

A Study on the Adjustment Problems of Specially Abled Adolescents with Special Reference To Emotional and Social Adjustment



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Abstract

Adolescence is the most important period of human life. Poets have called this period as the spring of life of human being and an important era in the total life span. Some psychologists have defined it as the transitional period of life. The period of adolescence runs between childhood and adulthood and is also termed as teenage. According to A.T. Jersild, "Adolescence is that span of years during which boys and girls move from childhood to adulthood, mentally, emotionally, socially and physically." Chronologically, adolescence comes roughly in between the years from 12 to the early 20's. In this period, great changes occur in all developmental dimensions of the individual. Due to the rapid changes, the adolescents confronts with some problems, specially the adjustment problems. In this paper, we intended to study the adjustment problems of specially abled adolescents.

Keywords: Adolescence, Adjustment, Especially Abled, Social Adjustment, Emotional Adjustment.

Introduction

Adolescence is the most important period of human life .A major part of a country's population ranges between the ages 13 to 21 years. The country's success in various field of life depends on the proper guidance of adolescents after knowing their problems .The word 'adolescence' comes from the Greek word 'adolescere' which means 'to grow to maturity'. Psychologists define it as the transitional period. The period runs between childhood and adulthood and is also called the period of teenage.

Jean Piaget defined adolescence as, "The age of great ideals and the beginning of theories as well as the time of simple adaptation to reality."

A.T. Jersild defined adolescence as, "adolescence is that span of years during which boys and girls move from childhood to adulthood, mentally, emotionally and physically."

Adolescence is a time of changes, which can cause a lot of stress in a teen's life. During adolescence, people go through many changes that can bring stress: they develop physically, emotionally, socially and intellectually. Due to the rapid changes in their life adolescents have to face many problems and because of these problems adolescence period is also termed as the period of 'Strain and Stress'. In order to deal with the stress and problems , adolescents can either change their behaviours in a positive way, a process called adjustment, or in a negative way, which leads to maladaptive behavior.

Adjustment is an important trait for happy living in a society. It helps one to keep out basic impulses at tolerable levels, to believe in one's own abilities and to achieve desired goals. Adjustment refers to psychological process through which people manage or cope with the demands and challenges of everyday life.

Lazarus (2001) defined that adjustment as a ways of managing and consists of coping with various demands and process of life.

According to Shafer (1961)" adjustment is the process by which a living organism maintains a balance between his needs and the circumstances that influence the satisfaction of these needs."

Good defined that adjustment is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment.

H.C.Smith defines that "A good adjustment is one which is both realistic and satisfying. At least in the long run, it reduces to a minimum the frustration, the tensions and anxieties which a person must endure."

Characteristics of Adjustment

1. Adjustment helps us to keep balance between individual's requirements and situations.
2. Adjustment helps us in making effective adjustment with the changing circumstances and bringing desirable changes for the better adjustment with the society.
3. Adjustment is psychological as well as physiological process. It brings our desirable physical and psychological changes towards achieving certain goals.
4. Adjustment brings happiness, joy, delight and contentment.
5. Adjustment is multidimensional in nature. Although, adaptation to physical environment is person's important concern, but he has to adjust himself with the society as well as internal factors of physiological and psychological needs.

Adjustment of a student is related to arrive at a balance state between his needs and satisfaction. Students have good adjustment in all the aspects of their life if there is balance between their academic, intellectual, emotional, social and other needs and their satisfaction.

Explanation Of Important Terms

Social adjustment:

Social adjustment is the most difficult developmental task of student's life. This adjustment has to be done with members of the opposite sex in a relationship that never existed before and to adults outside the family and school environment.

Emotional Adjustment

Frequent, intense and apparently unjustified emotional outbursts lead others to judge the individual as 'immature'. Suppression of emotional expression results in moodiness which tends to make the individual rude, un co-operative and pre-occupied with self.

Specially abled

Specially abled is defined as "a person whose capacity for adaptive behavior, is limited, due to faulty physical, mental, psychological or behavioural development, and is in need of special education".

Objective of the Study

The objectives of the study are..

1. To study the emotional adjustment of specially abled adolescent boys and girls.
2. To study the social adjustment of specially abled adolescent boys and girls.
3. To study the significance of difference between the adjustment of specially abled boys and girls.

Review of Literature

1. **Singh Manju** and **Mishra Sunita** in their Research article "Adjustment pattern of Disabled children and normal children", International Journal, Vol.3, issue04, 2016 investigated about the social adjustment and emotional adjustment. The finding of the study was that there is significant adjustment difference between disabled children and normal children.
2. **Schinagi, Victor Goger** in his article "Psychological implications of Blindness and Low vision", Feb, 2007 discussed about several aspects of psychological adjustment to Blindness and Low vision and proposed that the education of both the self and society are essential for positive adjustment. It exposes some of the general misunderstandings about visual impairment and demonstrate how these are partly responsible for the perpetuation of myths and misconceptions regarding the character and abilities of the population.
3. **Pinter** and **Brunschwig**, conducted a study on "Home Adjustment problems of handicapped children" and found that the deaf children in families possessing no other deaf members showed lower adjustment, than such children from families containing other member.
4. **Irfan Akram**, made a study on handicapped children living in Lahore city and found out the level of self-concept and adjustment and the factors affecting the adjustment of the handicapped children.

Methodology Used

Method

Descriptive method is used for the study.

Sample

A sample of 200 specially abled students are taken for the study. The sample consists of 100 deaf/dumb and 100 blind students taken from the institution meant for them.

Sampling Technique

To select the sample from the population purposive sampling is used.

Tools used

1. Bell's Adjustment Inventory by R. K. Ojha.
2. Self devised questionnaire.

Inclusion Criteria

1. Sample of the study covers only deaf/dumb and blind children from the institute meant for them.
2. Age ranges between 13 to 19 years.

Study Area

The area of the study is Kamrup district of Assam.

Statistical Techniques Used

1. Mean and S.D. is computed from the data.
2. 't' test is used to test the significance of difference between the adjustment of specially abled boys and girls.

Analysis of Data

Table 1
Mean Scores of Adjustment and the Difference between the Adjustment of Specially Abled Boys and Girls.

Areas of B.A.I.	N=100 (boys)		N=100 (girls)		't' value	Sig, level
	Mean	S.D.	Mean	S.D.		
Home	9.69	1.212	9.51	1.124	1.089	0.277
Health	8.39	1.188	8.84	1.509	-2.403	0.020
Social	14.91	3.571	16.30	2.125	-3.345	0.001
Emotional	9.02	0.964	13.01	1.115	-27.078	0.000

From the above table it is indicated that the mean adjustment scores of specially abled boys in the area of Home Health, Social and Emotional are 9.69, 8.39, 14.91 and 9.02 respectively. And the mean scores of girls in the areas of Home, Health, Social

and Emotional are 9.51, 8.84, 16.30 and 13.01 respectively. From the mean scores it is found that both adolescent boys and girls have adjustment problems in all the areas of adjustment more or less.

Table 2 : Mean Scores of Specially Abled Boys and Girls in the Area of Social Adjustment (B.A.I.)

Areas of (B.A.I.)	N =100 (boys)		N= 100 (girls)	
	Mean	S.D.	Mean	S.D
Social	14.91	3.571	16.30	2.215

From the table it is indicated that the Mean Social adjustment scores of specially adolescent boys and girls are 14.91 and 16.30 with corresponding S.D.

are 3.571 and 2.215 respectively. From the mean scores it can infer that both the adolescent boys and girls have problems in social adjustment.

Table 3 : Mean scores and S.D.of specially abled boys and girls in the area of Emotional Adjustment

Area of B.A.I.	N=100 (boys)		N=100 (girls)	
	Mean	S.D.	Mean	S.D.
Emotional	9.02	0.964	13.01	1.115

It is indicated from table 3 that the Mean scores of adolescent boys and girls in the area of emotional adjustment are 9.02 and 13.01 with

corresponding S.D. are 0.964 and 1.115 respectively. From the Mean scores it is seen that both the boys and girls have problems in emotional adjustment.

Table 4 : Significance of difference between the adjustment of adolescence boys and girls(B.A.I)

Areas of (B.A.I.)	Mean	S.D.	Mean	S.D.	"t"	Sig.level
Social	14.91	3.571	16.30	2.215	-3.345	0.001
Emotional	9.02	0.964	13.01	1.115	-27.078	0.000

From table 4 it is indicated that the "t" value is significant in both the areas of Social and Emotional adjustment at 0.001 levels. So we can infer that there is significant difference between the adjustment of adolescent boys and girls in the areas of Social and Emotional adjustment.

Finding

Findings of the study are given below:

1. Specially abled adolescents have adjustment problems in all the areas of adjustment.
2. Specially abled adolescent girls have more adjustment problem than the boys.
3. There is significant difference between the adjustment of boys and girls in the area of health, social and emotional.

Conclusion

The main purpose of the study is to study and find out the adjustment problems of specially abled adolescent boys and girls. Another purpose of the study is to test the significance of difference between the adjustment of boys and girls. Bell's Adjustment Inventory is used to collect data and to study the objectives confined for the study.

From the data analysis it can be said that the specially abled adolescents have problems in adjustment. We can also conclude that specially abled adolescents have both the social and emotional adjustment problems. Another important findings of

the study is that there is significant different between the adjustment of especially abled boys and girls.

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