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Social and Emotional Adjustment among Tribal School Students of West Tripura District



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Abstract

Adjustment is regarded in terms of the positive characteristics that individuals display. A well-adjusted person has some awareness of his own motives, desires, ambitions, and feelings and has high self-esteem. A person who is emotionally mature and stable will be well adjusted and mentally healthy. Capacity to adjust well socially with other persons and ability to get along with others in any situation are also indicative of adjustments and mental health. Adjustment, in Psychology is , the behavioral process by which Human beings and animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. Present study intended to search the differences between the two classified groups i.e. tribal male and tribal female. This study consists of 60 subjects. Classified as 30 tribal males & 30 tribal females. The age of the subjects ranges from 15years to 18years selected from more or less similar socio-economic status. A purposive random sampling technique was used to collect data. Social and emotional adjustment inventory developed by Dr. Roma Pal was used. For analyzing the data some descriptive and inferential statistics was used. Results show that tribal female students have high emotional adjustment compared to tribal male students. Tribal male and female students have significant difference in emotional adjustment measures. Tribal females have higher level of social adjustment than tribal male. Tribal female have much more adjustment power as compared to tribal male students. The major limitation of this study was that the sample size was small. So the obtained result cannot be generalized.

Keywords: Social Adjustment, Emotional Adjustment, tribal, equilibrium, Awareness.

Introduction

Adjustment is a continuous process of satisfying one's needs rather than something fixed and static. And it involves virtually all aspects of human behaviour. No organism achieves a complete adjustment, at least not for long. Adjustment is regarded in terms of the positive characteristics that individuals display. A well-adjusted person has some awareness of his own motives, desires, ambitions, and feelings and has high self-esteem. A person who is emotionally mature and stable will be well adjusted and mentally healthy. Capacity to adjust well socially with other persons and ability to get along with others in any situation are also indicative of adjustments and mental health. Adjustment, in Psychology is, the behavioral process by which Human beings and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. Hungry people, for example, are stimulated by their physiological state to seek food. When they eat, they reduce the stimulating condition that impelled them to activity, and they are thereby adjusted to this particular need. In general, the adjustment process involves four parts: (1) a need or motive in the form of a strong persistent stimuli, (2) the thwarting or non fulfillment of this need, (3) varied activity, or exploratory behaviour accompanied by problem solving, and (4) some response that removes or at least reduces the initiating stimulus and completes the adjustment. Emotion has been defined as a particular psychological state of feeling, such as fear, anger, joy, and sorrow. The feeling often includes action tendencies and tends to trigger certain perceptual and cognitive processes. Most experts agree that emotion is a causal factor or influence in thoughts, actions, personalities, and social relationships. The concept of emotion that will be developed

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here is a multi-aspect, or multilevel, one, considering structure and functions at the levels of neurophysiology, emotion expression, and emotion experience (feeling). It should be noted, however, that not all of the numerous definitions that can be found in emotion literature fit into this multilevel concept (Encyclopedia Britannica – 2000).

Aim of the study

Present study aimed to know the differences between tribal students with reference to their social and emotional patterns and also to know the sex differences in this regard.

Objectives

The objectives of the study are as follows-

1. To search the differences between tribal students with regards to their social adjustment level.
2. To find out the differences between tribal students in relation to emotional adjustment level.
3. To find out the sex differences between tribal male and tribal female students in relation to social adjustment level.
4. To find out the sex differences between tribal male and tribal female students in relation to emotional adjustment level.

Significance of the study

An individual's adjustment largely depends on his action and interaction in the course of his competence in meeting his biological and psychosocial needs within the framework of environmental facilities and constraints. The individual adjusts both socially as well emotionally with his environment since both type of adjustment are very important for a successful and happy life. Social adjustment refers to the 'change in habitual conduct or behaviour which an individual must make in order to fit into the community in which he lives' (Warren, 1934). Whereby emotional adjustment is a prerequisite for social adjustment as Schneider (1951) found that emotionally well adjusted persons are quick to establish affectional relations with others. Hence items for both social as well emotional adjustment has been included in the present inventory. As pointed out by Adler (1930), "a socially well adjusted person is not only efficient and happy in his environment but also he must have sense of social feeling, i.e. he must be cooperative and sympathetic". As such items which help to assess the above mentioned aspects of emotional and social adjustment are included in the present test mainly for discriminating well adjusted individual from the poorly adjusted individuals. The present study wants to search the difference between tribal students in social and emotional adjustment results. In This study total sample was 60, 30 from tribal male students and 30 from tribal female students. All the samples will be chosen from agartala, from five different schools. The major rationale of the study is no other such type of research work is not done in this research work. So this is an exploratory field for research work.

Methodology

SAMPLE

Sample of the study consisted of 60 tribal students & 60 non-tribal students Classified as 30 male & 30 female each. All the subjects were

selected from Agartala, (Tripura) from five different schools using purposive random sampling technique. The age of the subjects ranges from 15years to 18years selected from more or less similar socio-economic status. A purposive random sampling was used for data collection.

Tools

Following tools were used to collect the data- Social and emotional adjustment inventory developed by DR. Roma Pal is used. This inventory is commonly used by psychologist or psychiatrist to determine the level of social and emotional adjustment. The reliability coefficient was 0.82 and correlation coefficient was 0.87. The validity of the inventory had come out to be 0.77 and 0.80 respectively. For this study 60 items was considered in the light of the description of the variable. Though the inventory has no time limit but usually a subject takes 30 – 45 minutes to fill it up. 60 items were followed by 'Yes or No' responses.

Procedure of data collection

Initially all the selected subjects were called in a small group of ten to fifteen individuals. Rapport was established by talking informally. The selected tools were administered one by one with small interval. All the instructions regarding the tools were given according to instructions led down by the author of the test. After completion of testing all the field copies of response sheets were collected and subjected for scoring and further statistical calculation.

Variable understudy

In the present study Tribal and sex (male, female) was treated as independent variable. Where as, social and emotional adjustment has been treated as dependent variable.

Statistical interpretation of the result and discussion

Present study intended to search the differences between the 2 classified groups i.e. tribal male and tribal female, Classified as 30 tribal male & 30 tribal female.. In the present study an attempt had been made to search the social and emotional adjustment level of the subjects. Regarding emotional adjustment measure when treated by descriptive statistics the following values are obtained. For statistical analysis spss 12.0 was used. It is shown below in table no-1.

TABLE NO 1
Emotional Adjustment

	N	Minimum	Maximum	Mean	Std. Deviation
TRIBAL MALE	30	30.00	46.00	35.9333	4.10998
TRIBAL FEMALE	30	34.00	56.00	46.1333	6.15172
Valid N (listwise)	30				

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Observation of the table no.1 indicates that the mean value of the two classified group seems to differ from each other. The mean value of tribal male students is 35.93 with SD is 4.10, the mean value of tribal female is 46.13 with 6.15 SD.

The emotional adjustment values of two classified groups (i.e. tribal male and female) has been given below in the graphical representation:

TABLE A

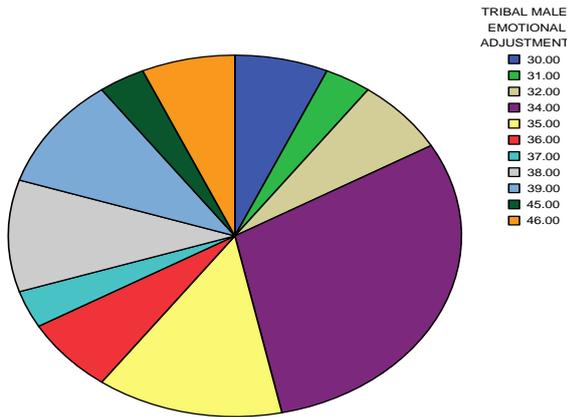
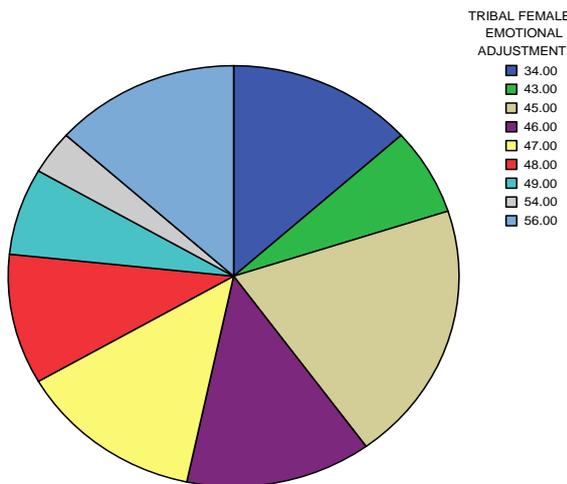


TABLE B



Observation of the table no 1 shows that the difference between tribal male & tribal female subject seems to be very high ,but merely on the basis of mean observation it would not be clear whether these difference are really significant or not. Therefore to solve this problem the data was further treated by inferential statistics i.e. independent sample t test. The results of t test of two classified groups are shown in the below table:

TABLE NO 2
Independent Samples Test

		t	df	Sig. (2-tailed)
TOTAL SAMPLE EMOTIONAL ADJUSTMENT	Equal variances assumed	-7.551	58	.000
	Equal variances not assumed	-7.551	50.588	.000

Careful observation of above table indicates that t result shows significant difference at .01 level (t=-7.55, df= 58,). This result suggests that tribal male and female students are differing significantly from each other in emotional adjustment measures.

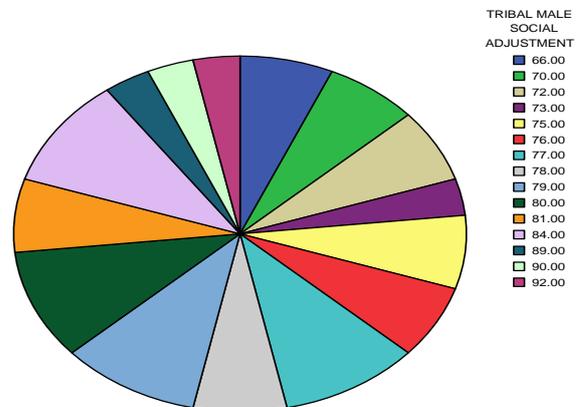
The second comparison was between tribal male and female in social adjustment measures. so to compare social adjustment level data was treated by descriptive statistics.

TABLE 3
Social Adjustment

	N	Minimum	Maximum	Mean	Std. Deviation
TRIBAL MALE	30	66.00	92.00	78.0000	6.28079
TRIBAL FEMALE	30	68.00	102.00	88.9000	8.02303
Valid N (listwise)	30				

Observation of the table no.3 indicates that the mean value of the two classified groups seems to differ from each other. The mean value of tribal male students is 78.00 with SD is 6.28, the mean value of tribal female is 88.90 with 8.02 SD. The social adjustment values of two classified groups (i.e. tribal male and female) has been given below in the graphical representation:

TABLE C



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TABLE D

	Equal variances not assumed	-5.859	54.840	.000
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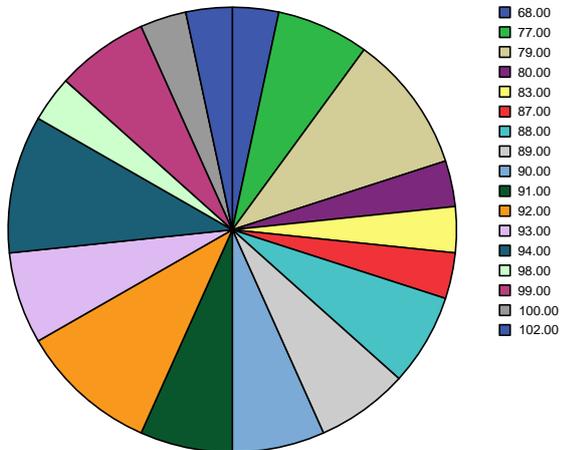
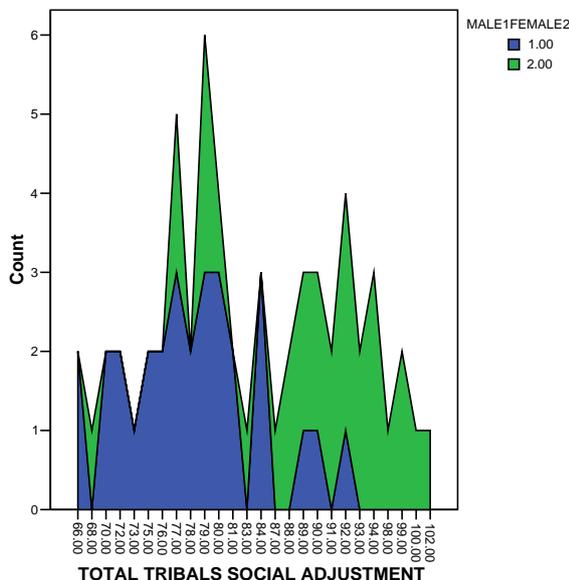


TABLE E



observation of the table no 3 shows that the difference between tribal male & tribal female subject seems to be very high ,but merely on the basis of mean observation it would not be clear whether these difference are really significant or not. Therefore to solve this problem the data was further treated by inferential statistics i.e. independent sample t test. The results of t test of two classified groups are shown in the below table:

		t	df	Sig. (2-tailed)
TOTAL TRIBALS	Equal variances assumed	-5.859	58	.000

Careful observation of above table indicates that t result shows significant difference at .01 level (t=-5.85, df= 58,). This result suggests that tribal male and female students are differing significantly from each other in social adjustment measures.

Conclusion:

- Tribal female students have high emotional adjustment level than tribal male groups.
- Tribal male and female students have significant difference in emotional adjustment measures
- Tribal male and female have significant difference on social adjustment level. Tribal female have higher level of social adjustment than tribal male.
- Tribal females have much more adjustment power as compared to tribal male students.

Limitation of the study:

The major limitation of this study is that the sample size was small. So it was not sufficient for generalizing the results obtained by the study.. And another limitation is that the data was collected only from five different schools, if the data would be collected from many other different schools then the results would be probably different. If the sample size would be increased then the result would be quite transparent.

Suggestion of the study:

1. Generalizations drawn from this research study are to be evaluated by conducting further researches.
2. Comparative studies may be conducted by taking sample from a larger area or inter district comparison can be made.

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