

# GOLDEN RESEARCH THOUGHTS

## “AN ANALYTICAL STUDY OF ADJUSTMENT PROBLEMS OF ADOLESCENTS OF DISTRICT KURUKSHETRA “



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### abstract:-

Our society is a developing society. We are faced with contradictions and hence face difficulty in adjustment with environment. Man lives by adjusting himself in the changing circumstances of the society. One of the important aims of education is to help the individual. An individual feels a sort of emotional tension and restless when he does not or cannot adjust himself in the social environment. Adolescence is a crucial period of individual's life as this period is the period of preparation for the adult life. This stage, begins with the advent of puberty, is marked with the crisis of identity vs. role confusion. The sudden changes in their bodies and mental functioning and the altered demands of society compel the adolescents to ask questions from themselves like who am I? What am I supposed to do and in which manner an I to behave? He experiments with various sexual, occupational and educational roles to understand who he is and what he can be. This particular study was undertaken keeping objectives as, To study the adjustment problems of adolescents of different stream of district Kurukshetra. Descriptive survey method was used for collecting the data. For the present study the investigator used Adjustment inventory prepared by RP Singh and AKP Sinha & Self made questionnaire. Researches are never complete. One research opens various new directions for further researchers and this way knowledge expands. Thus, research is a chain reaction.

**Keywords:** Developing Society ,Adjustment Problems ,

## “an Analytical Study Of Adjustment Problems Of Adolescents Of District Kurukshetra “

### INTRODUCTION:

Our society is a developing society. We are faced with contradictions and hence face difficulty in adjustment with environment. Man lives by adjusting himself in the changing circumstances of the society. One of the important aims of education is to help the individual. An individual feels a sort of emotional tension and restless when he does not or cannot adjust himself in the social environment.

Human beings, who have developed habits of success through experiences in problem situations and who possess an attitude of confidence-in self and who have a willingness to coordinate their activities with those of others, find no difficulty in maintaining a satisfactory level of adjustment as they are able to fulfill their fundamental needs. The destiny of any country depends upon its youth (adolescent). India cannot be an exception to this statement, so it is of vital importance to the dynamic society. Every individual attempts to adjust to physical needs such as hunger and thirst and protection from danger, unless a person is not able to adjust himself in the environment, he/she can not develop his/her wholesome personality. The present study is related with the Adolescents students.

The Emotional problems and adjustment in relation to their streams of study which is play important role in the personality growth of adolescents;

### JUSTIFICATION OF THE STUDY:

Adolescence is a crucial period of individual's life as this period is the period of preparation for the adult life. This stage, begins with the advent of puberty, is marked with the crisis of identity vs. role confusion. The sudden changes in their bodies and mental functioning and the altered demands of society compel the adolescents to ask questions from themselves like who am I? What am I supposed to do and in which manner an I to behave? He experiments with various sexual, occupational and educational roles to understand who he is and what he can be.

The county's success in various fields of life depends upon proper guidance of adolescents. Every teacher and parent must know about the nature and changes emerging in transition period from childhood to adulthood. They must also know the various problems faced with developments and ways to deal efficiently with the problems of the adolescents. It is also necessary for them to be familiar with casual factors of the problems so that proper guidance may be provided for adequate adjustment in society. Teachers and parents can play a very constructive role in helping adolescents in solving their problems and confusions through proper guidance. The adolescents craving for identity must be fully recognized and it should be clearly understood that adolescents want to be identified as adults and must, therefore, be treated as such and not as children as many teachers and parents tend to do\* they should never be humiliated in front of their peers or anyone else for that matter and they must be trusted for their promises and conduct.

Knowledge of adjustment level and emotional development can serve as a guideline for setting up realistic goals for the future life of adolescents which future will help them in adjustment and development of emotional controlling power of individuals. This study will also help in screening out highly maladjusted students and students with the emotional problems who may further need psycho diagnostic study and counseling. The above factors inspired the researcher to undertake the study as follows.

### STATEMENT OF THE PROBLEM

AN ANALYTICAL STUDY OF ADJUSTMENT PROBLEMS OF ADOLESCENTS OF DISTRICT KURUKSHETRA.”

### OBJECTIVES OF THE STUDY

This particular study was undertaken keeping in view the following objectives as:-

- 1-To study the adjustment problems of male adolescents of different stream of district Kurukshetra.
- 2-To study the adjustment problems of female adolescents of different stream of district Kurukshetra..
- 3-To compare the adjustment problem of male and female adolescents of different stream of district Kurukshetra.

### HYPOTHESIS OF THE STUDY

Following hypothesis are make according to the objectives of study:

- 1-There is no significant difference between male adolescent of different stream on adjustment of District Kurukshetra.
- 2-There is no significant difference between female adolescents of different stream of adjustment problems of district Kurukshetra.
- 3-There is no significant difference between male and female adolescents of different stream on adjustment problems of district Kurukshetra.

### RESEARCH METHODOLOGY

## “an Analytical Study Of Adjustment Problems Of Adolescents Of District Kurukshetra “

Descriptive survey method was used for collecting the data.

### SAMPLE

The population of the study was the 400 students of XI and XII classes of the sr. sec. schools in the Kurukshetra district among these students 240 boys and 160 girls have been taken from various streams. For this reason investigator went through the list of Sr. Secondary Schools. From these schools a sample of six school in Kurukshetra district was selected. Sample was selected on the basis of purposive sampling. The sample of 240 boys and 160 girls was selected from Sr. secondary schools of Kurukshetra district.

### TOOLS USED

For each and every type of research we need certain instruments together new facts or to explore new field. The selection of suitable instrument or tool is of vital importance for the type of data required and for the purpose of the study. For the present study the investigator used.

1. Adjustment inventory prepared by RP Singh and AKP Sinha
2. Self made questionnaire

### STATISTICAL TECHNIQUES USED

The investigator used the Mean, S.D. and t-test as per the requirement of the study.

### DELIMITATIONS OF THE STUDY

This study is limited in the following manner:

- 1-Adolescents of class XI and XII students from district Kurukshetra.
- 2-District has been selected for case study is Kurukshetra.
- 3-Stream: Science and Arts

### CONCLUSION & SUGGESTIONS

Researches are never complete. One research opens various new directions for further researchers and this way knowledge expands. Thus, research is a chain reaction. The present investigation also abides by the same rule. This study gives rise to many conclusive and some new problems for further researchers. The present study opens up certain avenues for further research, which are:

#### **A comparative study of emotional problems of male and female students can be undertaken.**

- 1-A comparative study of emotion problems of urban and rural students can be undertaken.
- 2-A comparative study of adjustment of male & female students can be undertaken.
- 3-A comparative study of adjustment of urban and rural students can be undertaken.
- 4-A study can conducted to study the classroom environment variables of different types of schools.
- 5-A comparative study can be conducted on similar groups.