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A STUDY ON ADJUSTMENTS OF MALE V/S FEMALE ON THE BASIS OF SIBLING RELATIONSHIP DURING ADOLESCENCE

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ABSTRACT

Adolescence is believed to be a period of great stress and storm as rapid physical and mental changes occur during this period. Typically, it is divided into three periods: early (ages 13-14), middle (15- 18 years) and late adolescence (19 years). Sibling relationship was non significant in school adjustment of male v/s female adolescent respondents of Gurugram where as significant difference was observed in home, health, social and emotional areas of adjustment.

KEYWORDS:Adolescents, sibling, home, health, social, emotional, school.

INTRODUCTION:

Adolescence is a period when children pass through a critical stage characterized by confusion, frustration, anxiety, stress, transition, indiscipline and emotional upsets. Sometimes the negative emotions are too intense and prolonged which can result in depression, or adjustment problems among adolescents Sbarra (2006). So, the problems of emotional adjustment, being faced by adolescents, need serious consideration because it not only affects the individual, but also affects the society at large. These problems

have become so vital in our complex and civilized societies that psychologists have turned their deep interest in understanding it (Raghav and Joshi 2011).

Adjustment in psychology refers to 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. Human beings are able to adjust to the physical, social and psychological demands that arise from having inter dependability with other individual Shaffer (1961).

Social and cultural adjustments are 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. In this way people increase their familiarity and comfort with their environments and they come to expect that their needs will be met in the future through their social networks. Ongoing difficulties in social and cultural adjustment may be accompanied by anxiety or depression.

METHODOLOGY

The present study is descriptive in nature. This study was undertaken to study the



adjustment and Peer relationship of male and female adolescent students. The present study was carried out on 120 adolescent students. Out of 120 subjects 60 were selected from Gurugram city and 60 were from Kurukshetra city. Sixty students from both the schools were further sub-divided into two groups i.e. 30 boys and 30 girls. High school adjustment inventory (HSAI) by A.K.Singh and A. Sen Gupta was used for the measurement of adjustment of adolescent students.

RESULTS AND DISCUSSION

Home adjustment

Table 1 indicated the result regarding the mean and S.D. value of home adjustment of male v/s female in Gurugram city was 5.03+1.90 v/s 6.26+1.41 respectively. Females were found better home adjustment than male. Significant difference was observed. Sultana (2003) also stated that in home environment females were better adjusted than boys.

Health adjustment

Mean value and S.D. of male v/s female in Gurugram was 5.43+0.95 v/s 5.93+0.92 respectively. Males were found better health adjustment than female. Non significant difference was observed (Table 1). Kumar et al., (2005) and Gaur (2005) also revealed that males of urban area had better health adjustment as compared to rural area.

Table 1 Comparison of adjustment in male v/s female respondents on the basis of sibling relationship in Gurugram city

Adjustment area	Male n=30	Female n=30	t-value
Home	5.03+1.90	6.26+1.41	2.79
Health	5.43+0.95	5.93+0.92	2.02
Social	6.43+0.84	7.63+0.98	4.98
Emotional	6.00+0.77	6.66+1.13	2.61
School	5.50+0.99	6.00+1.34	1.61

n= number of respondents

values are mean+S.D

figure in parentheses

values are significant at 5% level

SOCIAL ADJUSTMENT

Mean value and S.D. of male v/s female in Gurugram city was 6.43+0.84 v/s 7.63+0.98 respectively. Females were found better social adjustment than males. Significant difference was observed (Table 1). Annaraja et al., (2003) found that boys were better socially adjusted with their siblings than girls.

EMOTIONAL ADJUSTMENT

Mean value and S.D. of male v/s female in Gurugram city was 6.00+0.77 v/s 6.66+1.13 respectively. Males were found better emotional adjustment than females. Significant difference was observed (Table 1). Prasad (2005) found that males had a significant positive relationship in emotional adjustment as compared to females.

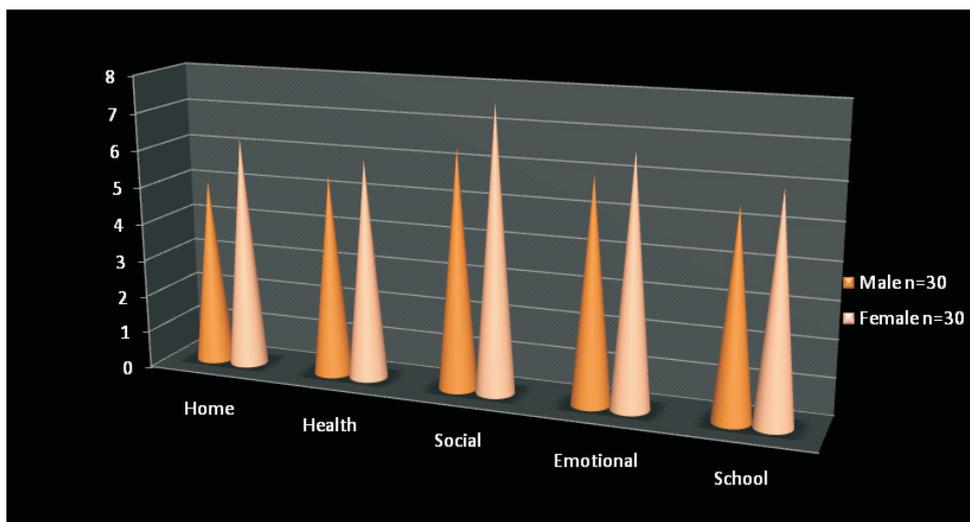


Fig: 1 Comparison of adjustment in male v/s female respondents on the basis of sibling relationship in Gurugram city

SCHOOL ADJUSTMENT

Mean value and S.D. of male v/s female in Gurugram city was 5.50+0.99 v/s 6.00+1.34 respectively. Females were found better school adjustment than males. Significant difference was observed (Table 1).

SUMMARY AND CONCLUSION

Sibling relationship was non significant in school adjustment of male v/s female adolescent respondents of Gurugram where as significant difference was observed in home, health, social and emotional areas of adjustment. Adjustment of the adolescent in all the areas (Home, Health, Social, Emotional and School) is necessary for further development. The quality of relationships also affects the adjustment. Both parents and teachers should help boys and girls to be rational fixing their level of aspirations.

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