



# ADJUSTMENT AMONG CHILDREN OF WORKING AND NON-WORKING MOTHERS: AN OVERVIEW

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**Abstract:** Adjustment in life is the key to happiness, No one's environment and family circumstances are smooth. Natural give and take in social and family circumstances is necessary for the well-adjusted happy life. People commonly use the phrase "adjustment" in everyday life. For example, we frequently hear or use this expression while travelling by bus or train; even when a guest comes to stay with us for a few days, we must adapt him or her to our home. Though making these modifications might be difficult at times, they are necessary for maintaining personal and social peace and harmony. As a result, peace and harmony are maintained in the home, school, community, and country. A psychological process, social adjustment might be characterised. It usually necessitates adjusting to new norms and values. Adjustment is the technical term used in psychology to describe the process of getting along with other members of society as best as possible.

We live in a society as social creatures, where we create ideas about others and others form opinions about us. Everyone seeks acceptance and respect from others and from society as a whole. We attempt to conform to societal norms so that we can fit in with the rest of society. However, because each person's personality is a unique organisation, this is not a simple process. This organisation must make extra efforts to fit in with the other distinct organisations that make up society. Adjustment is a broader phrase that is used in a variety of contexts. For example, if a person is well-adjusted in his or her home setting, he or she will have a good family adjustment. So, before we define social adjustment, we must first define the scope of social adjustment. To put it another way, social adjustment is the direction in which we, as instructors, attempt to instil adjustment skills in our pupils. We should place a strong focus on the student's transition to school. It is the teacher's obligation to assist the student in coping with the school's current problems.

**Key words:** Adjustment, children, working and non-working mothers

## INTRODUCTION

Adjustment is an important characteristic of living organism. Every organism tries to achieve some sort of working arrangement with his environment. Adjustment needs reaction to the varying demands and pressures of social environment imposed upon the individual. Man among the living organism has the higher capacity to adapt to new situations. As a social animal, man adapts not just to physical needs, but also to social constraints.

Adjustment, as a process, defines and explains the ways and techniques by which an individual adapts to himself and his environment, without regard for the quality of that adaptation or its success or failure. It is a type of organising behaviour that occurs in everyday life scenarios such as at home, at school, at work, and as people get older. It aids in the control of fundamental impulses, the belief in one's own skills, and the achievement of desired goals. As a result, adjustment aids self-directed intellectual, emotional, social, physical, and occupational growth and development. The psychological process by which people manage or cope with the demands and obstacles of ordinary life is referred to as adjustment. It denotes conformity; it refers to how an individual adjusts to his or her surroundings and life's demands.

According to Adler (1938), an individual's adjustment is based on his relationship and techniques of coping with his surroundings. Alder (1938) equates adjustment with the capacity to truly appraise oneself and build social relationships that are advantageous to others rather than planned just for the sake of self-promotion. Individuals, according to Smith et-al. (1955), have a variety of wants and aspirations that they endeavour to fulfil. When attempts to meet these wants are thwarted or clash with other needs, the individual becomes more tense, and adjustment refers to the steps he or she takes to relieve tension and meet his needs.

Various circumstances of social and interpersonal connections in society are referred to as adjustment by psychologists. As a result, we can observe that adjustment refers to the individual's response to the demands and pressures imposed by the social environment. When two types of demands collide, requiring an adjustment, a time-consuming process for the individual, some unique adjustment challenges develop.

## PURPOSE OF THE STUDY

The goal of this overview was to look into and identify the elements that influence students' social adjustment and how it affects their academic achievement. From social adjustment to academic adjustment, social adjustment ability is a vital aspect in school perseverance and success. For traditional students, integration into the social milieu was discovered to be an important aspect that determines their commitment to the academic system. Graduation, acceptance, and academic adjustment are all examples of social integration. Lack of social integration may be one of the factors that contribute to non-traditional students dropping out of school and failing to complete their courses, according to senior students. Contact with classmates and instructors, assertiveness, advocacy, and independence, extracurricular activities and social networks, transportation, and orientation and mobility skills were five of the characteristics that affected social adjustment. With this backdrop in mind, the researcher undertakes this research.

**Rajpal Kaur (2021)** studied self concept and level of adjustment among adolescents of working and non-working mothers. The differences found were non-significant because many other factors also contribute towards the self concept and level of adjustment of the adolescents like socio-economic status and home environment.

**Akhtar, S., Nawaz, M. H., & Altaf, S. (2021)** found that the children development issues like social adjustment and self-regulation are better upgraded and solved in the working women as compared to housewives women. For a better grasp of social adjustment and rules, counselling and advisory seminars should be arranged.

**Dr. Ram Mehar (2018)** studied the adjustment and intelligence among the children of working and non working mothers. The data obtained were analyzed statistically and was used to arrive at the following conclusions: (i) There is significant difference in overall adjustment between the children of working and non-working mothers. (ii) There is significant difference among social, emotional and educational adjustment for the boys of working and non-working mothers. (iii) There is significant difference among social, emotional and educational adjustment of the girls of working and non-working mothers.(iv)There is significant difference among social, emotional and educational adjustment for the children of working and non-working mothers. (v) There is significant difference in self-confidence between for the children of working and non-working mothers. (v) There is positive and significant relationship between self confidence and adjustment for the children of non-working mothers is better than the working mothers.

**Dr. K. Vellaichamy (2018)** revealed that the Gender of high school students play an important role on either increasing or decreasing the social adjustment connected with the area of education. It was found Female students have upper hand in social adjustment than male students. Also a number of brothers/sisters plays a

vital role in social adjustment among high school students. It was also found that high school students have upto 3 having brothers/sisters students do well in social adjustment than 4 & above students. Also Standard studying also plays a vital role in social adjustment among high school students.

**P.Priya Packiaselvi, and Ms.Malathi.V.A. (2017)** found that there is no substantial change with respect to mother tongue, gender, location of school, type of family, educational qualification of parents, occupation of parents, monthly income of parents in their mean score of social adjustment and academic achievement.

**Sanjay Mehra(2017)** found that adolescent children of working and non-working mothers differ significantly on educational adjustment and total adjustment but adolescent children of non-working mothers have better adjustment than adolescent of working mothers.

**Hemlata Patel and Vivek Singh (2017)** analysed that the academic achievement of male and female students of working and non-working mothers did not differ significantly. However, there was a considerable difference in educational adjustment. Furthermore, there was no discernible difference in the social and emotional adjustment of non-working mother's sons and girls.

**Mahdieh Azh Asaran & Seyed Reza Balaghat (2015)** found that the students of housewives showed higher social adjustment than the students of working mothers. Also the Achievement motivation of working mother's pupil's was greater than that of the students of housewives.

**Dr. Mohammad Ahsan & Dr. Anand Kumar (2013)** found that there is no significant difference between the academic achievement of children of working and non-working mothers. According to the gender difference research, there is no substantial difference between male and female children of working and non-working mothers.

**Mahmood Ahmad Khan & Asma Hassan (2011)** studied and highlighted that children of non-working mothers have shown academic excellence than the children of working mothers. Also it was found that the mean score of the children of working mothers was lower than the mean score of the children of non-working mothers in the subjects English, Mathematics. Social Science and Urdu.

**Adesoji A. Oni, and S. A. Dosunmu (2010)** studied and investigated mothers' occupational status as correlate of children's social adjustment in Lagos, Nigeria. It was suggested that efforts be made to assist youngsters in developing healthy social adjustment, and that standard day-care centres be established for the children of working mothers to act as alternative caregivers. In addition, society must be prepared and willing to allow each individual to function to his or her full potential.

## CONCLUSION

Adjustment is a collection of behavioural and cognitive techniques for dealing with stressful events. It is the ability to cope with the environment, people, and oneself via adaptability, collaboration, and compromise (Rahmati et al., 2010). While social adjustment, according to Nader-Grosbois (2013), is the adjustment of individuals in relation to their social environment. As a result, social interactions may be tweaked, and other people's actions can be observed, anticipated, controlled, and altered. The individual's social adjustment is dependent on his or her personality. As a result, they must adjust within the group in which they dwell. It was found that interaction impact of mothers' employment level on mothers' education had no significant influence on academic, social, or emotional adjustment, however the interaction effect of gender on mother education had a significant effect on academic adjustment.

Social adjustment and self-regulation for working mothers' status were significant, and gender differences for social adjustment were not significant, and gender differences for self-regulation were significant. The effect of maternal education was significant on Self-Regulation. The effect of mother education did not sign on Social Adjustment. The overall result of the study indicates that the children development issues like social adjustment and self-regulation are better flourished and promoted in the working women as compared to housewives women. For a better grasp of social adjustment and rules, counselling and advisory seminars should be arranged.

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