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ADJUSTMENT PROBLEMS AMONG SCHOOL GOING ADOLESCENT STUDENTS

Dr. M. Thanikaivel¹

¹Assistant Professor in Commerce
Government Arts College for men
Krishnagiri – 635001,
Tamil Nadu, India

Dr.K.Priya²

²Assistant professor & Head Department
ofcommerce
Vivekanandha College of arts and sciences for
women (Autonomous)
Elayamplayam, Tiruchengode.
Tamil Nadu, India

ABSTRACT

The study was conducted on 200 adolescent students -100 male and 100 female of class X I and XII students, aged 16 to 19 year to assess their level of adjustment in the areas namely home, health, Social, emotional and educational and to identify the major factors responsible for adjustment problems in adolescents. Overall adjustment of male students was found to be better than female students. Social adjustment was average in both the groups. The results also revealed that unsatisfactory adjustment of female adolescents in different areas under study. Many factors identified in the study were thought to be responsible for adjustment problems in the adolescents.

KEYWORDS: *female adolescents, parents, Students, depression.*

INTRODUCTION

Adolescence is a transitional period of one's life between childhood and adulthood, during which some important biological, psychological and social changes take place. It is a period of storm and stress. Some adolescents do not negotiate these challenges positively and develop personal and social problems which lead towards their maladjustment. The image of adolescence is a time of storm, stress and strains intense, moody and preoccupation with the self, which has permeated both professional and lay perspectives of this developmental period. Adolescence is a period marked by significant psychosocial transformations that occur amid rapid pubertal growth, including identity formation, individuation from parents, and the establishment of intimate friendships. The problems of adolescents are quite serious. They are confused and anxious regarding the biological, psychological and social challenges they have confronted. The difficulties include emotional problems like sudden mood changes, irritability, irresponsible behaviors, depression etc. serious enough to justify special treatment. A concern is that in some cases the negative emotions are too intense and prolonged

which can result in depression or adjustment problems among adolescents.

REVIEW OF LITERATURE

Review of relevant research studies is useful to recognize the contributions of different researchers, and also explains why these studies and theory are important for the proposed study. Hence an attempt has been made to review the related literature that will help in understanding the different aspects of psychosocial problems of adolescent girls and adjustment in the light of the other influencing factors.

Reddy A.V. (1979) conducted a study on "Problems of concern for many of the school going adolescents" He studied more about the adjustment areas and glitches of adolescents. The study was done in city, semi-urban and rustic places. The researcher has concluded that the adolescents were finding it problematic to adjust in the area of academics shadowed by their individual life.

Gupta M. and Gupta P. (1980) studied about "The pattern of problems of girls in urban India" The researcher studied long with the money complications checklist. The utmost awkward areas

were individual, societal and school connected glitches fading out with physic, sexual role and marriage.

Kakkar (1967) attempted to explore the relationship among certain areas of adjustment in adolescence and to locate the area in which adolescents confronted the maximum number of problem. The results reveal that the adjustment problems of the boys did not differ significantly from those of girls and the school causes great deal of anxiety because many adolescents confront maximum number of problems in that area. School going adolescents, which revealed that adolescent had adjustment problems in many areas like academics, future plans, education vocation plans and personal situations.

OBJECTIVES

1. To study the socio- economic status of School going adolescents in the study area.
2. To find out level of adjustment of male and female adolescent students in the areas namely home, health, social, emotional and educational.
3. To suggest the measures to improve their level of Adjustment.

SCOPE OF THE STUDY

The study highlights the adjustment Problems among School Going Adolescent Students of Namakkal district Tamil Nadu. Some adolescents do not negotiate these challenges positively and develop personal and social problems which lead towards their maladjustment. The image of

adolescence is a time of storm, stress and strains intense, moody and preoccupation with the self, which has permeated both professional and lay perspectives of this developmental period. The study, therefore, has made an attempt to assess the problems of students in Namakkal district of Tamil Nadu.

Methodology is the key aspect which governs the outcome of the research. It encompasses and directs the researcher to conduct he research in a systematic process which ensures and facilitates the accuracy of the outcome. The validity of any research is based on the systematic method of data collection and analysis. Both primary and secondary data are used for the present study. The study is primarily based on the primary data collected from the respondents. An interview and questionnaire was prepared to collect information regarding family background, income, trade and knowledge about enterprises. The secondary data has been collected mainly from various publications of Government of India, Journals and periodicals, bulletins and articles in connection with the study.

METHOD

Sample

The present study was conducted on the random sample of 200 adolescent students (N=200), 100 male and 100 Female of a few higher secondary schools of greater Namakkal District. The age of the subjects of class XI and XII ranged between 16 and 19 years.

RESULT AND DISCUSSION

Table - 1 Adjustment Problems of Adolescents in Different Areas

S.No	Area	Mean score	Ranking
1	Feeling of insecurity	46.8	IV
2	Sleep disturbance	44.6	VI
3	Negligence by pa rents	60.9	I
4	Unfulfilled unrealistic demands	55.0	II
5	Feeling of Loneliness	54.7	III
6	Mobile Phone	45.2	V

In the study some students talked about different problems they used to face at home. Some students talked about lack of love and affection from

parents at home. But the male and female students were having some minor adjustment problems with regard to health. Anxiety, physical exhaustion,

frequent minor ailments were found to be more in female students. Most of the male students had some obsessive thoughts and compulsive behavior and they were found to be very serious about their health. The assessment reveals that adolescent students need counseling to solve their personal problems pertaining to different areas include in the study.

IMPLICATION

Adjustment problems of adolescents are increasing day –by- day in the present Indian Society due to modernization and westernization. It becomes essential now to develop good physical and mental health in the youth to prevent adjustment problems during adolescent period of life to the fullest possible extent. Home and social environment are the important regulatory factors of adolescent’s behavior. There are sufficient opportunities opened to the adolescents through education which empowers him/her to attain adjustment far healthier than the one who has certainly not stepped schools. The communication with the friends circle and educators qualify the children in the course of adjustment.

Greater exposure permits healthier adjustment. Healthy childrearing practice of parents can create controlled environment of love and discipline that is favorable for helping children in need of overcoming distress.

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