

**A SEARCH OF DIFFERENT MALADJUSTED
BEHAVIOURS OF ADOLESCENTS INSIDE AND OUTSIDE
OF CLASSROOM AND THE CAUSAL FACTORS THAT
ARE RESPONSIBLE FOR THEIR BEHAVIOURS**

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ABSTRACT

Education plays very important role in making the man well adjusted in the society . Education in real sense , is to humanize humanity and to make life progressive , cultured and civilized . Everyone want to adjust himself with his environment . The modern education has these objectives . But it is also true that every individual do not have the same potentialities to adjust himself and now a days it is a major problem in our educational institution as well as in our society . The study was conducted with 50 male and female students among the secondary level . For this study a general information schedule , questionnaire and a checklist was formed . The study highlighted the common behavioural problems among the students . It has been found from the study that female students and male students have the different maladjustment problems . The study will provide the knowledge about the different types of maladjustment and their relative causes among secondary level students . It will be helpful for the teacher to understand and overcome different related problems .

Keywords : adjustment , secondary level , maladjustment .

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1. INTRODUCTION

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 . Individuals adjustment is adequate . wholesome or healthy to the extent that he has established harmonious relationship between the person and his environment . Contrary to adjustment , maladjustment represents a condition or a state in which one feels that one's need are not fulfilled and he has been a failure in establishing harmony with his self and the environment.

'maladjustment' is defined as the inability to react Successfully and satisfactorily to the demands of one's environment . According to the American Heritage Stedman's Medical Dictionary , (2002) , Though the term applied a wide range of biological , social and psychological conditions , it often implies an individuals' failure to meet social or cultural expectations.

Collins' English Dictionary define maladjustment as a failure to meet the demands of the society , coping with problems and social relationships ; usually reflected in emotional instability . According to Cambridge Dictionary " A maladjusted person , usually a child has been raised in a way that does not prepare them well for the demands of life , which often leads to problems behaviours in future." This maladjustment is a condition related to social and personal difficulties in various areas like personal relationships , problem solving , emotional stability , need fulfilment etc.

In psychology , the term refers to unsatisfactory behaviour patterns that cause anxiety and require psychotherapy . This maladjustment is a process whereby an individual is unable to satisfy his biological , psychological or social needs successfully and establishes an imbalance between his personal needs and expectations of the society resulting in the disturbance of psycho equilibrium . (Mangal , 1995)

In the words of Herbart Sorenson " A person is not in harmony with his work if it is too hard or if the student has too hard or if the student has too little capacity excessive failure is experienced if it is too easy or if the student has too high ability for his work , the work is dull and dreaming."

SYMPTOMS OF MALADJUSTMENT

The committee on maladjusted children (UK) headed by J. E. A. Underwood , in its report in 1955 listed the following problems ;

Nervous disorders :

Fears – anxiety , Phobia , timidity , oversensitivity. With drawl – unsociability , solitariness . Depression – brooding , melancholy periods . Apathy – leathargy , unresponsiveness , no interests . Obsessions – rituals and compulsions .

Habit Disorders :

Speech – stammering, speech defects . Movements – twitching, rocking, head banging , nail biting . Excretion – it continuance of urine and faces. Nervous pain and paralysis – headache. physical symptoms – asthma and other allergic conditions .

Behaviour Disorders :

Unmanageable – defiance , disobedience , refusal to go to school or work . Aggressiveness – bullying , destructiveness , cruelty . Behaviour – jealous , demands for attention , begging and stealing , lying and romancing . Truancy – wondering , staying out late . Sex difficulties – masturbation , sex play , homosexuality .

Organic Disorders :

Conditions following head injuries , encephalitis or central tumors , epilepsy .

Psychotic Behaviours :

Hallucinations , delusions , extreme with drawl , violence .

Educational and Vocational difficulties :

Backwardness not accounted for by dullness , unusual response to school discipline , inability to concentrate .

CAUSES OF MALADJUSTMENT :

The main causes of maladjustment behaviour of adolescence are as follows :

Family :

According to David Magnusson (1983) , The family is an institution has various functions to perform various causes e.g. social , economic and psychological contribute immensely to maladjustment or maladjusted behaviour . In multiple studies , it has been found that support from parents bonds the adolescent to institutions and builds their self control (Barnes et al., 2006) Many studies have demonstrated that lack of parental monitoring and non – involvement serves as one of the most robust predictors in youth's delinquent behaviour (Barnes et al., 2006)

Holden's (2006) findings that parental inadequacy , absence or destructiveness interrupt and damage a child's normal maturation process . This illustrates how important parents are in a child's life and how their involvement can make a difference in shaping the behaviour of their childrens .

Social causes :

Gibson (1953) , has found in his study that the social problems of one generations is the psychological problems of the next generation . Children coming from homes that have been broken due to death , divorce , separation etc . one often causes maladjustment in student behaviour . According to Maseko (2009) , children who are born and grow up in a good social environment will have conditions to improve qualities and personalities . On the contrary , if they live in a complex social environment , abounded with social evils , they will certainly be affected in their personality development .

Psychological Causes :

If parents are over possessive , highly authoritative , unrealistic in their expectations , incompatible and abusive , this will have been in adverse effect upon their children . When the psychological needs are not met , students get frustrated and develop problems like nail biting , fear of darkness , lack of self-confidence . Individuals who display large emotional variability over time are characterized by higher levels of depression , neuroticism and low self-esteem (Eid

& Diener , 1999). Research has shown that indicators of low psychological well-being , such as neuroticism and low self-esteem are related to impairments in affect repair (Wood , Marshal & Brown , 2003) and evidence suggest that depression , for inctance , is characterized by longer duration of negative moods and emotional states once initiated (Allen , Davis & Sorenson , 2000).

Personal Causes :

The individual who are physically , mentally , visually handicapped react in their own way . Sometime they become maladjusted due to situation which is not easy to them . The student who are not able to score well academically compares to their peers , they develop an inferiority complex and finally they isolate themselves from others and indulge in day dreaming . A child exhibiting mal adaptive behaviours may have health problem which interfere with his proper adjustment to classroom situation . As example ; a child who is inattentive in class may be struggling with a perceived attack of asthma or epilepsy (Ogbue , Obani & Abori , 1987).

Peer pressure :

Another important factor is that disturbs the psy equilibrium of students in the unhealthy relationship with peer and their influences on different unsocial activities . Sanders , (2005) & Sullivan , (2006) who has found peer-pressure to be the strongest predictor of delinquency compared to family factors and childhood emotional and behavioural problems

School related causes :

When growing children do not find ways and means to channelize their energy in a purposeful manner in the school , they easily exist in maladjusted behaviour . The main school related causes behind maladjustment behaviour among students are excessive and hard disciplines , defective curriculum , faulty teaching method , lack of recreational time , the authoritarian role of teachers etc.

2.REVIEW OF LITERATURE :

Kocher derfer , B . J . , & Ladd , G . W . (1996) . peer victimization : cause or consequence of school maladjustment ? child development.

Tyagi , (1985) , pointed out that emotional maturity was positively correlated to personal , social and overall adjustment and female subjects scored higher on emotional maturity .

Mutekwe , E . , & Mutekwe , C . (2013) . Teachers' perceptions of pupil maladjustment problems : A psychosocial perspective .

Angeline , Dollias & Mech , (1956) , noted a constant increase in fears and worries by girls in activities involving social relations . This fear was less pronounced in boys . In both adolescents (boys & girls) there are increases in fear after age fifteen especially in the economic and political areas .

Miranda , M . C . , Affuso , G . , Esposito , C . , & Bachhini , D . (2016) . Parental acceptance – Rejection and adolescent maladjustment : Mother's and father's combined roles . Journal of child and family studies .

Bhagia , (1966) , in his study found that girls exceed boys significantly in their adjustment to general environment and organizational aspect of the school .

Dutta , (1979) , investigated the effects of malnourishment on self concept , personal , social adjustment and cognitive competence of boys coming from low income families .

Weymouth , B .B . , Buechler , C . , Zhou , N . , & Henson , R . A . (2016) . A meta analysis of parent-adolescent conflict . Disagreement , Hostility and youth maladjustment . Journal of family theory & review.

Sunita , (1986) , found that girl's were better adjusted at home than boys . Boys were more socially adjusted than girls . Boys were more emotionally adjusted than girls .

Chopra . R & Kalita . R , (2006) , found that the emotional , social and educational adjustments of elementary school children of single parents have several problems rather than intact families and affect their development .

3. OBJECTIVES :

The general objectives of the study was to establish the factors that contribute maladjusted behaviour among the adolescent students of higher secondary level .

The aims of the study was to identify the pattern of maladjustment among the students of middle childhood to adolescence . This study also emphasized of the causal description of pattern of maladjustment and how these evolve maladjustment .

The study highlighted about the causal relationship between various forms of maladjustment and its causal factor among the adolescence students .

4. TARGET AREA :

To achieve the objective a number of 50 students (N=50) (Male : 25 , Female : 25) were selected from bamongola block of Malda district , W.B through random sampling method . 50 students bond suitable for the purpose . The student participated in this study were teenager and their average age was 13-15 years . The distribution of the sex ratio on the study Male : Female were 1 : 1 . Students were cooperative and able to understand the questions which were asked to them.

5. METHODOLOGY :

To achieve the above mentioned objectives , the investigator address it in two fold steps :

- A.** Identification of the maladjusted students through behavioural checklist.
- B.** Identification of the causes of maladjusted behaviour through questionnaire.

To identified maladjusted behaviour , a list of maladjusted behaviours were prepared which was collected from different review based articles , and through interview with student , parents and teachers . The listed behaviours were simplified into statement form and it was framed in two point dichotomous scale (‘YES’ OR ‘NO’). Judgements about the students made by teacher’s or parents . The behaviour checklist was further utilized to understand the nature of problem associated with the causes of maladjustment traits , social , emotional and academic .

After identification of the problem , the second objectives of the study was in consideration . After classification of the broad dimensions related with causal factors of maladjustment 45

statements were prepared as questionnaire for final data collection . The social , emotional and academic causes were frame on questionnaire structure . Then it has produced to 50 selected students for data collection . The students were further interviewed through the questionnaire and data were collected accordingly.

6. RESULT AND DISCUSSION

Table 1 : Major causes of maladjustment (Female)

Total no. Of students	Related causes	No. Of percentage
12	Shyness (Emotional)	48%
3	Parental rejection (Social)	12%
4	Low family income (social)	16%
2	Peer pressure (Social)	8%
4	Fear (Emotional)	16%
25		100%

Table 2 : Major causes of maladjustment (Male)

Total no. Of students	Related causes	No. Of percentage
11	Peer pressure (Social)	44%
5	Broken home (Social)	20%
4	Low family income (Social)	16%
2		8%

	Fear (Emotional)	
3	Shyness (Emotional)	6%
25		100%

The study was conducted to find out nature of maladjustment and the causes of maladjustment among the students in secondary level . To achieve the purpose , a general information schedule , a behavioural checklist and a questionnaire was prepared to find out the causes of maladjustment . 50 students with average age 13-15 in class x-xii from different socio-economic group was selected through the screening by behaviour checklist . The study highlighted the common behavioural problems among the students including aggression , lack of confidence , nervousness , lying , truancy , disobedience etc. The study followed that shyness , fearfulness , peer pressure are the maximum rated behavioural problems . Apart from that stealing , inferiority , easily discouraged , delinquent tendencies etc. Also rated as maladjusted problems . It has been found from the study that maximum number of female students rated for shyness (48%) , emotional cause of maladjustment behaviour and for male students the maximum rated cause is peer pressure (44%) , social cause . It is enough to conclude that female student has less control on their emotion than male students and male students have more effect of social cause rather than female students for their maladjusted behaviours .

The overall score from the questionnaire exhibited intermediate nature of causes for problems related with maladjustment behaviour . But dimension wise the study revealed various kind of causes included .

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