

A STUDY OF THE INFLUENCE OF OCCUPATIONAL STATUS OF PARENTS ON THE ADJUSTMENT PATTERN OF THE STUDENTS OF GOVERNMENT SAIHA COLLEGE, SIAHA.

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Abstract: Adjustment is the process of adapting or becoming used to a new situation. The term 'adjustment' is often used as a synonym for accommodation and adaptation. Strictly speaking, the term denotes the results of equilibrium, which may be affected by either of these processes (Monroe, 1990). It is used to emphasize the individual's struggle to survive in his or her social and physical environment. Good (1959) states that adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes in the environment. Shafer (1961) emphasized that adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs to group norms, morals, ideas, values and so on.

Every individual from the time he or she steps out of the family and goes to school makes a long series of adjustments between the whole unique personality and the environment. The ardent desire of each boy and girl to become an individual person having a healthy physique, a growing intellectual ability, a greater degree of emotional poise and increased participation in social groups, such characteristics enhance one's personality. Even parents, teachers and other significant members of the society to which person belong will encourage this desire (Raju and Rahamtullah, 2017).

College students' adjustment is a phenomenon that is of great concern to educationists as well as health practitioners. Educationists need to know what they can do to help their students adjust and benefit from school (Mizelle, 1999). Well-adjusted students usually value what they are learning, are positively involved in classroom activities and receive high grades. (Kiuru, et al. 2009). Poor adjustment leads to low academic achievement, behavioural problems, discordant educational aspirations and even dropout (Vasalampi, et al.2009).

Index Terms: Adjustment Patterns, Students, Govt. Saiha College, Siaha.

1. INTRODUCTION: Adjustment is the state in which the needs of the individuals on the one hand and the claims on the other hand are fully satisfied. Adjustments take the form of variation in the organism through the acquisition of responses. The variation in the organism may be biological. The adjustment process is a universal sequence that can be identified in the behaviour of an organism from the lowest species up to man. It has to be made by individuals in all life situations. Every situation may need different types of adjustment. If an individual fails to adjust himself to the situations then the problem arises. It may be any one of the psychological sequences like conflict, frustration, emotional adjustment, aggression and violence. The adolescent sometimes does not withstand the severe emotional maladjustment to the

situation. According to **Webster (1951)**, “Adjustment is the establishment of the satisfactory relationship as representing harmony, conformance and adaptation of the life”. According to **Shaffer (1956)** “Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influences the satisfaction of these needs.” **E.J. Shabon (1957)** “has termed as healthy energetic participation in group activity, grasping of responsibility at times to the point of leadership and above all avoidance of self deception in the adjusting

A person is said to be adjusted when he is so related to reasonable adequate environment that he is relatively happy, efficient and has a degree of social feelings. Thus we see that adjustment means reactions to the demands and pressure of social environment imposed upon the individuals. The demand may be external or internal to whom the individual has to read”. (**Chauhan, 1978**).

2. Rationale of the Study: Adjustment is one of the most important components in human life. A person who does not particularly interfere in the society and who is not social enough to live in harmony with another social being cannot have a good social relationship because adjustment persuades us to changes our way of life in the society. When a person faces difficulty in his or her duty, and has difficulty in making social relations, he may develop maladjustments in his life. So it is important to have good adjustment so as to bring desirable changes in his or her study habit and to have healthy social relation with the society as a whole.

The child at the time of his birth is absolutely dependent on others for the satisfaction of his needs, but gradually with age, he learns to control his needs. His adjustment largely depends on his interaction with the external environment in which he lives.

3. Statement of the Problem: A study of the Influence of Occupational Status of the Parents on the Adjustment Pattern of the Students of Govt Saiha College, Siaha.

4. Research Question: Does the occupational status of the parents have influence on the home, health, social and emotional adjustment pattern of the students of Govt. Saiha College, Siaha?

5. Objective: To compare the level of home, health, social and emotional adjustment of the students based on the occupational status of their parents.

6. Delimitation: Due to time constraint, the present study was confined to Govt. Saiha College only.

7. Method of the study: Descriptive research method is used for conducting this research.

8. Sources of data: Primary source is used for collecting data. The researcher interacted directly with the students.

9. Population of the study: The population in the present study included 1st, 3rd and 5th semester Bachelor of Arts students of Govt. Saiha College, Siaha during the academic session 2017-18.

10. Sample of the study: The sample comprised of 40% of the whole population (300) that is 120 students taking 20 male and 20 female students from each class (1st, 3rd and 6th Semester) of Govt. Saiha College, Siaha during the academic session 2017-2018.

11. Tools of data collection: The investigator used standardized test called **Bell’s Adjustment Inventory (BAI-O)** developed by Dr. R. K. Ojha (2011) which was published by National Psychological Corporation, 4/230, KacheriGhat, Agra.

12. Data collection: The investigator personally contacted all the respondents to collect the data and clear instructions were given to each respondent. After all the doubts were cleared, the test booklet was given to each sample. The respondents were asked to decide about their agreement with the statement and mark the relevant response. After the students completed to answer all the statements, the investigator collected all the responded sheets.

13. Data analysis: The data collected for the variables were analysed using statistical tools such as – mean, standard deviation; standard error mean difference and T-test were used.

14. Analysis and interpretation: Analysis of the present study was done in accordance with the objectives of the study.

To compare the level of home, health, social and emotional adjustment of the students based on the occupational status of their parents.

Table 1.1.Comparative analysis of the children of Govt. Servant and Farmer in Home Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Govt. Servant	38	14.52	4.05	0.79	1.52
Farmer	40	13.32	5.05		

Table 1.1 revealed that the kids of Govt. Servant and Farmer have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.2.Comparative analysis of the children of Govt. Servant and Farmer in Health Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Govt. Servant	38	13.05	5.11	0.78	0.95
Farmer	40	11.82	4.93		

Table 1.2 indicated that the kids of Govt. Servant and Farmer have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.3.Comparative analysis of the children of Govt. Servant and Farmer in Social Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Govt. Servant	38	18.42	4.32	1.05	1.04
Farmer	40	17.32	4.99		

From Table 1.3, it can be seen that the kids of Govt. Servant and Farmer have difference in their mean score, but the 't' value is less than the required 't' value for determining significance..

Table 1.4.Comparative analysis of the children of Govt. Servant and Farmer in Emotional Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Govt. Servant	38	20.76	6.76	1.36	0.45
Farmer	40	21.37	5.14		

Table 1. 4 showed that the kids of Govt. Servant and Farmer have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.5.Comparative analysis of the children of Farmer and Self- Employed in Home Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Farmer	40	13.32	5.05	1.04	0.78
Self-Employed	42	14.14	4.37		

As per Table 1.5, it can be seen that the kids of Farmer and Self-employed parents have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.6.Comparative analysis of the children of Farmer and Self- Employed in Health Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Farmer	40	11.82	4.93	1.11	0.35
Self-Employed	42	12.21	5.18		

Table 1.6 indicated that the kids of Farmer and Self-employed parents have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.7.Comparative analysis of the children of Farmer and Self- Employed in Social Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Farmer	40	17.32	4.99	0.82	1.02
Self-Employed	42	18.16	3.42		

Table 1.7 showed that the kids of Farmer and Self-employed parents have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.8.Comparative analysis of the children of Farmer and Self- Employed in Emotional Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Farmer	40	21.37	5.14	1.19	1.55
Self-Employed	42	19.52	5.69		

From Table 1.8, we can observe that the kids of Farmer and Self-employed parents have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.9.Comparative analysis of the children of Govt. Servant and Self- Employed in Home Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Govt. Servant	38	14.52	4.05	0.94	0.40
Self-Employed	42	19.15	4.37		

Table 1.9 revealed that the kids of Govt. Servant and Self-employed parents have difference in their mean score, but the 't' value is less than the required 't' value for determining significance..

Table 1.10.Comparative analysis of the children of Govt. Servant and Self- Employed in Health Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Govt. Servant	38	13.05	5.11	1.15	0.72
Self-Employed	42	12.21	5.18		

Table 1.10 showed that the kids of Govt. Servant and Self-employed parents have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.11 Comparative analysis of the children of Govt. Servant and Self- Employed in social Adjustment.

Occupation of the parent	Total	Mean	SD	SEmd	't' value
Govt. Servant	38	18.42	4.32	0.88	0.28
Self-Employed	42	18.16	3.42		

Table 1.11 indicated that the kids of Govt. Servant and Self-employed parents have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.12. Comparative analysis of the children of Govt. Servant and Self- Employed in emotional Adjustment.

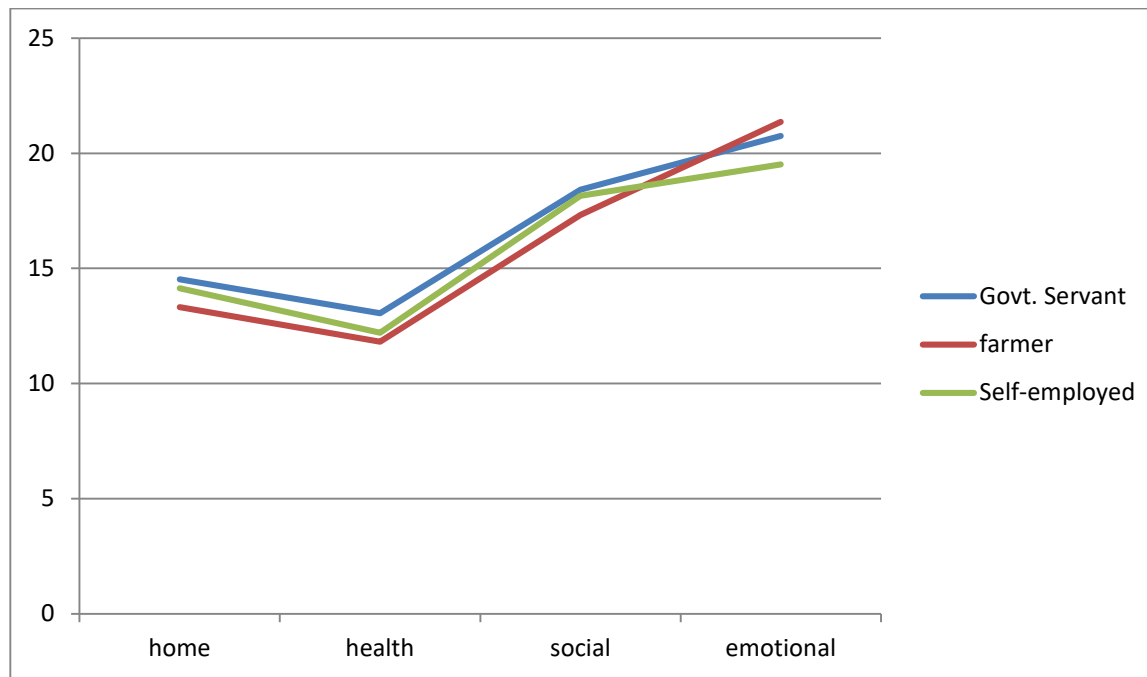
Occupation of the parent	Total	Mean	SD	SEmd	't' value
Govt. Servant	38	20.76	6.76	1.40	0.88
Self-Employed	42	19.52	5.69		

Table 1.12 revealed that the kids of Govt. Servant and Self-employed parents have difference in their mean score, but the 't' value is less than the required 't' value for determining significance.

Table 1.13. Mean and SD of Adjustment Level of students belonging to the parents of different occupational status.

Occupation	Home		Health		Social		Emotional	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Govt. Servant	14.52	4.05	13.05	5.11	18.42	4.32	20.76	6.76
Farmer	13.32	5.05	11.82	4.93	17.32	4.99	21.37	5.14
Self - Employed	14.14	4.37	12.21	5.18	18.16	3.42	19.52	5.69

Fig. 1.1. Mean scores of the kids of different occupation of the parents.



From the above figure and table, the difference in the adjustment score of kids of different occupational status of the parents can be studied. The mean score showed that the occupational status of the parents have no effect on the adjustment pattern of their kids.

15. Conclusions and discussion: The present study reveals that the kids of Farmer have best adjustment in Home adjustment compared to the kids of parents with other occupations. But, all the scored falls under the category of ‘Unsatisfactory’. Kids of different occupational status parents showed different scores in Health, but all of them fell in the category of ‘Unsatisfactory’. The mean score table revealed the score of the kids of different occupations in Social. Though there is some difference in their score, but all of them fall under the category of ‘Unsatisfactory’. In emotion, scores of the kids of different occupations are different, but all of them fell in the category of ‘Very Unsatisfactory’.

College students experience puberty, develop abstract thinking abilities and transition into and out of higher secondary schools and to colleges. Although most youths go through this period without excessive stress, young adults are at great risk of dropout, drug use and some psychological disorders than other age groups. To be successful in college and in life, they need trusting and caring relationships. They also need opportunities to form their own identities, engage in autonomous self experiences that will develop this competence and self-esteem. Youths desire autonomy, independence and time with peers, but at the same time, they continue to rely on guidance from parents and other adults. Therefore, it is important to study and to find out those ages of student’s adjustment patterns. So that parents and adults shall find out a better guidance to those young ages in studies. **Garrison and Force (1959)** have proposed three basic factors which facilitate emotional disturbance among adolescents. These factors are biological disorders and diseases, pathological family relationships and undesirable experience in school.

Unlike the finding of the present study, studies made by **Ramaprabou V (2014)** on ‘**The effect of family environment on the adjutmet patterns of adolescents**’ inferred that family environment do have a significant effect n the adjustment patterns of adolescents. Studies made by **Zeng- Yin Chen & Stanford (1998)** reveals that perceived parental lack of knowledge and understanding was associated with lower academic achievement and higher rates of deviant behaviours.

On the basis of the studies reviewed and the findings of the present study, the followings are suggested for further research:

1. A similar study covering more colleges may be taken up.
2. Adjustment inventory may be developed and standardized for the students in Mizoram taking due consideration of the cultural and social background.
3. A study on the impact of level of adjustment on academic achievement may be taken up.
4. A comparative study on adjustment of students of different colleges may be taken up.

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