



Adjustment among Joint and Nuclear Family Students-A Comparative Study

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Abstract

Present study objective to find the adjustment level of higher secondary school students. This study also knows the adjustment level of higher secondary school students who belong to joint and nuclear family. To measure the adjustment level of higher secondary school student we used adjustment inventory by Sinha and Sinha, The sample comprised 108(54male+54female) higher secondary school students of Haridwar district who belongs to nuclear and joint families. Research results state that higher secondary school students who belong to joint family have the better adjustment in comparison to the students of nuclear family, male students of joint family have better adjustment in comparison to the male students of a nuclear family. Female students who belong to joint family have better adjustment in comparison to the female students of nuclear family.

Introduction

Adjustment means the process of adapting to the circumstances or environment in a good manner. Adjustment is a process in which a person or a living thing maintain a balance between their various needs and the constants of the environment (Joymala et-al, 2014). Adjustment is a continuous process and the process of adjustment affected human behavior. In every spear of life new situation keeps coming in front of us and by adjusting to the situation and circumstances we have to move forward in our life. e are not able to adjust ourselves in these situations then we may go under depression, frustration and other stressful situation. Different factor influence the adjustment level of students including family, friends, neighbors and School environment etc. but the most important role play by the family. Family environment has a great influence on the behavior development of a child, we can say a student's adjustment is not an isolated thing but it is closely related to his/ her home and school relationship (Aiam 2017). According to encyclopedia Britannica (1968), adjustment is the process of behavior by which all creatures maintain an equilibrium between their needs and demands obstacles of the environment. It is therefore a harmonious relationship with the environment involving the ability to satisfy most of one needs and meet most of the demands both physical and social that are put upon one.

According to Gates et-al, "Adjustment is a continuous process by which a person varies his behavior to produce a more harmonious relationship between himself and his environment."

Significance of the study

The present study explores the adjustment among joint and nuclear families students. Due to increasing influence in India, the nature of Indian families has also been greatly affected. The changing nature of the family also affects the adjustment of the students. From this point of view, this study becomes more important because the behavior of the child is greatly influenced by his family environment. It is recognized that the family environment is the first training school for the students to develop the necessary habits, adjustment and behavior to participate fully in our society. Hence it becomes necessary to know the adjustment of the students of nuclear and joint family how it is affected by the family.

Literature review

Sunny, Olivia et-al. (2017) conducted the study to examine the adjustment level of adolescence. The paper sample of 80 adolescence students out of that 40 Boys and 40 Girls from Jorhat district of Assam. It uses adjustment inventory for school student create by Sinha & Shing (2005). The result points out that more than half of sample emotional adjustment level was very good. Maximum number of respondents were found in good level of social and educational adjustments. Social and emotional adjustment of girl was found to be better than the boys.

Gupta & Methani (2017) studies 'adjustment among senior secondary school students: A comparative study on the basis of academic achievement and gender.' Sample for research work was collected by stratified random sampling technique, 250 secondary school students was selected from different schools of Bhiwani out of that 136 male and 114 female students , Adjustment inventory for school students by Sinha and Singh (2013) was used for measuring the adjustment level of students . This study concluded that gender and academic achievement have a significant impact on the adjustment of secondary School students. A significant interaction effect of gender and academic achievement was also found on the adjustment of secondary School student.

Singh, Nilam (2018) conducted this study to examine the correlation between ' adjustment and home environment among students of senior secondary school. The paper sample of 600 (300male+300female) students of the senior secondary school of Allahabad District was selected by random sampling technique. Social and emotional adjustment scale by Dr. Roma Pal whereas for the home environmental test Dr. Karuna Shankar Mishra tools were used. The results showed that family environment components just like rejection, protectiveness , nurturance , permissiveness, perceptions of control were not help in emotional and social adjustment of government non- government Senior Secondary students of Allahabad .Family environment component punishment help negatively for the emotional and social adjustment of Government and non- Government Senior Secondary students .Family environment component conformity help positively in emotional adjustment of private and non-private Senior Secondary students.

Family environment component conformity and rewards helps positively in emotional adjustment of private and non-private Senior Secondary students.

Chaudhari, Rathi Rani et al (2020) conducted 'a comparative study of adjustment among Urban and rural students'. Simple random sampling technique was used to collect a sample of 80 college students out of that 40 students (20 male+20 female) urban and 40 (20male + 20 female) students were belongs to ruler area from Nainital district. The result of work state that no significant difference was found in the adjustment of rural and urban area college students.

Mondal, C (2021) conducted 'A comparative study on social adjustment within rural and urban adolescence students'. This study was conducted on 140 adolescence students who studying in 9 to 12 standard. These students are classified in 70 rural and 70 urban. Social adjustment inventory by Dr. Roma Pal was used for collecting the data. This percent study results shows that there exist a significant mean difference among the school going adolescence when social adjustment is esteem ($p>0.05$).

Objective of the study

- To study the level of adjustment of higher secondary school students.
- To compare the adjustment level of higher secondary school students with regard to family type.(joint family and nuclear family)
- To compare the adjustment of higher secondary male student with regard to family type.(joint family and nuclear family)
- To compare the adjustment of higher secondary female students with regard to family type.(joint family and nuclear family)

Hypothesis of the study

- There exist no significant difference in the aadjustment level of higher secondary school student with regard to family type.
- There exist no significant difference in the adjustment of higher secondary male school students with regard to family type.
- There exist no significant difference in the adjustment of higher secondary female school students with regard to family type.

Methodology

For present study the most appropriate method is descriptive. So researcher used survey method in this study.

Population of the study

Those Students who are studying in the higher secondary schools of Haridwar district has consisted as the population of the present study.

Sample and sampling technique

For the present study, a total of 108 higher secondary students were selected from the Haridwar district by using random sampling technique (lottery method). Out of 108 higher secondary school student, 54 students (27 boys + 27 girls) belongs to joint family and 54 students (27 boys + 27 girls) belongs to nuclear family.

Tool used in the present study

For measuring the adjustment level of higher secondary students the researcher used the adjustment inventory which has been standardized by A. K.P. Sinha and R. P. Singh. This inventory based on the three areas of adjustment - social,emotional and educational adjustment.In this inventory low score indicate stable adjustment or good adjustment and high score tend to unstable adjustment or poor adjustment.

Statistical technique used

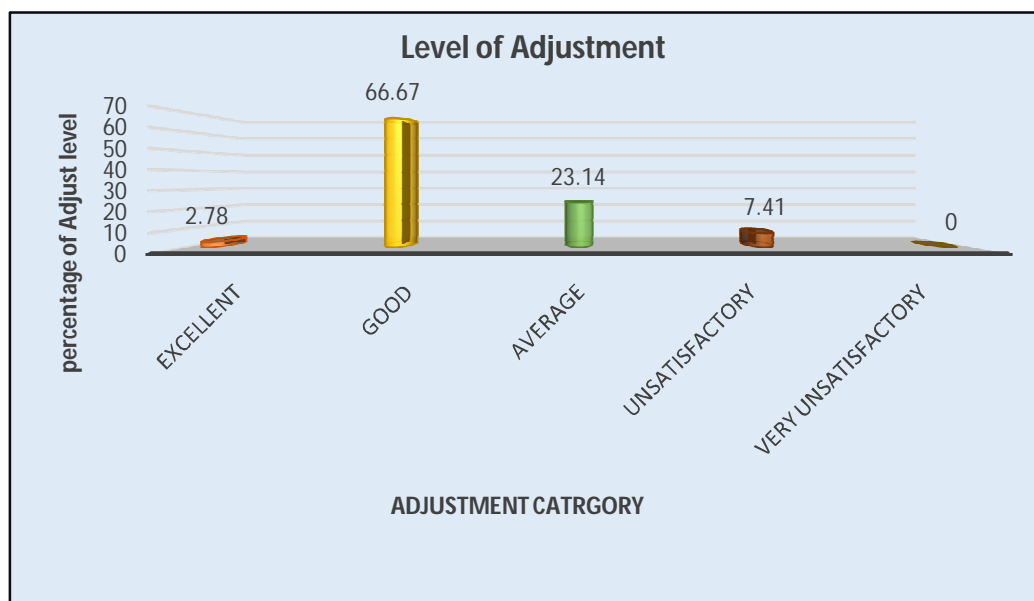
For the present study following statistical technique were used

- Mean
- Standard Deviation
- 't' test

Analysis and interpretation of Data

Table 1.Adjustment level of higher secondary school students

Adjustment level description	No. of respondents	percentage of respondents
Excellent	3	2.78
Good	72	66.67
Average	25	23.14
Unsatisfactory.	8	7.41
Very unsatisfactory.	0	0



Above bar graph show the adjustment level of higher secondary school student. About bar graph showed that excellent level of adjustment was found in very few (2.78 %) respondents and 66.67% respondents had good level of adjustment Whereas 23.14% respondent had average level of adjustment, only 7.41 % respondents had unsatisfactory level of adjustment. the adjustment level of none of the respondents was found to be very unsatisfactory.

➤ **H01: There exist no significant difference in the Adjustment level of higher secondary school students with regard to family type**

Table 2. Showing the Mean, SD, and 't'- value score of adjustment level of higher secondary School students with regard to family type

Groups	N	M	SD	df	't'	Level of Significance
Nuclear family's Students	54	13.57	5.25	106	4.66	Sign at 0.01 level
Joint family's Students	54	9.61	3.39			

*Significant at 0.01 level

The table no-2 showing that the mean value of the nuclear family's student is 13.57 and mean value of joint family's student is 9.61, and the SD of nuclear family's student is 5.25, and the SD of joint family's student is 3.39. Our calculated value of the 't' ratio was found at 4.66. Our calculated 't' value is significant at the 0.01 level. It can be interpreted that there is a significant difference between the adjustment level of nuclear and joint family's higher secondary school students. Hence, our null hypothesis 'there is no significant difference in the adjustment level of higher secondary school students with regard to family type ' was rejected, and the result shows that the adjustment level of nuclear family student and joint family students has different level of adjustment. Our result supported with the research finding of Nidhi Mathur (2020), Md. Mahmood Alam (2017) and Basu(2012),.

H02: There exist no significant difference in the adjustment of higher secondary male school students with regard to family type.

Table 3. Showing the Mean, SD, and ‘t’- value score of adjustment level of Higher Secondary male School students with regard to family type

Groups	N	M	SD	df	‘t’	Level of Significance
Male Students of nuclear family	27	13.18	4.61	52	3.46	Sign at 0.01 level
Male Students of joint family	27	9.25	3.75			

*Significant at 0.01 level

The table no-3 showing that the mean value of the nuclear family’s male student is 13.18 and mean value of joint family’s male student is 9.25, and the SD of nuclear family’s male students is 4.61, and the SD of joint family’s male student is 3.75. Our calculated value of the ‘t’ ratio was found at 3.46. Our calculated ‘t’ value is significant at the 0.01 level. It can be interpreted that there is a significant difference between the adjustment level of nuclear family and joint family’s Higher Secondary male school students. Hence, our null hypothesis 'there is no significant difference in the adjustment level of higher secondary male school student with regard to family type ' was rejected, and the result shows that the adjustment level of nuclear family male student and joint family male students has different level of adjustment. Findings of the present study support the findings of Prajapati (2019).

- **H03: There exist no significant difference in the adjustment of higher secondary female school students with regard to family type.**

Table 4. Showing the Mean, SD, and ‘t’ value score of adjustment level of higher secondary female school students with regard to family type

Groups	N	M	SD	df	‘t’	Level of Significance
Female Students of nuclear family	27	13.96	5.89	52	3.14	Sign at 0.01 level
Female Students of joint family	27	9.97	3.02			

*Significant at 0.01 level

The table no-4 showing that the mean value of the nuclear family’s female student is 13.96 and mean value of joint family’s female student is 9.97, and the SD of nuclear family’s female student is 5.89, and the SD of joint family’s female student is 3.02. Our calculated value of the ‘t’ ratio was found at 3.14. Our calculated t’ value is significant at the 0.01 level. It can be interpreted that there is a significant difference between the adjustment level of nuclear family and joint family’s higher secondary female school students. Hence, our null hypothesis 'there is no significant difference in the adjustment level of higher secondary female school student with regard to family type ' was rejected, and the result shows that the adjustment level of nuclear family female students and joint family female students has different level of adjustment. Our result supported with the research finding of Rahila Rehman and Harender Singh(2015).

Findings of the study

- Our null hypothesis 'there is no significant difference in the adjustment level of higher secondary school students with regard to family type' was rejected.
- Our null hypothesis 'there is no significant difference in the adjustment level of higher secondary male school student with regard to family type' was rejected.

- Our null hypothesis 'there is no significant difference in the adjustment level of higher secondary female school student with regard to family type' was rejected.

Educational Implication

Adjustment is a person's ability to respond to the environment. The child spent most of his time at school or with his family. In such a situation one of the important tasks of parents and teachers is to help them develop abilities that can help them to make effective adjustments. The teacher should interact with parents from time to time to acquaint them with the problems of the students. The teacher should know the reason for the maladjustment of the students and diagnose them as soon as possible. Students should get full opportunities for personality development in school. It is the duty of the parents of nuclear and joint families to treat the children with affection and help them in solving various problems of their personality so that they can adjust easily in society.

Conclusion

This paper represents the effect of family on the adjustment level of higher secondary school students. As we know, the adjustment of students greatly influences their behavior towards society and present things. Therefore, it is necessary nowadays to evaluate their adjustment and analyze it critically. The students of joint family displayed better adjustment than the student of nuclear family. Male students of joint family have better adjustment in comparison to the male students of nuclear family. The girl student of joint family were found to have better adjustment than the girl students of nuclear family. Students of joint family adapt themselves quickly to any situation because the role of grandparents in a joint family and their guidance helps in the developing adjustment skill in the students.

Suggestion for further study

- The present study was conducted only in the Haridwar district of Uttarakhand State. It may be conducted in other states and other parts of the country.
- The present research was conducted only on senior secondary school students. It may be extended to another educational level like primary, secondary, and college-level. It may also conduct in teachers groups.
- Due to various factors time, money and another factor the present study was conducted on a small sample for a reliable result study conducted on large sample size.

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