



Adjustment in relation to mental health of adolescents

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Abstract

The objective of this study was to find the relationship between adjustment and mental health of adolescents. Sample comprised of 50 boys and 50 girls studying in IX class in private recognized schools in Jind city. Significant difference was obtained in the adjustment of males and females. On mental health there was no significant difference between males and females. Significant positive correlation was found between adjustment and mental health of males, between adjustment and mental health of females and between adjustment and mental health in the total sample.

Keywords: adjustment, adolescents, mental health

Introduction

Today world is changing rapidly and hence there are more challenges. As a results, adjustment problems are becoming serious especially for adolescents. Adjustment is a result of interaction between the individual and his environment. The degree of success of the interaction of the person with the environment leads to degree of success and contentment of this adjustment.

Education is an act or process of imparting or acquiring knowledge and developing the powers of reasoning, judgement and prepares an individual for future life. It develops all the traits of personality, adjustment, mental health for developing the mind to adjust in different environments. If a person has sound mental health, he will have good adjustment. Thus good mental health helps in adjustment. Good mental health may be defined as `behavioral characteristics of personality. Like, physical, social, emotional adjustment, mental health is also an aspect of the totality of an individual. Mental health helps to understand responsibilities, keep right thoughts and attitude and helps to take right action.

Review of related studies

Sultana (2003) studies factors in adjustment patterns of adolescents boys and girls in Bangladesh and found that girls were better adjusted than boys with regards to home. Kuruvilla (2006) ^[1] also found that girls have better adjustment than boys. However Sharma (2005) ^[4] and malav (2007) ^[2] revealed no significant difference in the emotional, social, educational and total adjustment of students with respect to their gender. Rizvana (2015) ^[5] found insignificant difference in the home, helath, social and emotional adjustment of urban and rural students.

Vasudeva (2015) found insignificant difference in the mental health of males and females.

Objectives of the study

1. To find the difference in the adjustment of males and females.

2. To find the difference in the mental health of males and females.
3. To find the relation between adjustment and mental health of male students.
4. To find the relation between adjustment and mental health of female students.
5. To find the relation between adjustment and mental health of adolescents

Hypotheses

1. There is no significant difference in the adjustment of males and females.
2. There is no significant difference in the mental health of males and females.
3. There is no significant relationship between adjustment and mental health of males.
4. There is no significant relationship between adjustment and mental health of females.
5. There is no significant relationship between adjustment and mental health of adolescents.

Method

Descriptive survey method of research was used in the present study.

Sample

A random sample of 100 adolescents (50 males and 50 females) studying in the IX class was selected from two private recognized schools of Jind city.

Tools used

1. Bell adjustment inventory by R.K. Ojha
2. Mental Health inventory by Jagdish & Srivastava

Analysis and interpretation

Data were analysis with the help of mean, SD, t-ratio, and correlation techniques.

Table 1: Value of means, SDs, and t-ratio to find difference in the adjustment and mental health of males & females.

	Groups	N	Mean	SD	SEs	df	t-value
Adjustment	Males	50	40.28	10.01	1.87	98	2.01*
	Females	50	43.98	8.70			
Metal Health	Males	50	148.55	19.13	3.75	98	0.82
	Females	50	151.63	18.44			

Result of table 1 revealed significant difference in the adjustment of males and females on all areas of adjustment (i.e home, social, emotional and education) due to significant t-value) (≈ 2.01) at .05 level. Adjustment of females was better than males. Thus hypothesis 1 was rejected.

On the variable of mental health, insignificant difference was found between males and females due to insignificant t-value at.05 level. Thus hypothesis 2 was accepted.

Table 2: Values of coefficient of correlation

Mental health		
For males	Adjustment	0.681*
For Females	Adjustment	0.701*
Total Sample	Adjustment	0.682*

Result of table 2 revealed significant positive correlations between adjustment and mental health of male adolescents, females' adolescents and total sample of males and females due to significant r value at.05 level. Thus persons with good mental health possess good adjustability. Therefore hypothesis 3, 4 and 5 are rejected in the present study.

References

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