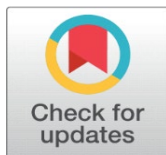
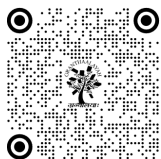


PERSONAL ADJUSTMENT AMONG ADOLESCENT: GENDER DIFFERENCE

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ABSTRACT

Personal adjustment is the way of adaptation performed by an individual towards conditions in his/her family and community. Adjustment becomes necessary to cope with demands of life and interaction with people in contact (American Psychological Association). It refers to the personal side of growing up i.e., getting matured and accepting the reality. To give up to reality and coming out of the id of Freud, is adjustment. Normally it starts happening from the infants and continues till death. In adolescence it is a bit tougher. When adolescents feel that they have more capacity to change the conditions present outside them due to their neural and hormonal capabilities. With passage of time, they start adjusting with their environment, family members and demands of life. Sometimes it leads to negativism, Fantasy, Regression, Repression etc. This may have severe psychological consequences (Psychology for the Armed Services, 1945). For such thing adolescents develop defense mechanism, known as adjustment.

Keywords: Adolescent, Gender Difference, Adjustment

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1. INTRODUCTION

Personal adjustment is the way of adaptation performed by an individual towards conditions in his/her family and community. Adjustment becomes necessary to cope with demands of life and interaction with people in contact (American Psychological Association). It refers to the personal side of growing up i.e., getting matured and accepting the reality. To give up to reality and coming out of the id of Freud, is adjustment. Normally it starts happening from the infants and continues till death. In adolescence it is a bit tougher. When adolescents feel that they have more capacity to change the conditions present outside them due to their neural and hormonal capabilities. With passage of time, they start adjusting with their environment, family members and demands of life. Sometimes it leads to negativism, Fantasy, Regression, Repression etc. This may have severe psychological consequences (Psychology for the Armed Services, 1945). For such thing adolescents develop defense mechanism, known as adjustment.

Adjustment is behavioral process in which we balance our needs, conflicts and obstacles without resources. Whenever we fail to bring that adjustment to our need, stress occurs. We need to adjust successfully in order to have a stress-free happy life. Demand and supply never meet in one hundred percent.

Although successful adjustment means well adjusted. Adjustment is good for mental health. Realistic perception of our surroundings and whole world as well, gives the capacity to adjust with it in order to bring better mental health and happy life ultimately. Adjustment gives the ability to function properly. It gives the skills to adapt for new tasks. It provides high positivity and lowers down negativity. It provides the mental capacity through which we get mental satisfaction in different aspects of life. If a person doesn't have these characteristics, he/she will not be considered a well-adjusted personality. As far as the question of adolescents is concerned, they feel very much unusual while adjusting with adolescents of opposite gender.

Several physiological changes clearly show the difference of childhood to adulthood. Adolescence is the era which brings this difference in light. As we know female and male both have their pubic hair, arm pit hair in adolescence. Boys have their beard and thick voice. The body of girls become roundish and eloquent and boys develop their muscles. Adolescence in boys is marked by exhibition of masculinity among peer group. Adolescents take risks and is due to their hormones. This is also due to their physical and psychological changes which pull them from childhood to adulthood. At this age personal adjustment can be different on the basis of gender. This may be due to personal and physical differences. In Indian scenario this becomes more evident due to gender bias and lead to gender-based differences.

This study is aimed at finding the difference in personal adjustment among male and female adolescents of Muzaffarpur district of Bihar. It is also an attempt to finding the present level of personal adjustment and its dimensions in adolescents.

1.1. RATIONALE AND SIGNIFICANCE OF THE STUDY

Adolescence is the age between childhood and adulthood. This transitional phase is aged between 10 to 19 in accordance with the norms established by World Health Organization. Though it is supposed to be the teen age in general and considered from thirteen to nineteen. Scientifically the definition of adolescence is ten to nineteen years of age. The age of puberty for girls is 10 to 14 and for boys this is 12 to 16 years. This age brings several changes among male and female resulting into clear difference in appearance and psychological changes as well.

There are several parameters on which these changes are found to be different in male and female adolescents. Social and personal adjustment is some of them in relation to gender. Adolescence is the age full of hormonal changes. Body stops growing in size and organs start maturing. Reproductive organs become functional and secondary sexual characters exhibit their presence. There are psychological symptoms that show the adjustment disorder as rebellious actions of adolescents, anxiousness, impulsiveness, sadness, hopelessness, withdrawal attitude, lack of concentration, less self-esteem, suicidal thoughts etc. There are also some physical symptoms showing adjustment disorder as indigestion, insomnia, muscle twitches, fatigue, body pain etc.

As far as Indian context is concerned, we differentiate a lot among male and female adolescents. Adolescence is the time when several hormonal, psychological and physiological changes take place in body. It is imperative to study the difference in personal adjustment between male and female adolescents.

2. REVIEW OF LITERATURE

Chauhan (2013) investigated the adjustment of 111 higher secondary students in the Durg District as part of his research. According to the t-test results, there is a noteworthy distinction between the adjustment levels of upper secondary school pupils, with female students demonstrating a notable improvement over their male counterparts.

Parmar (2012) employed the "Adjustment Inventory for School Students" to study how secondary school students in the Gandhi Nagar District of Gujarat used adjustment techniques. The study's conclusions showed that the degree of adjustment was the same for boys and girls. Furthermore, similarities in the adjustment of students from rural and urban settings were discovered.

Yellaiah (2012) studied the correlation between academic achievement and adjustment. The study involved three hundred ninth-grade students from a range of government and private schools in the rural and urban areas of Andhra Pradesh's Mahabubnagar district. According to the study's findings, male and female students differ significantly from

one another in terms of things like academic success and adaptability. Research has demonstrated that there is no discernible variation in the academic performance and adjustment between children attending government and private schools, as well as between children attending rural and urban schools.

Female students experienced more emotional problems than male students, according to the results of a study on the adjustment issues that teenagers displayed conducted by Talukdar and Talukdar (2008).

According to Godiyal and Podiar's (2008) research, it was difficult for individuals, regardless of gender, to adapt to the social milieu in which they were placed.

Devi (2008) observed throughout their research that the adolescent's poor economic status and their parents' overprotectiveness were impeding the adolescent's ability to transition socially.

Male students showed a greater overall adjustment level than female students, according to Talukdar's (2008) study on adjustment inventories for school pupils. While emotional adjustment was found to be inadequate in both groups, social adjustment was found to be average in both sexes.

Girls were more prone than males to cause problems, according to the results of a study conducted by Asthana and Bala (2007) on the behavioral disorders that are common among teens.

Patri (2007) conducted a study to look at the connections between sex, IQ, adjustment, and social and emotional intelligence. Significant variations were also found in the ways that people adapted to their new residences based on factors such as gender, geography, and IQ ranges.

The results of a study conducted by Sarsani (2007) on the topic of teens' self-concept and adjustment issues show that age of adjustment, gender, geography, and socioeconomic position all affect how well teenagers adjust at home and at school.

Female students tended to prioritise their parents more than male students, according to Kashinath and Pradhan's (1993) research. Furthermore, a noteworthy distinction was seen in the methods by which males and females adapted to their new residences.

It has been found that family environment positively correlates with school adjustment for girls residing in urban locations. According to Shah's (1991) observations, boys from homes with a good atmosphere had an easier time adjusting to school than boys from homes with a negative atmosphere. It is found that the rural area exhibits the opposite findings.

In Haynes's (1990) study, instructors assessed three distinct domains—general classroom Behaviour, group participation, and attitude towards authority—to examine the relationship between specific characteristics of self-concept and school adjustment. 142 middle school kids from the United States who were enrolled in four inner city public schools made up the sample. The results showed that the three behavioral areas under investigation and each self-concept component on the Tennessee Self-Concept Scale had substantial bivariate associations. Stepwise multiple regression approaches also shown a significant individual and combined predictive power among the self-concept components.

Sharma (1989) conducted a study on the social, emotional, and academic difficulties that male and female teens of different ages encounter. It was shown that early-age males did not show such a significant difference in these areas, while early-age females showed a significant difference in social, educational, and emotional issues. Adolescent girls aged fifteen who exhibit distinct personality features and struggle with SEEP development.

In 1984, Rai studied the difficulties experienced by female pupils in the Varanasi region who attended coeducational institutions. The results showed that the female students who attended coeducational colleges had faced challenges in a number of areas, such as courting, sexuality, living circumstances, and social and recreational activities. The family life, health, academic achievement, and general adjustment of female students who attended coeducational schools were significantly better than those of their counterparts who attended segregated schools.

Pandit (1985) studied teens' psychological needs and self-concept and how these aspects affected their ability to adjust. Among the most significant findings that came from his research are the following: - Teenagers' ideal, social, and perceived selves differed significantly from one another. Teens face significant variances when it comes to family, health, social and emotional adjustment, and school adjustment. School adjustment was the most fulfilling of the five areas of adjustment, with home adjustment, health adjustment, emotional adjustment, and social adjustment following in that order. The findings of the research on the self-concept of male and female teenagers showed that boys placed a higher

value on the traits and qualities they believed to be inherent to them than did girls. The results of several research showed that teenage guys' social and emotional adjustment was more rewarding than teenage girls.

The research on the emotional, psychological, and social challenges teenagers have in acclimating to new settings was done by Bhatia (1984). The study's conclusions showed that certain 38 teens were handled more like children and less like adults at different periods. The survey's results showed that a sizable majority of youngsters preferred going to coeducational schools and events as well as mixed-gender gatherings. According to the poll, a considerable number of youngsters had learnt about sexuality from friends, books, and magazines. The teenagers also preferred to hang out with mates who were the other sex from them. Teenagers tended to be reluctant to endorse sexuality education in schools.

3. RESEARCH OBJECTIVES AND HYPOTHESES

3.1. RESEARCH OBJECTIVES

- To find the present level of personal adjustment among adolescents of Muzaffarpur district.
- To find the present level with dimensions of personal adjustment among adolescents of Muzaffarpur district.
- To study the difference in personal adjustment between female and male adolescents of Muzaffarpur district.
- To study the difference in dimensions of personal adjustment between female and male adolescents of Muzaffarpur district.

3.2. PROPOSED HYPOTHESES

- Ha1: The present level of personal adjustment practices is above the average among adolescents of Muzaffarpur district.
- Ha2: The present level of home dimension of personal adjustment practices is above the average among adolescents of Muzaffarpur district.
- Ha3: The present level of health dimension of personal adjustment practices is above the average among adolescents of Muzaffarpur district.
- Ha4: The present level of social dimension of personal adjustment practices is above the average among adolescents of Muzaffarpur district.
- Ha5: The present level of emotional dimension of personal adjustment practices is above the average among adolescents of Muzaffarpur district.
- Ha6: There is significant difference in personal adjustment between female and male adolescents of Muzaffarpur district of Bihar.
- Ha7: There is significant difference in home dimension of personal adjustment between female and male adolescents of Muzaffarpur district of Bihar.
- Ha8: There is significant difference in health dimension of personal adjustment between female and male adolescents of Muzaffarpur district of Bihar.
- Ha9: There is significant difference in social dimension of personal adjustment between female and male adolescents of Muzaffarpur district of Bihar.
- Ha10: There is significant difference in emotional dimension of personal adjustment between female and male adolescents of Muzaffarpur district of Bihar.

4. RESEARCH METHODOLOGY

- Research design – Descriptive and Hypotheses testing research design adopted for this study.
- Population – Female and male adolescents of Muzaffarpur district of Bihar.
- Sample – Data is collected from 100 female and 100 male female adolescents of Muzaffarpur district of Bihar.
- Sampling technique – convenient sampling technique is used for data collection.
- Data Analysis – SPSS will be used for data analysis and interpretations.

- Statistical tests – Reliability analysis, One sample t-test and Independent Sample t-test are used for this study.

5. DATA ANALYSIS AND INTERPRETATION

5.1. SAMPLE DESCRIPTIONS

Sample is explained in terms of gender only and it is presented in table 1.

Table 1. Sample description on gender of adolescents

Type	Frequency	Percent	Cumulative Percent
Male	100	50.0	50.0
Female	100	50.0	100.0
Total	200	100.0	

From table 1, it is reported that equal number of female and male adolescents are taken in this study.

5.2. RELIABILITY ANALYSIS

Reliability is conducted to test the internal consistency of instrument used for this study and result is presented table 2.

Table 2. Reliability Analysis

S.N.	Variable/ Dimensions	Reliability Coefficient (Cronbach's Alpha/ Spearman-Brown)	N of Items
1	Personal Adjustment	.827	124
A	Home	.831	32
B	Health	.842	28
C	Social	.868	32
D	Emotional	.857	32

According to Cronbach (1951), an alpha result of .5 to .7 is considered acceptable, and anything more than .7 is seen as a sign of the instrument's excellent internal consistency or reliability. In the Table 2, Cronbach's alpha value is higher than 0.8, indicating the reliability of the social adjustment instrument While the reliability coefficient by Spearman-Brown is reported more than .8 for Personal Adjustment and its dimensions confirming the reliability of instrument used for this study.

5.3. ONE SAMPLE T-TEST

One sample t-test is conducted to study the present level of personal adjustment among adolescents of Muzaffarpur district of Bihar. The average score is taken as test value that is '72' as the score would vary from 0 to 124.

Table 3. One-Sample Statistics of Personal Adjustment

	N	Mean	Std. Deviation	Std. Error Mean
Personal Adjustment	200	69.545	8.798	.62211

In the table 3, the mean score is 69.545 with standard deviation of 8.798.

Table 4. One-Sample Test of Personal adjustment

Test Value = 72					
t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
				Lower	Upper

Personal Adjustment Among Adolescent: Gender Difference

P	-3.946	19	.00	-2.455	-3.6818	-1.2282
A		9	0			

In the table 4, the value of p is less than .05 and mean difference is -2.455 which reveals that present level of personal adjustment is slightly lower than average score. Thereby, the proposed alternate hypothesis Ha1 is rejected and null is accepted. It means the present level of personal adjustment practices is just below the average among adolescents of Muzaffarpur district.

Table 5. One-Sample Statistics of Home, Social and emotional dimensions

	N	Mean	Std. Deviation	Std. Error Mean
Home	200	18.875	3.534	.24992
Social	200	17.890	4.547	.32157
Emotional	200	17.740	2.684	.18985

In the table 5, the highest mean is reported for 'Home' followed by 'Social' then 'Emotional'.

Table 6. One-Sample Test of Home, Social and emotional dimensions

	Test Value = 16					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Home	11.504	199	.000	2.87500	2.3822	3.3678
Social	5.877	199	.000	1.89000	1.2559	2.5241
Emotional	9.165	199	.000	1.74000	1.3656	2.1144

From table 6, it is confirmed that present level of home, social and emotional adjustments are above average as p value is less than .05 and mean difference is positive. Thereby, the proposed alternate hypothesis Ha2, Ha4 and Ha5 are accepted. It means the present level of home; social and emotional dimensions of personal adjustment practices is above the average among adolescents of Muzaffarpur district.

Table 7. One-Sample Statistics of health dimension

	N	Mean	Std. Deviation	Std. Error Mean
Health	200	15.2600	2.794	.19763

In the table 7, the mean of health is 15.26 with standard deviation of 2.794.

Table 8. One-Sample Test of health dimension

	Test Value = 14					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Health	6.376	199	.000	1.26000	.8703	1.6497

In the table 8, the value of p is less than .05 and mean difference is positive. It is revealed that health dimension of personal adjustment is above average. Thereby, the proposed alternate hypothesis Ha3 is accepted. It means the present level of health dimension of personal adjustment practices is above the average among adolescents of Muzaffarpur district.

5.4. INDEPENDENT SAMPLE T-TEST

Independent sample t-test is conducted to study the difference in personal adjustment among male and female adolescents.

Table 9. Group Statistics of personal adjustment

Gender		N	Mean	Std. Deviation	Std. Error Mean
Personal Adjustment	Female	100	71.7200	8.75489	.87549
	Male	100	67.3700	8.32988	.83299

In the table 9, the mean of female is higher than male.

Table 10. Independent Samples Test results of personal adjustment

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Personal Adjustment	EVA	5.247	.023	3.60	198	.000	4.350	1.208
	EVNA			3.60	197.512	.000	4.350	1.208

[Note: EVA - Equal variances assumed & EVNA - Equal variances not assumed]

In table 10, the value of p is less than .05. It reveals that there is significant difference between male and female adolescents and female are significantly higher in personal adjustment as compared to male adolescents. Thereby, the proposed alternate hypothesis Ha6 is accepted. It means there is significant difference in personal adjustment between female and male adolescents of Muzaffarpur district of Bihar.

Table 11. Group Statistics of Dimensions of personal adjustment

Gender		N	Mean	Std. Deviation	Std. Error Mean
Home	Female	100	20.3200	3.21260	.32126
	Male	100	17.4300	3.25128	.32513
Health	Female	100	15.8800	2.67151	.26715
	Male	100	14.6400	2.79075	.27907
Social	Female	100	18.6000	5.76300	.57630
	Male	100	17.1800	2.70943	.27094
Emotional	Female	100	17.6000	1.88562	.18856
	Male	100	17.8800	3.30069	.33007

In the table 11, it is reported that female have higher mean in home, health and social dimensions of personal adjustment but male have slightly higher mean then female adolescents

Table 12. Independent Samples Test results of dimensions of personal adjustment

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Home	EVA	.774	.380	6.323	198	.000	2.89000	.45707
	EVNA			6.323	197.972	.000	2.89000	.45707

[Note: EVA - Equal variances assumed & EVNA - Equal variances not assumed]

In the table 12, the value of p is less than 0.05 in case of home, health and social dimensions of personal adjustment while more than 0.05 for emotional dimension. Thereby the proposed alternate hypotheses H7, H8 and H9 are accepted while H10 is rejected. It means there is significant difference in home, health and social dimension of personal adjustment between female and male adolescents of Muzaffarpur district of Bihar. In all these three dimensions, female is significantly higher than male adolescents. In case of emotional dimension, there is no significant difference between male and female adolescents.

6. CONCLUSION AND RECOMMENDATIONS

Based on results, it is concluded that the present level of personal adjustment practices is just below the average among adolescents of Muzaffarpur district. It is also concluded that the present level of home, health, social and emotional dimensions of personal adjustment practices is above the average among adolescents of Muzaffarpur district.

In terms of difference among male and female adolescents, it is concluded that there is significant difference in personal adjustment between female and male adolescents of Muzaffarpur district of Bihar and female have higher personal adjustment than male. It is also concluded that in all these three dimensions, female is significantly higher than male adolescents. In case of emotional dimension, there is no significant difference between male and female adolescents.

6.1. RECOMMENDATIONS

Based results, it is recommended to maintain the same and better level of personal adjustment with all four dimensions – home, health, social and emotional dimensions. If there is any problem in future then go for medication and therapy as well in order to get rid of adjustment disorders. Adjustment disorder in depression, anxiety, disturbance of conduct and emotions may make faulty adjustment resulting into behavioral problems. Whenever someone feel it difficult to cope with stress, it results into psychological and physical symptoms of stress. It requires medication and therapy as well. In order to understand the adjustment disorders, it is necessary to know the conditions which point it.

6.2. LIMITATIONS AND FUTURE SCOPE

This study is limited to 100 women of Muzaffarpur district of Bihar. It is suggested to conduct such study with larger sample with other related variables and factors affecting marital adjustment. It is recommended to conduct such study on men and between men and women counterpart in future.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

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