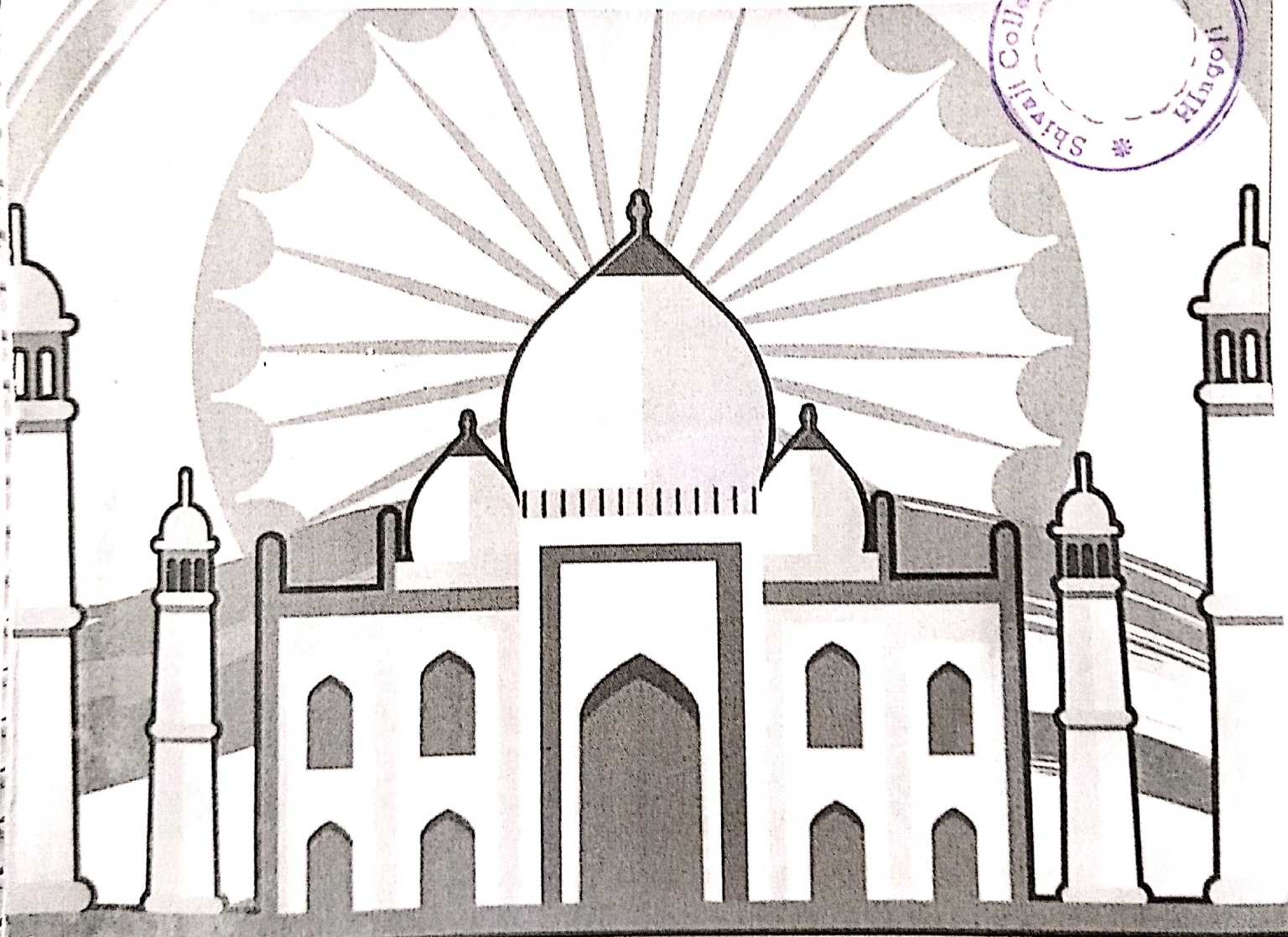
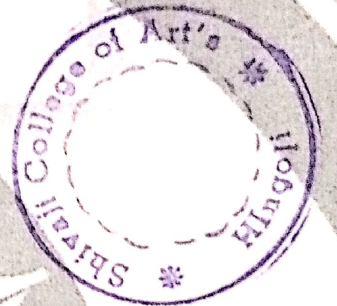
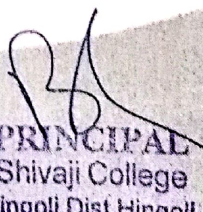


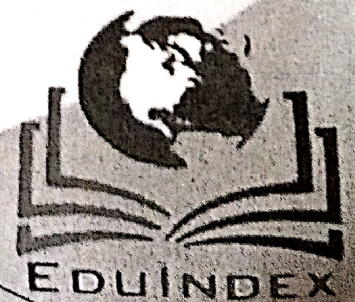
# Our Heritage

## UGC Care Journal

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SPORT

# One Day National Seminar

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(01 February 2020, Saturday)



“The Importance of Sports, Physical Education and  
Psychology for Personality Development at Present  
Scenario”

**Organized by**

Department of Psychology, Sports and Physical Education  
SHIVAJI COLLEGE, HINGOLI-431513 (MAHARASHTRA)  
NAAC Accredited 'B' Grade

  
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### The Impact of the Psycho-Social Factors on Adjustment

**Bappa Sambhu Jadhav**

Assit. Prof. in Psychology

Shivaji College Hingoli-431513 (M.S)

#### Abstract:

*This study was conducted to examine the effect of psycho-social factors on the adjustment of Jr. College student students of Hingoli Tahsil. The sample of 400 11<sup>th</sup> class students was selected from private 10+2 schools located in the located in rural and urban areas of Tahsil. Tool for collecting the data included Adjustment Inventory and SES. The data were analyzed using descriptive and inferential statistics. The findings of the study revealed that there is significant difference in adjustment of students across SES (High and Low), locale (rural and urban). The findings of the study may be used in devising skill training programme to develop a harmony between need and circumstances of the individual.*

**Keywords:** - SES, Area of Residence, Jr. college Students and Adjustment.

#### Introduction:-

Education is a complex and comprehensive process of bringing out the psychological and behavioral change in an individual. It plays a transformative role as it fosters, in some sense, change, and adaptation and helps individuals in developing a harmoniously adjustable personality. Every situation of life demands that the person concerned should be able to perform effectively in accordance with some guiding principles and should be able to strike a balance among various forces. Psychologically, the adjustment helps the organism to cope with the demands and pressures of the outside world as well as the needs, desires and conflicts experiences from within. Thus, the adjustment helps for self-initiated growth and development along intellectual, emotional, social, physical, and vocational dimensions.

It refers to the harmonious relationship between the person and the environment. It is the relationship that comes among the organisms, the environment, and also personality. A well-



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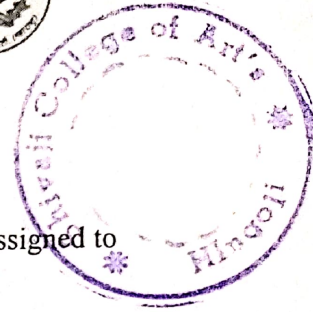
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adjusted personality is well prepared to play the roles which are expected of the status assigned to him within the given environment.

### Adjustment as Process

Adjustment as a process is of major importance for psychologists, and any others. To analyze the process we should study the development of an individual longitudinally from his birth onwards. 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. This adjustment largely depends on his interaction with the external environment in which he lives. When the children have born, the world for him is a big buzzing, blooming confusion. He cannot differentiate among the various objects of his environment but as he matures he comes to learn to articulate the details of his environment through the process of sensation, perception, and conception.

### Characteristics of Adjustment Mechanism

The adjustment mechanism is almost used by all people. They are ideas that are inferred from the behavior of the individuals. All mechanisms are used to protect or enhance the person's self-esteem against dangers. They increase satisfaction and help in the process of adjustment if used within the limit. The danger is always within the person. He fears his own motives. The fear and danger are manifested in the adjustment mechanisms. The overall effect of the adjustment mechanism is to cripple the individual's functioning and development through falsifying some aspects of his impulses so that he is deprived of accurate self-knowledge as a basis for action.

Adjustment is the behavioral process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustments begins when a need is felt and ends when it is satisfied. Hungry people, when they eat, reduce the stimulating condition that impelled them to activity, and they are thereby adjusted to this particular need.

In general, the adjustment process involves four parts:

- (1) A need or motive in the form of a strong persistent stimulus,
- (2) The thwarting or non-fulfillment of this need,
- (3) Different activities or search behaviors, including problem-solving.
- (4) Some responses that remove or diminish the initial motivation and complete the adjustment.



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Social and cultural adjustment is similar to physiological adjustments. People strive to be comfortable in their surroundings and to have their psychological needs (such as love or affirmation) met through the social networks they inhabit. When needs arise, especially in new or changed surroundings, they impel interpersonal activity meant to satisfy those needs. Therefore, people can become acquainted with and comfort their environment and expect that their needs will be met through their social networks in the future.

In some previous studies, Kaur (2012) investigated the problems of adjustment in relation to achievement, SES and locality. He found that girls have more adjustment power than boys. But locality does not influence adjustment power. Sangeeta and Chirag (2012) found that female college students have more adjustment problems in comparison to male college students. Gul and Ganai (2015) found that female graduate students have more problems related to their overall adjustment than male students. Enochs and Roland (2006) studied 511 male and female university students in the first year, where he studied the nature of the environment, gender and the relation with a level adjustment of social in the university, the result indicates out that males are more adjusted than females.

### Problem: -

To study the impact of the psycho-social factors on Adjustment among adolescents.

### Objectives of the study: -

1. To see the effect of socio-economic status on adjustment of adolescents and to study the difference between high and low socio-economic status on adjustment.
2. To see the effect of area of residence on adjustment of adolescents and to examine whether the rural and urban area adolescents differ from each other significantly or not.

### Hypotheses:

1. The adolescents living in urban area would exhibit more adjustment than the adolescents living in rural area.
2. The adolescents coming from high socio-economic status would experience more adjustment than adolescents coming from low socio-economic status.

### Sample: -



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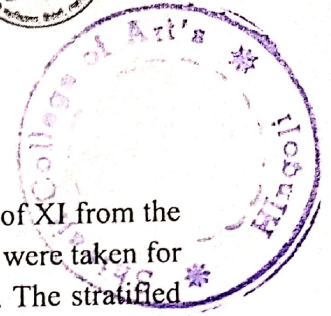
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The present investigation was confined to the Junior college going students of XI from the population of the Hingoli city, Maharashtra State of India. Initially 600 adolescents were taken for this study from the population finally 400 adolescents was selected for this study. The stratified randomize sample taken into consideration for the study consisted of 400 junior college going students of XI, in which 200 students were from equally classified on high and low socio-economic status. Again were classified equally on urban and rural. The efforts were made to have the sample as representative as possible in terms of area of residence and gender.

### Variables and research design: -

2x2 factorial design was used for this investigation.

Area of Residence (B)	Socio-Economic Status(A)	
	High SES (A1)	Low SES(A2)
Rural (B1)	B1A1	B1A2
Urban (B2)	B2A1	B2A2

1. Independent variables: - Socio-economic status, and area of residence
2. Dependent variables: - Adjustment

### Tools used for data collection:-

**1. Adjustment Inventory:** Indian adaptation of bells adjustment inventory was used for measuring adjustment in various field. The Indian adaptation of Bells adjustment inventory was developed by Lalita Sharma. The inventory consists of 80 items, which all are designed to measure adjustment in one or the other area. Each item is provided with two alternatives 'YES' & 'NO'. The inventory is useful in measuring adjustment in four areas namely emotional, social, family, & health. The author has given the reliability coefficient of .73, validity is not given.

**2. Socio-economic status scale:** - Socio-economic status scale developed by Dr. Janbandhu .This is a short scale consisted of 14 questions only. The questions demand only factual information about the social, economic and educational background of the individual. The reliability: The reliability coefficient was 0.86, validity was 0.79.

### Statistical analysis and Interpretation: -





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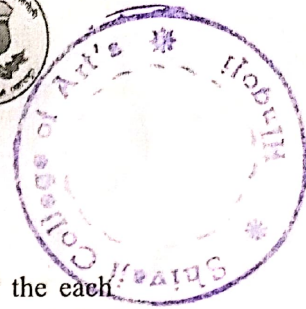
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The sample available for statistical analysis consisted of 400 adolescents. For the each subject, initially data of each group were separately scrutinized by employing descriptive statistics. The statistical analysis was mainly consisted of descriptive statistics i.e. mean & S.D. and two ways ANOVA on adjustment, SES and area of residence with the help of SPSS.

**Table no.1 Showing Mean & S.D. Values for high and low socio-economic status of adolescents Adjustment.**

Socio-Economic Status	N	Mean	SD
High	200	24.56	6.53
Low	200	22.27	6.19

In above table show the mean & S.D. value for high and low socio-economic status of adolescents on adjustment. Mean score of (24.56) adolescents coming from high socio-economic status is greater than mean scores (22.27) of adolescents coming from low socio-economic status on adjustment.

**Table no.2 Two way ANOVA for SES X Adjustment**

Source	Sum of Squares	Df	Mean Square	F	Sig.
SES	524.41	1	524.41	13.91	0.01
Error	14780.44	392	37.71		
Total	235846.00	400	-----		

Table indicating F Value for high and low socio-economic status of adolescents on adjustment. F value (13.91, (1, 392)  $P < 0.01$ ) shows significant differences between adolescents coming from high socio-economic status and adolescents coming from low socio-economic status on adjustment. As per Bells inventory higher indicate low adjustment level. Therefore, it can be conclude that the adolescents coming from low socio-economic status experience higher adjustment than adolescents coming from high socio-economic status.

These results might be due to the fact dimension of socio-economic status i.e. high SES adolescents who experience higher facilities and acceptance from family, peers and society however; adolescents having low SES experience social isolation. Therefore they could not cope with every situation because their most of the time spend to achieve basic needs. Findings of the



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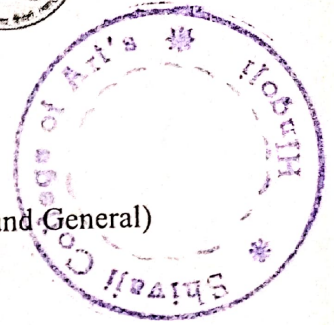
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study show significant relation between Adjustment (Emotional, Social, Educational and General) and Academic Attainment of Students and Parent-Involvement.

**Table no.3 Showing Mean & S.D. Values for Urban and rural of adolescents on adjustment.**

Area of Residence	N	Mean	SD
Rural	200	23.17	6.20
Urban	200	23.65	7.71

Tables describe the mean & S.D. values for urban and rural area of adolescents on adjustment. Mean score of adolescents living in urban area (23.17) is partially smaller than mean score of adolescents living in rural area (23.65). On the basis of present investigation it can be conclude that the level of nurturance in home environment can determine adjustment of students.

**Table no.4 Two way ANOVA for Area of Residence X Adjustment**

Source	Sum of Squares	Df	Mean Square	F	Sig.
Area of Residence	23.04	1	23.04	0.61	NS
Error	14780.44	392	37.71		
Total	235846.00	400	-----		

Table reveals F Value for urban and rural area of adolescents on adjustment. Analysis of variance ( $F = 0.61, (1, 392) P > 0.05$ ) does not indicate significant difference between adolescents living in urban area and adolescents living in rural area on adjustment. Thus, adolescents living in urban area tend to be exhibit similar kind of adjustment with adolescents living in rural area. Rurality was not significantly related to school adjustment, but rather, the characteristics of individuals living within those communities were. Results also indicated that participation in school and nonschool activities, strength of rural schools, can play a positive role in school adjustment. Given the significant relationships of income and parental education to all of the school-related variables, a key long-term strategy may lie in improving the economic climate of

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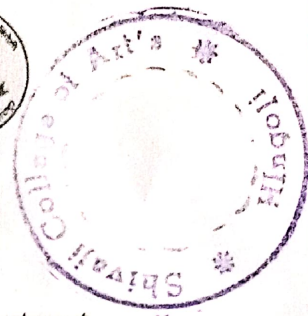
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rural areas Kundu, E., Baljit Singh (2010) examine relationship and differences of Adjustment, Goal orientation and Attitude of physical activities among rural and urban college going girls of Haryana. Standardized and validity proved tests were used for collection of data. Statistical analysis was done by applying t-test and matrix of correlation ship to find out the results of the study. Analysis of findings and results of the study conclude that significant differences were found on adjustment level, goal orientation and attitude towards physical activities among all sports and all non sports college going girls of Haryana. Analysis of results further revealed that non-significant differences were found on adjustment level, goal orientation and attitude towards physical activities among all rural v/s all urban girls; rural sports v/s urban sports girls and rural non sports v/s urban non sports college going girls of Haryana. However, rural girls shows better results on home, health and urban girls of these groups shows better results on emotional and social adjustments in comparisons. Further results of study conclude that significant relationships were found in correlations of adjustment, goal orientation and attitude towards physical activities with in groups of study. Results of study also confirm that environment factors, facilities and socio-economic status provided to college girls affect the psychological makeup and development of interest towards physical activities.

### Conclusion:-

- 1) The adolescents coming from low socio-economic status experience higher adjustment than adolescents coming from high socio-economic status.
- 2) Adolescents living in urban area tend to be exhibit similar kind of adjustment with adolescents living in rural area.

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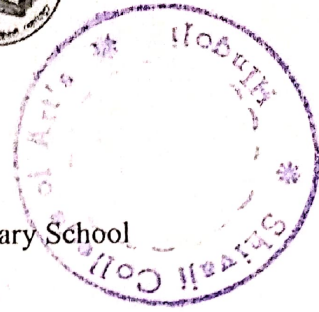
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