SOCIAL ADJUSTMENT OF HIGH SCHOOL STUDENTS IN CUDDALORE DISTRICT

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Abstract

In the present study the investigator has adopted the social adjustment of high school students in Cuddalore district. The Social Adjustment Inventory (SAI) developed by Roma Pal (1985), were used to collect the data from a sample of 300 high school students studying in Cuddalore District of Tamilnadu State, India. The survey method had been followed and simple random sampling technique was used in administration of the research tool. The result of the analysis reveals that the high level of social adjustment of high school students, there is significant difference in the enactive learning style, figural learning style and verbal learning style of higher secondary school students with respect to their gender and there is significant difference between male and female students, there is no significant difference between Tamil and English medium students, there is no significant difference between rural and urban school students with respect to their social adjustment.

Key Words: Social Adjustment and High School Students

1. Introduction

In psychology, the term "adjustment" refers to the behavioral process through which people and other animals maintain balance among their many requirements. Humans have the capacity to adapt to the physical, social, and psychological demands that come with being dependent on other people. The process of adjustment describes and explains how a person adapts to themselves and their surroundings without making any distinctions on the success or failure of the adjustment. It supports achieving desired goals, believing in one's own skills, and controlling basic impulses to manageable levels. Therefore, adjustment promotes self-initiated intellectual, emotional, social, and physical growth and development. Darwin introduced the idea of adjustment for the first time and used it as a strategy for surviving in the physical world. Success is nothing more than the outcome of one's adjustment. Academic success is the result of education and measures how far a student has progressed in reaching his academic objectives. Exams and ongoing evaluation are standard ways to gauge academic success. Academic success can be characterized as excellence in all academic subjects both in and outside of the classroom.

Nowadays, every student adjusts mainly in these three aspects. Every family faces financial problems and other problems. So, there is a necessity to adjust to these situations. Every student should adjust with the school environment, and also follow the rules and regulations of the school and what the teacher taught. There must be need of adjustment with the peer group. A man cannot live in the society without adjustment. Everyone

should follow the customs and traditions of our society. At the adolescence stage, the students are facing emotional problems. So, there is a necessity to research how the students are facing emotional problems and how to make them to adjust with the society and school.

The issue of students' adjustment has gotten worse quickly, leading to unrest and indiscipline among them and having a detrimental effect on both their academic performance and personal growth. Teenagers who fail to make the necessary adjustments become frustrated and lose their sense of self-worth and confidence throughout their academic careers, as opposed to someone who has made the necessary adjustments and is more determined to face life's challenges head-on and find more inner peace and happiness. The goal of the current study is to assess how well college students are adjusting to their academic lives and to offer decision-makers and higher education managers with the data they need to improve students' adjustment levels and spur them on to achieve better results.

2. Review of Literature

G. Pugazhenthi (2019), studies the social adjustment and academic achievement of high school students. The population for the present study is consists of 640) ninth standard students are studying in the secondary classes in Thanjavur district of Tamil Nadu. Using simple random procedure from the list of schools the researcher identified 27 schools and 640 high school students from Thanjavur district. The present study found out there is a significant difference in the mean scores of social adjustment between the groups of high school students with regard to gender, medium of instruction, residence of the student, locality of the school and type of family. The present study found out there is a significant difference in the mean scores of social adjustment among the groups of high school students with regard to type of school and fathers educational qualification.

Dr.Subhash Sarkar , Sangita Banik (2017), to investigate the adjustment of the student of adolescence period in West Tripura in relation to their academic achievement, age, gender etc. in a sample of 120 adolescents (60 boys & 60 girls). Data was analyzed by using Standard Deviation, Mean, Percentile, ttest, Pearson Product Moment Correlation. The result of the study indicated that there were no significant differences between boys and girls in adjustment and academic achievement in adolescence period. The result also revealed that there was a significant difference among emotional adjustment, social adjustment, educational adjustment and academic achievement in adolescent period. The researcher also found that there exist positive relationship between adjustment & academic achievement of boys& girls in adolescence period of West Tripura District. The study has implications for students of adolescence period, teacher, parents and policy makers as well.

Joymalya Paramanik, Birbal Saha, Bhim Chandra Mondal (2014), studied the adjustment ability among secondary school students in relation to gender and residence. The study revealed that there is no significant difference between adjustments of students residing either at urban or rural area.

3. Operational Definitions of the Study

Social Adjustment

Adaptation of the person to the social environment. Adjustment may take place by adapting the self to the environment or by changing the environment.

High School Students

High school students refers to the schools that ranges its classes from 9th to 10th. For the present study the research had taken 9th class students

4. Objectives of the Study

1. To find out the level of social adjustment of high school students.
2. To find out whether there is any significant difference between male and female high school students with respect to their social adjustment.
3. To find out whether there is any significant difference between Tamil and English medium high school students with respect to their social adjustment.
4. To find out whether there is any significant difference between rural and urban school high school students with respect to their social adjustment.

5. Hypotheses of the Study

1. The level of social adjustment of high school students is low.
2. There is no significant difference between male and female high school students with respect to their social adjustment.
3. There is no significant difference between Tamil and English medium high school students with respect to their social adjustment.
4. There is no significant difference between rural and urban school high school students with respect to their social adjustment.

6. Method of the Study and Sample Used

The normative survey method was adopted in the present study.

The present investigation, 300 high school students studying in Cuddalore District, Tamilnadu State in India have been selected as the sample using simple random sampling technique.

7. Analysis of Data and Interpretation

The data collected were descriptively analyzed by employing the following statistical techniques:

1. Descriptive Analyses

   i. Measures of central tendency (Mean)

   ii. Measures of variability (Standard Deviation)

2. Differential Analyses ('t' test and 'F' test)

Descriptive Analysis

Result of Hypothesis 1

The level of social adjustment of high school students is low**.**

Table-1

The Mean and Standard Deviation Scores of Social Adjustment

Variable	N	Mean	SD
Social Adjustment	300	103.87	13.25

It is evident from the table-1 that the calculated mean score 103.87 of the entire sample was and the standard deviation value is 13.25 respectively, Hence the hypothesis 1 is rejected and it is concluded that the level of social adjustment of high school students is high.

Differential Analysis

Result of Hypothesis 2

There is no significant difference between male and female high school students with respect to their social adjustment.

Table-2

The Significance of Difference ('t' value) between the mean scores of male and female

Variable	Gender	N	Mean	SD	't' Value	Level of Significance at 0.05 Level
Social Adjustment	Male	156	100.115	10.861	5.278	Significant
	Female	144	107.93	11.201		

It is seen from the above table that the 't' value calculated is 5.278, which is greater than the table value 1.96 at 0.05 level of significance. Hence, the hypothesis 2 is rejected and it is concluded that there is significant difference between male and female high school students with respect to their social adjustment.

Result of Hypothesis 3

There is no significant difference between Tamil and English medium high school students with respect to their social adjustment.

Table-3

The Significance of Difference ('t' value) between the mean scores of Tamil and English Medium

Variable	Medium of Study	N	Mean	SD	't' Value	Level of Significance at 0.05 Level
Social Adjustment	Tamil	187	103.95	13.15	0.440	Not Significant
	English	113	102.00	15.77		

It is seen from the above table that the 't' value calculated is 0.440, which is greater than the table value 1.96 at 0.05 level of significance. Hence, the hypothesis 3 is accepted and it is concluded that there is no significant difference between Tamil and English medium high school students with respect to their social adjustment.

Result of Hypothesis 4

There is no significant difference between Rural and Urban school high school students with respect to their social adjustment.

Table-4

The Significance of Difference ('t' value) between the mean scores of rural and urban school

Variable	Locality of the School	N	Mean	SD	't' Value	Level of Significance at 0.05 Level
Social Adjustment	Rural	158	104.74	14.90	1.219	Not Significant
	Urban	142	102.90	11.11		

It is seen from the above table that the 't' value calculated is 1.219, which is greater than the table value 1.96 at 0.05 level of significance. Hence, the hypothesis 4 is accepted and it is concluded that there is no significant difference between Rural and Urban school high school students with respect to their social adjustment.

8. Findings of the Study

➢ The level of social adjustment of high school students is high.

➢ There is significant difference between male and female high school students with respect to their social adjustment.

➢ there is no significant difference between Tamil and English medium high school students with respect to their social adjustment.

➢ There is no significant difference between Rural and Urban school high school students with respect to their social adjustment.

10. Conclusion

The present study has been made on high school students social adjustment. The finding of the present study reveals that the high school students have high level of social adjustment. It is also found that differ significantly male and female students and do not differ significantly Tamil medium, English medium, Rural school and urban school students.

11. References

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