



A STUDY ON EMOTIONAL ADJUSTMENT OF ADOLESCENCE STUDENTS

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ABSTRACT

The present study was conducted higher secondary school students. Gender and locality were the entire sample taken for this study. Descriptive analyses, and correlation analysis, were made. Adolescence is marked by heightened emotions. It is expressed in love, fear, anger, laughter and tears etc. It involves feeling of jubilation or depression and impulse to action and awareness of perception. Basically human beings are creature of feelings or emotions. With regard to the variable like gender and locality of the higher secondary school students have better emotional adjustment.

KEYWORDS

Emotional Adjustment, Adolescence.

Introduction

Adolescence is the most important period of the human life. Poets have described it as the spring of life of human being and an important era in the total life span. The word adolescence comes from Latin word 'adolescere' which means 'to grow to maturity'. A number of definitions have been given by psychologists from time to time. Some psychologists define it as transitional period of life. The child experiences a number of changes in this transitional period. The period runs between childhood and adulthood and in some times called the period of teenage.

Problems of adolescence

Any period of change is likely to be accompanied by many potential difficulties. Adolescence is a period of transition from childhood which implies many developmental changes. G.S.hall has called this period as a period of strain and stress fraught with many problems but other psychologists have laid emphasis on the cultural conditions as the cause of problems in adolescence. Problems of adolescence have been studied by psychologists since a long time but systematic studies were concluded for the first time by G.S.hall in 1904.

S.R. Laycock grouped the problems of adolescent under the following major tasks;

- Adjustment in home, school, society and to opposite sex.
- Freedom from home.
- Adjustment in suitable vocation.
- Developing a sound philosophy of life.
- Health adjustment

Charlotte pope made an extensive study of the problems of adolescent boys and girls and reported the following areas of problems.

Emotion

Etymologically the word Emotion is derived from the Latin word 'Emovere' which means "to stir up", "to agitate" or "to excite".

The emotion have some more specific things to be told about, they are;

- Emotions are prevalent in every living organism.
- Emotions are present at all stages of development and can be aroused in young as well as in old.
- Emotions are the most important in individual and they differ from person to person.
- Some emotion can be a raised by a number of different by

different stimuli object or situations.

- Emotion rise abruptly but die slowly. An Emotion once aroused tends to persist and leaves behind emotional mood.
- Emotions have the quality of displacement. The anger aroused on account of one stimulus gets transferred to other situation.
- One emotion can give birth to a number of likewise emotions.

Causes of emotional problem

- Change in role of home, school and society.
- Unfavorable relation in home.
- Social expectations.
- Difficulty in adjustment to the member of opposite sex.
- Religious conflicts.
- School failures.
- Conflict with friends and family members.
- Vocational problems.

Statement of the problem

The identification and analysis of a research problem is the first and most crucial step in a research process. No problem can be solved effectively unless the researcher processes the intellect and insight to isolate and understand the specific factor giving rise to the problem. For this study the investigator has taken up a research title as;

'A Study on Emotional Adjustment of Adolescence Students'

Definition of terms used in the study

Emotion

According to Crow and Crow, "An emotion is an effective experience that accompanies generalized inner adjustment and mental and psychological stirred up states in the individual, and that shows itself in his over behavior."

Adolescence

According to Jean "adolescence is the age when the individual becomes integrated into the society of adults, the age when the child no longer feels that he is below the level of his elders but equal, at least in rights.....This integration into adult society has many aspects, more or less linked with puberty.....It also includes very profound intellectual changes....This intellectual transformations, typical of the adolescents thinking, enable him not only to achieve his social relationship of adults, which is in fact, the most general characteristic of this period of development."

Significance of the study

Adolescence is the most important period of human life. A major part of a country's population range between the ages of 13 to 21 years. The country's success in various field of life depends on the proper guidance of adolescents.

Objectives of the study

- To find out significant relationship between emotional adjustment of adolescence students in Higher Secondary level with reference to their background variables such as
 - i. Gender
 - ii. Locality of school

Hypotheses of the study

Keeping in view the objectives of the study the following null hypotheses have been framed as follows.

- There is no significant relationship between emotional adjustments of adolescence students of higher secondary level with reference to their gender.
- There is no significant relationship between emotional adjustments of adolescence students of higher secondary level with reference to their locality.

Methodology

The investigator used the survey method in this study. The survey method is aimed at finding out the emotional adjustment of adolescences. In the simplest way, the research is a plan structure and strategy of investigation in order to answer the research question. The investigator has planned structured strategy to gather data for this study.

Sampling technique

The research work using the stratified random sampling technique. After selecting institutions 100 students were selected randomly selected from higher secondary schools. The following table is the self-explanatory of sample distribution.

Tools used for the study

The tool used for the present investigation was on the basis of Likert attitude scales. The tool used in the study to assess the emotional adjustment is adopter version of tool developed by the T. Prithi Reddy and A. Ramakrishanan. The original Emotional adjustment tool developed by the other has in English version. This tool measures the emotional adjustment of adolescences as consisting of six areas dealt within the scales are adjustment towards emotional problem.

1. Health and physical problem
2. Home and family
3. Social problem
4. personal and psychological problem
5. Problem related to future
6. Problem related to recreation

There are several items in each. Thus constituting the total of 90 items on the scale original version was used.

Procedure

The investigator personally visited all the selected schools and met the students for explaining the purpose of study and instructed them as how to respond to the questionnaire. Also, for students, whenever they had doubt in understanding question, investigator made question very clear to them.

Scoring procedure

The questionnaire was prepared on the bases of five point Likert type scale. For the each answers were assigned a weight age

ranging from 1 (Almost Always) to 5 (Almost Never) for all statements. The adjustment score of an individual is the subtotal of items scores on all the six areas. The range of score is from 90 to 450. The higher score indicating the more emotional adjustment.

Statistical techniques used for the present study

Descriptive and Differential statistics were used for analysis data, students 't'-test was employed to find out the difference in various aspects from the level of emotional adjustment including types of institutions, gender, locality, parents occupation and family size. As a Descriptive statistics Mean, S.D, skewness and kurtosis were used to analyze the data. For the differential statistics Mean, S.D, S.E and 't' value were used to analysis the data.

Delimitations

The following are the delimitation of the study.

- The present study has selected higher secondary students only.
- For this study the investigator collected data from 100 students only.

There is no significant relationship between emotional adjustments of adolescence students of higher secondary level with reference to their gender.

Table: 1

Mean, S.D, and calculated 't'-value of emotional adjustment score for Adolescence Higher Secondary Male and Higher Secondary Female.

Variables	No.	Mean	S.D	S.E	't' Value
Higher Secondary Male students	49	292.26	26.74	5.26	0.33
Higher Secondary Female students	51	294.01	25.91		

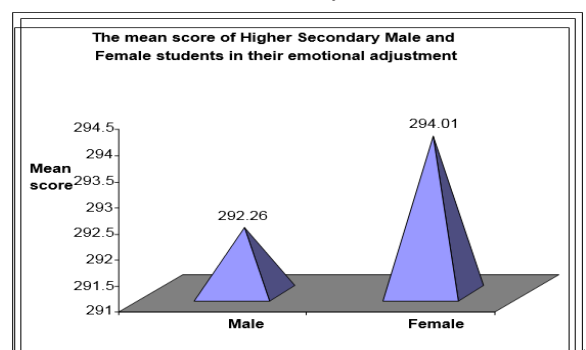
From the above table, it is observed that the mean of emotional adjustment score for higher secondary Male and Female are 292.26 and 294.01 respectively. The S.D. for the emotional adjustment score of higher secondary Male and Female students are 26.74 and 25.91 respectively. The calculated 't'-value is 0.33. It is not significant at 0.01 level.

Therefore, the formulated null hypothesis "There is no significant relationship between emotional adjustments of adolescence students of higher secondary level with reference to their gender." is accepted'.

From this, it is concluded that both the higher secondary Male and Female have similar emotional adjustment.

FIGURE -1

Diagram showing the mean score of higher secondary male and female students in their emotional adjustment



There is no significant relationship between emotional adjustments of adolescence students of higher secondary level with reference to their locality.

TABLE: 2

Mean, S.D, and calculated 't'-value of emotional adjustment score for Adolescence Higher secondary Urban and Higher Secondary Rural students.

Variables	No.	Mean	S.D	S.E	't' Value
Higher Secondary Urban Students	48	289.20	26.53		
Higher Secondary Rural Students	52	296.80	25.60	5.22	1.45

From the above table, it is observed that the mean of emotional adjustment score for higher secondary urban and rural students are 289.20 and 296.80 respectively. The S.D. for the emotional adjustment score of higher secondary urban and rural students are 26.53 and 25.60 respectively. The calculated 't'-value is 1.45. It is not significant at 0.01 level.

Therefore, the formulated null hypothesis "There is no significant relationship between emotional adjustments of adolescence students of higher secondary level with reference to their locality" is accepted.

From this, it is concluded that both the higher secondary urban and rural students have similar emotional adjustment.

Findings

- The higher secondary Male and Female have similar emotional adjustment.
- The higher secondary urban and rural students have similar emotional adjustment.

Implications of the study

The following are the educational implication of the study

- These findings of the study will be of immense use of understanding the emotional adjustment of adolescence.
- This study will be more useful of other problem solving subject like personal, social, physical, vocational etc.

Areas for further research

Research is vital and comprehensive area. The purpose of any research is to find solution scientifically for the problems related to education, society etc., However investigation of one problem always provide many research questions that can be investigated by other researches. Some of the areas for research in the future may be as follows.

- The present study was confined to the higher secondary level only. This study can be done in various professional colleges.
- This work can be extended to the staffs of Government and private sectors.
- This work can be done along with other areas such as emotional maturity, emotional intelligence, psycho – social problem of adolescence etc.

Conclusion

Adolescence is marked by heightened emotions. It is expressed in love, fear, anger, laughter and tears etc. It involves feeling of jubilation or depression and impulse to action and awareness of perception. Basically human beings are creature of feelings or emotions. With regard to the variable like gender and locality of the higher secondary school students have better emotional adjustment.

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