

A STUDY OF ADJUSTMENT OF SECONDARY SCHOOL STUDENTS IN PRAKASAM DISTRICT

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Introduction

The term adjustment refers to a continual process by which a person varies his behavior to produce a more harmonious relationship between himself and the environment. The term adjustment in very strict sense denotes the results of equilibrium, which may be affected by either accommodation or adaptation. How the individual gets along or survives in his or her physical or social environment depends on adjustment. As the conditions in the environment changes constantly, every individual needs to modify or accommodate oneself with the environment. Thus adjustment is the maintenance of a harmonious relationship between man and the environment and the persons who comprise his physical or social environment, (Crow & Crow, 1956)

Man has an amazing tendency to be dissatisfied with things as they are. Therefore, he is involved in a constant struggle with physical, social and other forces for making them minister to his comforts and safety. In this process he comes to know new things which develop his power of adjustment. He alters his behaviour and acquires new skills. According to the demand of situation, he wants that his children, too, should acquire these experiences as a means to their increased security and happiness. Thus education should be regarded as adjustment. But adjustment is a lifelong process; therefore education too should be a lifelong process.

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A person does not always get success to his desires and efforts. The reason for this lies either in unfavorable situations or in the limited capacities of the individual. However a person makes efforts to adjust him somehow in his environment. In these efforts, sometimes he achieve full success and sometimes only partial. On achieving partial success a person tries to find other means of adjustment, when he fails in this effort he does not find himself adjusted. In this situation abnormality appears in his behaviour. The problem of adjustment is related to arriving at a balance state between the needs of the individual and their satisfaction.

The term adjustment is often used as a synonym for accommodation and adaptation. Strictly speaking, the term denotes the results of equilibrium which may be affected by either of these processes (Monroe 1990). It is used to emphasize individual's struggle to live or survive in his or her social and physical environment.

Good (1959) states that adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes in the environment, Shafer (1961) emphasized that adjustment is the process by which a living organism maintains at balance between its needs and circumstances that influence the satisfaction of these needs. Kulshrestha (1979) explained that adjustment process is a way in which the individual to deal with stress, tension, conflicts etc., and meet his or her needs. In this process the individual also makes efforts to maintain harmonious relationship with the environment. In adjustment the two crucial factors are the individual and environment.

Definition of Adjustment

The relationship which becomes established among the biological heritage of organism, the environment, and the personality is adjustment.

Lawrence F. Shaffer

Adjustment is the process by which a living organism maintains a balance between his means and circumstances that influences the satisfaction of these needs.

According to the process of adjustment, it has two primary or main elements.

1. The needs of living organism.
2. The conditions or circumstances that influence these needs.

Need of the adjustment

A need is a state of tension in the person which tends to direct his behaviour towards goals which will relieve the tension. A goal is an activity which satisfies the need. The needs are:- For example:-

1. Organic needs
2. Personality needs
3. Achievement
4. Independence
5. Social approval

Essential aspects of adjustment process

1. Existence of motive
2. Circumstances leading to non fulfillment of aroused motives
3. Varied response
4. Discovery of solution

As an example it may be said that an individual usually proceeds first, in the direction of the goal. Secondly, when he is blocked by an obstacle and makes varied response. Thirdly, until he discovers some response and finally remove the obstacles and reaches the goal. It is a matter of common experience that adjustments are often complex and frustrative. When progress towards a goal is checked and there is unresolved tension, we have frustration. The consequences of frustration are many and varied. It may breed hostility and anger, destructive and aggressive impulses, delinquent and anti-social behaviour or may lead to silence, restraint and with drawl.

Review of Related Literature

Abdulghani Ali Al-Hattami and Arif Ahmed Mohammed Hassan Al-Ahdal (2014) studied on “Academic and Social Adjustments of Arab Fulbright Students in American Universities: A Case Study”. Education is the main engine for human beings and the backbone of their progress and development. People are prepared to cross boundaries to get sound education wherever it may be. Being a very desirable higher education provider, the United States of America is a destination that attracts many students worldwide. William Fulbright made such a dream come true through his scholarship. However, moving from one culture to another makes the experience a bit challenging. Although Arab students prefer the US for higher education where they expect

promises of lucrative employment, these students face many problems of adjustment in the strange environment due to cultural differences, low-level English language proficiency, lack of social interaction, and absence of student counseling in the universities/colleges, difference in pedagogy. This study was an effort to find out the various adjustment problems confronted by Arab students in America. The results were discussed and recommendations were presented.

Taviyad mansingbhai, Yasvantbhai H. Patel (2014) studied on Adjustment and Academic Achievement of Higher Secondary School Student. The main aim of the present research was to study and compare certain areas of adjustment and academic achievement of higher secondary school students. Present study was conducted on random sample of 100 (50 male And 50 Female Students) of higher secondary school student of Himmatnagar City adjustment inventory for adolescent students by R. K. Ojha was used for data collection and Average marks of last three years annual results was considered as academic achievement to analyze the data T test was used results revealed that male adolescent differ significantly on health, social and emotional adjustment as compare to female adolescent. Significant difference is also existed between male and female adolescent on academic achievement.

Frustration may arise from various factors:

1. Physical factors in environment
2. Social and Societal factors
3. Economic factors
4. Personal defects
5. In Compatible goals and
6. The persons normal standards

Physical factors are obstacles from the environment which results in thwarting and frustration. In feministic areas people are compelled to go without food and their hunger needs are frustrated by the food. A prisoner in solitary confinement is frustrated as his need for company is not fulfilled. (Frustrated from the social environment are strong persistent). We all desire to be appreciated, loved and respected. If this desire, love and respect is not met, the result is frustration. Unemployment, lack of security in employment, inadequate wages and harsh treatment by employers and lack of opportunities cause widespread frustration. Poverty also causes

frustration. Krech and Cruch Field stress the role of society and cultural modes as the causal factors of frustration. They point out that often the very needs which a particular culture itself induces are in thwarted by the structures and the institutions of that society.

Methods of Adjustment

There are two methods of adjustment. One is direct and other is indirect. These methods are used in an attempt to restore harmony between the individual and his environment when a person has been frustrated, deprived or humiliated he is likely to reduce the tension of the need by taking certain kinds of actions these methods are also known as methods of tension reduction. These methods are always pointed out towards the relief of a feeling of distress.

(a) Direct Method:

Direct methods are always conscious. They are also rational. The needs for which satisfaction is sought are also conscious. They are typically employed to solve a typical problem once and for all. The direct method includes the following. Renewed attempts to reach the goal:

The behaviour of Demosthenes may be cited as an example of this. This example can be called the example of direct action against a barrier of person deficiency. Demosthenes was a Greek statesman who was unable to make better speeches because of a weak voice and minor speech defect. It is said that he practiced speaking with pebbles in his mouth and tried to strength his voice by shouting against the orator and a famous statesman. This was a conscious attempt to reach the original goal. i.e. to become a great orator.

(b) Indirect Method:

Indirect methods are also called mechanism. They are distinguished from direct methods because they are typically unconscious and they do not solve the adjustment problem once and for all but only for a particular period.

Indirect methods includes

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|-----------------|--------------------|-----------------------|
| 1. Sublimation | 5. Identification | 9. Reversal Formation |
| 2. Withdrawal | 6. Rationalization | 10. Repression |
| 3. Regression | 7. Projection | 11. Aggression |
| 4. Day dreaming | 8. Introjections | |

Sublimation

Sublimation is a concept originated by Freud. Freud defined it as unconscious deflection of libido into (either) more socially acceptable channels. Libido means sexual instinct. In simple words sublimation is the process by which unconscious and unacceptable desires are channeled into activity that has strong social approval and their expression may be sublimated as creative in music, art, literature.

Withdrawal

The primary object of withdrawal is to remove oneself from distressing situations. The process may take many different forms and may vary in extent and in degree of performance. Examples are forest rangers whose is a solitary occupation.

Regression

Regression is the mechanism whereby the individual level of adaptation. It is a reversion of progressive sequence of development and a return to primitive form of personality structure.

Day dreaming

Day dreaming allows a person to achieve in infancy what he cannot achieve in reality. Day dreaming is always connected with specific frustrations.

Identification

Identification may be defined as a process by which the individual allies himself emotionally or feels himself with one another person or group. Usually the boy identifies himself with his father and the girl with her mother. This is a sort of hero worship.

Rationalization

Rationalization is most commonly found after failure to achieve a goal. Through rationalization an individual justifies his undesirable behaviour for example if a boy does not get

any response from the girl whom he loves, he say that she is of bad character or the boy who comes late to school thinks that the clocks is slow.

Repression

Repression is the process of complete exclusion from conscious of impulses, experiences and feelings which are psychologically disturbing because they arouse a sense of guilt of anxiety. Repression always solves unconscious conflict.

Projection

There is tendency for all of us to seek our faults in others. This is projection. In projection the individual protect from awareness of his own desirable traits or feelings by attributing them to others projection is the inverse of introjections.

Introjection

Introjection is like identification except that in identification that individual wants to be like the object while in introjection he considers the individual a part of himself. In schizophrenic patients the individual believes that he has ability of others.

Reversal formation

Reversal formation means conscious attitudes which are partially repressed. For example, a girl who is of bad character will say that she is being teased by boys or a bride will become angry with her husband when they arrive in the family too early.

Aggression

Aggression is a method of reducing tension. It is not an inborn drive. It springs only from frustration. It may also arise from being humiliated. This is a recent theory. Previously was considered to be an inborn tendency. For example, war could never be abolished because of the aggressive drive. It does not follow either the direct or indirect methods.

Conclusion:

Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. It is the process by which an

individual attempts to deal with stress, tensions, conflicts etc., to meet one's needs. The individual in the due course can maintain harmonious relationships with the environment in the process of adjustment.

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