exist in social and emotional maturity of adolescents. However, these gender differences can be attributed to the variations in socialization process of both genders than to the inherent genetic character.

### **Statement of the problem**

There are so many types of adjustments in human life, home adjustment, social adjustment, health adjustment etc. Social adjustment at the stage of adolescents was the problem identified for the study. The present study focused on social maturity and social adjustment of adolescents.

### **Operational Definitions of key Terms**

**Social Adjustment:** Social adjustment is person's adjusted behaviour towards society to maintain good social life.

**Social Maturity:** Social Maturity is the process of developing appropriate attitudes for personal, interpersonal, and social adequacies of an individual, which are essential for functioning effectively in the Society.

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

### **Objectives of the Study**

The following objectives were proposed for the present research study.

1. To find out the Social adjustment of adolescents.

2. To find out the influence of the following variables on the Social adjustment of adolescents
  - Gender : Boy / Girl
  - Type of Institute : Govt / Private
3. To find out the Social maturity of adolescents.
4. To find out the influence of the following variables on the Social maturity of adolescents
  - Gender : Boy / Girl
  - Type of Institute : Govt / Private
5. To find out the relationship between Social adjustment and social maturity of adolescents

### **Hypotheses of the Study**

The following hypotheses were formulated in the present study. They were formulated in null form.

1. There would be no significant difference in the social adjustment of adolescent boys and girls.
2. There would be no significant difference in the social adjustment of adolescents belonging to Government and private intermediate colleges.
3. There would be no significant difference in the social maturity of adolescent boys and girls.
4. There would be no significant difference in the social maturity of adolescents belonging to Govt and private intermediate colleges.
5. There would be no significant relationship between social adjustment and social maturity of adolescents.

### **Variables of the study**

- Gender : Boy / Girl
- Type of Institute : Govt / Private

### **Scope of the study**

The scope of the demographic variables is Gender and Type of institute only.

### **Delimitations of the study:**

- The study is limited to the 1000 adolescents only.
- The study is limited to Guntur district only.
- The study is limited to demographic variables like Gender and Type of institute only.

### **Method of the Study:**

Normative survey method was used in the present study.

### **Sample and Sampling**

1000 adolescents of Guntur district were selected by using Simple Random Sampling Technique.

### **Tools of the Study**

Social Adjustment Scale by Dr. Roma Pal has been adopted for data collection of the study. Reliability of the tool was established by split half method. The reliability of the tool is 0.87. Hence, the tool is reliable.

Social maturity scale developed by Dr. Nalini Rao (2011). Reliability of the scale was determined by calculating test-retest reliability is 0.98.

### Data Collection

The researcher personally visited the intermediate colleges in Guntur district and got permission from the principals to collect the data from Junior intermediate and senior intermediate students. Good rapport was established with the students before administering the tools.

### Statistical Techniques used

Mean, S D, % of mean, 't' value and 'r' value are calculated.

### Analysis of the Data

**Objective-I:** To find out the social adjustment of Adolescents

**Table-1: Social adjustment of Adolescents.**

Whole	Mean	SD	% of mean	1/5 <sup>th</sup> of mean
1000	98.292	6.454	81.91	19.6584

From the above table it is observed that social adjustment of adolescents is very high i.e. 82%.

**Hypotheses-1:** There would be no significant difference in the social adjustment of adolescents with respect to the gender.

**Table – 2: Comparison of social adjustment of Adolescents in terms of Gender**

S.No	Variable	Sample	Mean	SD	SED	't'
Gender	Boy	523	97.323	6.28	0.319	6.366**
	Girl	477	99.354	6.475		

\*\* Significant 0.01 level

From the above finding we can conclude that the variable Gender is significantly influencing the social adjustment of adolescents. Hence the hypothesis is rejected.

**Hypotheses- 2:** There would be no significant difference in the social adjustment of adolescents with respect to Type of Institute

**Table – 3: Comparison of social adjustment of Adolescents in terms of Type of Institute**

S.No	Variable	Sample	Mean	SD	SED	't'
Type of Institute	Govt.	505	98.21	6.50	0.404	0.159 <sup>NS</sup>
	Private	495	98.36	6.40		

NS= Not significant at 0.05 level



From the above finding we can conclude that the Type of Institute is not significantly influencing the social adjustment of adolescents. Hence the hypothesis is accepted.

### Analysis of Social Maturity

**Objective – 3:** To find out the social maturity of adolescents.

**Table- 3: Social maturity of adolescents.**

Whole	Mean	SD	% of mean	1/5 <sup>th</sup> of mean
1000	231.167	25.514	64.21	46.2334

From the above observation, social maturity of adolescents is above average i.e. 64.21.

**Hypotheses 3:** There would be no significant difference in the social maturity of adolescents with respect to the gender.

**Table- 4: Comparison of social maturity of adolescents in terms of Critical Ratio**

S.No	Variable	Sample	Mean	SD	SED	't'
Gender	Boy	523	229.09	26.406	1.568	2.707**
	Girl	477	233.335	24.24		

\*\* Significant at both level

From the above findings we can conclude that the variable Gender is significantly influencing the social maturity of adolescents. Hence the hypothesis is rejected.

**Hypotheses 4:** There would be no significant difference in the social maturity of adolescents with respect to the type of institute

**Table- 5: Comparison of social maturity of adolescents in terms of Critical Ratio**

S.No	Variable	Sample	Mean	SD	SED	't'
Type of institute	Govt	522	231.950	24.64	1.61	0.9875 <sup>NS</sup>
	Private	478	230.36	26.37		

NS= Not significant at 0.05 level

From the above findings we can conclude that the variable type of institute is not significantly influencing the social maturity of adolescents. Hence the hypothesis is accepted.

**Hypothesis – 5:** There would be no significant relationship between social adjustment and social maturity of adolescents.

**Table –5 : Correlation between social adjustment and social maturity of adolescents.**

S. No.	Variables	N	Mean	Std. Deviation	'r'
1	Social adjustment	1000	98.292	6.454	-0.231**
2	Social maturity	1000	231.167	25.514	

**Table value of Correlation at  $p=0.00$ ,  $df=1998$  is 0.066; \*\* significant at 0.01 level**

There was negative relationship between social adjustment and social maturity of adolescents.

## FINDINGS

- From the above table it is observed that 82% of adolescents have high social adjustment.
- The variable gender is significantly influencing the social adjustment of adolescents.
- The variable type of institute is not significantly influencing the social adjustment of adolescents.
- The variable gender is significantly influencing the social maturity of adolescents.
- The variable type of institute is not significantly influencing the social maturity of adolescents.
- There was negative relationship between social adjustment and social maturity of adolescents.

## EDUCATIONAL IMPLICATIONS

- Parents are their child's first and most important teachers, and what they do can be much more important than what they say.
- Be especially careful of criticizing teachers or other trusted adults in front of the child. Set limits for your child around safety, regard for others, and household rules and routines that are important to you.
- Do not give in, but do quickly forgive. Do not hold a grudge for past mistakes. Encourage learning from mistakes so that they do not happen again.
- Teach your child to ask for help and identify who can help her when she needs it. Find opportunities to show her how to ask for help.

## Suggestion for further research

- A large sample of school students from all over the Andhra Pradesh state may be under taken with the same set of variables.
- Preset study was confined to Andhra Pradesh state only. Similar studies can be conducted in other states of our country.

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