

Psychological Adjustment: A Comparative Study of Sahayak and Permanent Teachers



Psychology

KEYWORDS : Psychological Adjustment, Teachers

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ABSTRACT

Aim of the research is to find out the psychological adjustment among teachers so investigator selected two groups one is Sahayak teacher and other is permanent teacher, both groups have 120 teachers. In each group has 60 Sahayak teachers and other one groups has 60 permanent teacher Data were collected from Sabarkantha district. Scale was use for data collection is personal datasheet and psychological adjustment scale by "Bell" and its translated in Gujarati by 'Bhatt (1994)', 2x2 factorial designs was used and data were analysis by 'F' test. Result show, The psychological adjustments of permanent are better than the Sahayak teachers. The psychological adjustments of male are better than the female teachers and significant interaction effect between the types of teacher and sex on psychological adjustment.

Introduction:

Adjustment, in psychology, the behavioral process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. Hungry people, for example, are stimulated by their physiological state to seek food. When they eat, they 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) varied activity, or exploratory behaviour accompanied by problem solving, and (4) some response that removes or at least reduces the initiating stimulus and completes the adjustment.

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.

The adjustment of the individual to the external and internal demand may be different in different areas of his/her life, such as home, school work etc. There is another way of looking at the adjustment made by an individual such as his/her skill and competencies in different areas of behavior such as emotion, social and education faculty. In this study it is this latter definition of adjustment that has been used.

- The meaning of word adjustment is:
 1. To change so as to match or fit; cause to correspond.
 2. To bring into proper relationship.
 3. To adapt or conform, as to new conditions: "unable to adjust themselves to their environment" (Karl A. Menninger). See Synonyms at adapt.
 4. To bring the components of into a more effective or efficient calibration or state: adjust the timing of a car's engine.
 5. In chiropractic, to manipulate (the spine and other body structures) to treat disorders and restore normal function of the nervous system.
 6. To decide how much is to be paid on (an insurance claim).

Aims of the study:

1. To study of the psychological adjustment among Sahayak and permanent teachers.
2. To study of the psychological adjustment among the male and female teachers.
3. To study of the effect of interaction on psychological adjustment among the types of teachers and sex.

Hypothesis:

1. There is no difference between the psychological adjustment of the Sahayak and permanent teachers.
2. There is no difference between the psychological adjustment of the male and female teachers
3. There is no interaction effect of the psychological adjustment in the types of teachers and sex.

Methodology:

Sample:

Sample in this study consist of 120 subjects the sample were selected in different schools in Sabarkantha district. In survey of Sabarkantha, we had got the information about the Sahayak and the permanent teachers who doing jobs in various schools in Sabarkantha. The teachers which were randomly selected in their 60 were Sahayak and 60 were permanent from that 30 male and 30 female used to study by Sahayak teacher and the other 30 male and 30 female were used to study by permanent teachers.

Tools used:

The following tools were used in the present study:

1. Personal Data sheet:

A personal data sheet developed by the investigator was used to collect information about type of teachers and sex.

2. Psychological Adjustment Scale:

Psychological adjustment scale developed by "Bell" which translated by "Bhatt" (1994) was used to measure Psychological adjustment the scale contains 160 items with 'Yes', 'No' and 'Indifferent' options. Response alternative the responses were marked 2,1 and 0 respectively and from the responses we had to select only one response in every sentences. The maximum possible score is 320 and minimum is 0. The test retest reliability coefficient is 0.89. the author had reported satisfactory validity of the scale.

Statistical Analysis:

In this study 'F' test was used for statistical analysis.

Result and Discussion:

Summary of 2x2 analysis of variance based on psychological adjustment of the teachers with rasped to types of teacher and sex.

Table No-1 (N=120)

Source of variance	Sum of square	df	Mean sum of square	F
A (types of teacher)	1998.21	1	1998.21	8.49**
B(Sex)	1003.41	1	1003.41	4.26*
AxB	1235.21	1	1235.21	5.25*
SSW	27313.17	116	235.46	
SST (cr.total)	29751.99	119		
* $p > 0.05$, ** $p > 0.05$				

Table No.2
N=120

Mean scores and difference of Mean of psychological adjustment of school teachers with respect to types of teacher and sex.

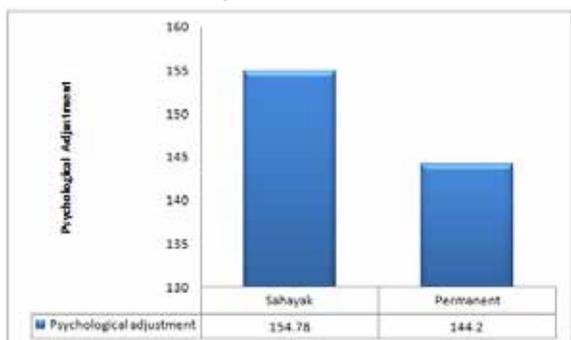
Independent variables	N	Mean	Difference of mean
A1 (Sahayak)	60	154.78	10.58
A2 (Permanent)	60	144.20	
B1(Male)	60	146.60	5.78
B2(Female)	60	152.38	

According to table no.1 it is observed that 'F' value of psychological adjustment of Sahayak and permanent teacher is 8.49 which does shows significant difference.

According to table no.2 it can be seen mean score of psychological adjustment of the Sahayak and Permanent teachers are 154.78 and 144.20 the difference between them is 10.58 from, the hypothesis the obtained value is accept. The difference can be seen in the mean value is due to certainty situation but there is significant difference between means. The null hypothesis is rejected. So, we can say that there is significant difference in psychological adjustment between Sahayak and Permanent teachers. Hence it can be said that psychological adjustment of Permanent than Sahayak teachers is more. This difference can also be seen from figure (graph) No. 1 designed on the basis of obtained result.

Graph No. 1

X = Types of Teachers (Sahayak A₁ and Permanent A₂)
Y= 1.00 Sem. = 15 Average Score

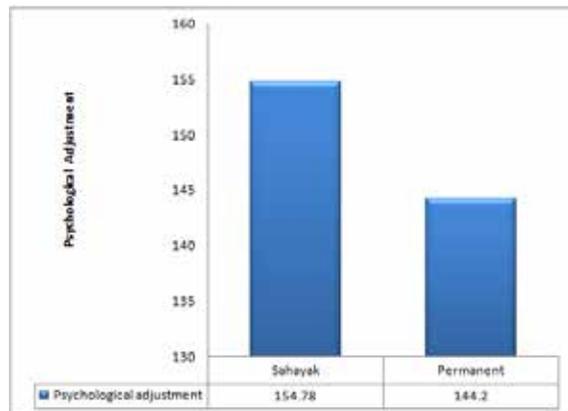


According to table 1 it is observed that 'F' value of psychological adjustment of the male and female teachers is 4.26 which does show significant difference at a level of 0.05, from the hypothesis the obtained value is rejected. The results get significant difference.

According to the table 2 it is observed that mean score of psychological adjustment of male and female teacher are 146.60 and 152.38. The difference is 5.78 so we can say that there is effective difference between male and female about psychological adjustment. The base of mean can says that the male are more psychological adjust than the female. This difference can also be seen from figure (graph) No. 2 designed on the basis of obtained result.

Graph No. 2

X = Sex (Male A1 and Female A2)
Y= 1.00 Sem. = 15 Average Score



According to the table 1 it is observed that 'F' value of psychological adjustment of types of teacher and sex is 5.25 which does shows significant difference at the level of 0.05. There is significant interaction effect between types of teacher and sex on psychological adjustment.

The difference can be seen in the mean value is due to uncertainty situation and its shows in minimum of size. There is no significant effect between student residency and sex on each other. So, null hypothesis is rejected.

Conclusion:

- 1 The psychological adjustments of permanent are better than the Sahayak teachers.
- 2 The psychological adjustments of male are better than the female teachers.
- 3 There is significant interaction effect between the types of teacher and sex on psychological adjustment.

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