

Social Adjustment, Parenting Styles of Adolescents in Relation to Sex

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Abstract

In the present set up society is ever changing with new advancement in science and technology and individual life is in turmoil and individual is uncertain about the future. Since, adolescence period is the period of stress and strain, adolescents have to face many difficulties in adjusting with the present situations. Adjustment problems of the students have always attracted the attention of educational psychologists all over the world. Any child who is faced with the problem of adjustment either at school or at home, is not able to concentrate properly to his studies. Adjustment is influenced by parental behaviour. Behaviour of the parents is the important factor which directly or indirectly affects the adjustment of the child. As the child grows, he needs love acceptance, limits and consistency. Single most powerful factor in the development of adjustment of the child is the happiness, peace and stability of home in which he spends his early years. The child is always a part of family web. He is influenced by the interpersonal relationships which he observes, even if they are only among the adult relatives. Here in this paper an attempt has been made to study various problems of adjustment of adolescents and role of parents in their adjustment process either in the school, home or in the society.

KEYWORDS: Social Adjustment, Adolescent, Parental Style and Sex

Introduction: Adolescence is the transitional period between childhood and adulthood marked by all round intensive growth and development in human system. Adolescents are full of vigor and enthusiasm but at the same time this period is most critical period of one's life because this period is the end of one stage and the beginning of another. This period of adolescence in general offers an individual a large variety of new experiences and at same time usually finds him less well prepared to meet challenges than at any other stage. So adolescence is considered to be a period of stress and strain also. At this stage, due to rapid changes in physical growth and striking physiological changes of puberty and changes in personality and Behaviour, adolescents demand attention. If they are not properly attended to, they may not be able to adjust in the society. So at this stage they need special care and support by their elders. All their abilities and needs, i.e. physical, social and intellectual should be recognized and developed to help him need a productive life and be an adjusted member of the society, Society today is changing. With this is expected a constantly changing response on the part of the adolescents.

A well-adjusted individual is an asset to the country. From the very beginning, adjustment of an individual should be taken care of and proper attention should be given at adolescent stage. Adjustment is a continuous process of life and important components of adjusted Behaviour are possession of a wholesome outlook of life, a realistic perception of self, emotional and social maturity and a good balance between inner and outer forces that activate human Behaviour.

Family is the first place of education of the child. It places a pivotal role in the development of the child. In our society we mostly live with our families in a specific manner and structure. Parental Behaviour means the relationship of parents to child. Parents play an important role in developing habits and shaping up the social character of the child. Since adjustment is very important for survival in the complex world today and parental Behaviour place an important role in the adjustment of adolescents. There are two aspects of adjustment. First has to do with its quality or efficiency. Adjustment is regarded as achievement, which is accomplished either badly or well. It makes possible to compare individuals in terms of their adjustment adequacy.

Adjustment is both a continuous as well as complex. Adjustment thus does not depend upon one or two personality traits of an individual. It instead depends upon the way of interacting elements as organized. Different persons, therefore adjust themselves in the same or similar physical or social situation. The degree of adjustment depends partly on certain conditions of environment. A well-adjusted person can think clearly, act confidently and thus in a position and thus in a position to interact with situations positively.

Advanced Learner's English Dictionary (2003), "An adjustment is a small change that is made to something, such as machine or a way of doing something or an adjustment is a change in person's Behaviour or thinking."

Parenting Style/Behaviour:

There is a delicate interplay of psychological forces in parent child relations. Parental Behaviour means relationship of parent to the child and of child to the parent. Positive partnerships between parents promote high standards of Behaviour. As the child grows, he needs love acceptance, limits and consistency. Single most powerful factor in the development of the child is the happiness, peace and stability of home in which he spends his early years. The child is always a part of family constellation. He is influenced by the interpersonal relationships which he observes, even if they are only among the adult relatives.

With the family constellation, there are some parent child relationships that may be demanding to the wholesome development of the child and often the parents unwillingly victimize one or the all members of the family. His position in the family in contrast to other siblings becomes another factor in the developing concept of self.

Parental acceptance of children is perceived to be one of the essential elements underlying whole structure of the parent-child relationship. Accepting parents are those who insist on the importance of child in the home and develop a warm emotional relationship with him and such acceptance by parents bring a sense of security, self-acceptance and self-esteem in child. The word 'rejection' is commonly used to denote the antithesis of a relationship in which there is whole hearted acceptance of the child. Parental rejection need not necessarily mean overt rejection; it may be characterized by actions of the parents such as dominance, excessive demand and conspicuous hostility.

Home is child's world to which his personality is shaped his character formed what the individual become depends to a large extent on type of home in which he is born upon the various environment influences that play upon him with in the domestic world during his earliest and most impressionable years, family serves the first socialization agency for young children culturally and socially approved Behaviour is taught through child rearing practice.

Review of Related Literature: The review of related literature is presented in the following lines.

Baratha, (1997) concluded a study on home adjustment of adolescents and found that the girls were better adjusted in home environment than the boys. Educationally high achievers had better adjustment in home environment then educationally backward students.

Aggarwal and Panday (1997) concluded that in case of perception of mother's Behaviour, significant differences in loving, dominating, rejecting and punishing dimensions are observed. Girls perceived their father's Behaviour more protecting in comparison to boys. The girls are generally brought up with greater restrains and on strict codes of Behaviour than are boys.

Daniel, T.L.S. (1997) studied family environment and adolescent psychological well-being, school adjustment and problem Behaviour among Chinese adolescents and found that family factors play an important role in influencing the psycho-social adjustment, particularly the positive mental health of Chinese adolescents.

Saini (1998) in her study of self-esteem of student –teachers as related to their gender, discipline of teaching, anxiety and adjustment found that the relationship of self-esteem, with total adjustment was positive and significant for male, female and in the total sample.

Sharma, V. (1998) found that there is significant correlation between family climate and overall adjustment of adolescents. The family climate is found to be quite effective in determining one's level of academic adjustment.

Pooja (1999) in her study on creativity and intelligence as correlates of adjustment of resident students of Colleges of Education in Chandigarh found that correlation between intelligence scores of student-teachers and their adjustment scores were highly significant and positive.

Panday, S.K. (1999) found that at the age of 12 boys perceived their mother more dominating and rejecting in comparison to girls. Girls and boys at the age of 13 + perceived their mother discipline, while the perception of the father's relationship was found significant on the rejection and punishment dimensions of Behaviour. The findings indicate that with increase in age, there was a decreasing trend of scores on loving dimensions of parental child relationship.

Mohan, J (2000) discussed emotional maturity as related to mental health and adjustment of teachers and concluded that the development of healthy emotions in both male and female teachers can lead to effective performance in teaching.

Choudhary (2001) she opined that a co-education college helps women to adjust with the opposite sex better boosts confidence in them. They become more capable of taking care of themselves and their rights.

Gehani (2002) stated that a challenge waits a woman at every stage of her life and challenges require adjustment. It helps in making a firm decision to find one's own happiness in all the circumstances however changed.

Shaifali (2002) found in her study that private school adolescents had better adjustment than those studying in Govt. schools.

Ahmad, N. (2003) found that the relationship between adjustment and academic achievement was found to be 8.3% which is significant at 0.01 level.

G. Anto Boopalarayan and Annaraja (2003) found in their study that the boys were better in social adjustment than the girls. This might be done to the fact that the boys were having more chances than the girls to interact with the society. It is obvious that the education influences one's emotional adjustment which is confirmed by the present study. The study, also brings to light the education of the parents influenced the social and emotional adjustment of the children; the probable reason might be that the educated parents deal their children democratically.

Pawan (2004) "Attitude of students towards school in relation to parental encouragement" found that significant positive relationship between attitude of 10th class student towards school and their parental encouragement.

Renuka and Anuradha (2004) measured the psychosocial adjustment of conduct disordered children. The study revealed that there was no significant difference in adjustment among girls in both urban and rural areas but a significant difference was found among boys.

Votta and Manion (2004) studied and concluded that as compared to non-homeless youth, homeless youth had more psychological problems like maladjustment.

Raman (2005) in her study, "Interest of Fine Arts students as related to their Parental Behaviour" found that there is negative correlation in the interest of fine art students with the parental Behaviour of accepted dimensions it may be because that the students of fine art have interest in different fields without considering the Behaviour of the parents.

Simran (2005) in her study, "Study of Parental Behaviour in relation to the Mental Health of 12th grade students" found that there exists a positive correlation between accepted parental Behaviour and mental health of students and negative correlation between rejected parental Behaviour and mental health of students.

Enochs and wendy (2006) studied that males had a significant higher overall adjustment levels than females regardless of living environment.

Prabhjot kaur (2009) in her study, "Impact of Modernization on Adjustment of Primary teachers of Ropar district" found that a significant positive relationship exists between modernization and adjustment of primary teachers. The study revealed that there is significant difference of adjustment between male and female primary teachers of high group of modernization.

Bandana Kumari (2009) in her study, "Moral judgment in relation to Intelligence and Parental Behaviour" found that there exists a significant positive relationship between moral judgment and parental Behaviour of school adolescents and found that there is no significant mean difference exist in Parental Behaviour among male and female.

Inaja, Anthonia E., Anake, Paulina M., Okoi, Nta Obono (2017) based on the findings of this study, the following conclusion were reached Parenting styles significantly influence adolescents' social adjustment with respect to the four dimensions of coping with peer pressure, school rules, academic pressure and adult/societal expectations. Also

adolescents brought up under democratic parenting style were significantly more adjusted than adolescents brought up under autocratic and permissive parenting styles and in their social adjustment aspect of coping with peer pressure, school rules, and adult/societal expectations.

Review of related literature indicates that very less work have been carried out to study the social adjustment, parenting style of adolescents with respect to sex. Hence, it is desirable to investigate whether parental Behaviour influences the adjustment of adolescents or not.

Objectives of the Study:

1. To find out difference among male and female adolescents with regard to Adjustment.
2. To find out difference among male and female adolescents with regard to parental Behaviour.
3. To find out the relationship between adjustment and parental Behaviour.

Delimitations of the study:

1. The area of the study was delimited to Ropar district.
2. The sample was delimited to 200 students.
3. Only class 10th students were taken.

Hypothesis of the Study:

1. Mean gender differences exist among the adolescents with regard to Adjustment.
2. Mean gender differences exist among the adolescents with regard to parental Behaviour.
3. Significant relationship exists between adjustment and parental Behaviour.

Research Method & Sample for data collection:

The present study was descriptive survey, which was conducted on 200 Government and Private Schools of Ropar, Punjab studying in the 10th class. The investigator classified the sample in to two categories of Male, Female and Government, Private School.

Then are measured such variables as Adjustment and Parental Behaviour. In the present study the techniques of Mean, S.D and Correlation analysis were employed. In order to find out the nature and the extent of relationship of Adjustment with Parental Behaviour, Pearsons Correlation was worked out. The t-ratios were worked out to find out the difference of Adjustment and Parental Behaviour.

Sample

The sample of present study was drawn from five senior Secondary, Government and Private Punjabi medium schools of Ropar District. Out of total 200 adolescents 100 were selected from government schools and 100 from private schools. Then out of government

schools adolescents 50 male and 50 female were selected. Similarly out of 100 private school adolescents 50 were male and 50 were female.

Tools Used:

The following tools would be used to collect data:-

1. Bell’s Adjustment Inventory adapted by Mohsin-Shamsad.
2. Parental Behaviour Differential by Kaur, R. (1989).

Statistical Techniques Used:

1. Descriptive statistics, such as mean, S.D, were calculated.
2. Pearson’s Product Moment correlation technique to find out the relationship Adjustment and Parental Behaviour
3. Critical ratio for determining the significance of difference between mean and S.D’s.

Data Analysis and Interpretation:

The data was analyzed keeping in view various hypotheses which were formulated according to the different objectives set in the present study. An attempt has been made to link the outcome of the analysis of data, so as to arrive at succinct conclusions.

(i) Difference in adjustment among male and female adolescents:

Means, S.D. of Adjustment scores of male and female adolescents were found and there values of CR were calculated & shown in table 4.1.

Table 4.1: Significant difference between Adjustment of male and female adolescents

Sex	Mean	S.D.	CR
Male	40.71	11.85	0.3215 NS*
Female	41.31	14.43	

*NS=Non-Significant value.

From table 4.1 we find that the value of mean of Adjustment scores of male and female are 40.71 and 41.31 and the value of S.D’s are 11.85 and 14.43 respectively. The value of CR comes to be 0.3215. This value is not significant at any level of significance, indicating thereby that there is no significant difference between the adjustment of male and female adolescents. Thus the hypothesis which states that “Mean gender differences exist among the adolescents with regard to Adjustment.” is rejected.

(ii) Difference in parental behaviour among male and female adolescents

Means, S.D. of Parental Behaviour scores of male and female adolescents were found and their values of CR were calculated & shown in table 4.2.

Table 4.2: Significant difference between Parental Behaviour of male and female adolescents

Sex	Mean	S.D.	CR
Male	45.54	4.94	3.777**
Female	48.34	5.67	

**Significant at 0.01 level.

From table 4.2 we find that the values of means of parental Behaviour scores of male and female are 45.54 and 48.34 and the values of S.D's are 4.94 and 5.67 respectively. The value of CR comes to be 3.777 and this value is significant at 0.01 level of significance, implying thereby that there is a significant difference in Parental Behaviour among male and female. It means that the female adolescents are more accepted by their parents as compared to male adolescents. Thus the hypothesis which states that "Mean gender differences exist among the adolescents with regard to parental Behaviour." is accepted.

(iii) Relationship between adjustment and parental behaviour of adolescents

Correlation was worked out between the variable of adjustment and parental Behaviour of adolescents and the Product-moment co-efficient of correlation was worked out in order to establish relationship between adjustment and parental Behaviour as shown in table 4.3

Table 4.3: Correlation between Adjustment and Parental Behaviour

S. No.	Variable	No. of Students	Mean	'r'
1.	Adjustment	200	40.79	-0.148*
2.	Parental Behaviour	200	46.96	

*Significant at 0.05 level.

From table 4.3, it shows that the relation between adjustment and parental Behaviour is -0.148186. This value of 'r' is significant at 0.05 levels of significance meaning thereby that there is significant negative relationship between adjustment and parental Behaviour of adolescents. It means that adolescents which are more accepted by their parents have low adjustment level. Thus hypothesis 5 which states that "Significant relationship exists between adjustment and parental Behaviour." is accepted. But the relationship is negative.

Findings & Conclusions:

The interpretation of analysis leads to the following conclusions:

1. There is no significant mean difference between the Adjustment of Male and Female adolescents.
2. There is a significant mean difference (in favor of female adolescents) between the Parental Behaviour of male and female adolescents.
3. Significant negative relationship exists between Adjustment and Parental Behaviour of School Adolescents.

Educational Implications:

On the basis of results and conclusions, the following implications can be drawn:

1. The study has revealed that adjustment and parental Behaviour affected at all the two variables of the school adolescent. Therefore, there is a dire need for the teacher and educators to take care of adjustment and parental Behaviour of the students. Difference was found among all the male and female adolescents regarding their adjustment and parental Behaviour. It means that the Behaviour of male and female students be modified according to their adjustment and parental Behaviour. The study may also provide help to academic staff to arrange teachers on adolescents. And these teachers may be helpful in the adjustment of the adolescents.
2. The study is also helpful for the teachers, parents and guidance and counseling services to know about adjustment of adolescents in relation to parental Behaviour.

Suggestions for Further Research

As pointed out the study was delimited with respect to sample studied, tool and technique implied and the statistical operation carried out. These limitations point to the necessity of conducting a series of research projects in the area of research covered by this study, some of the possibilities include:

1. In the present investigated conclusions are based on the study of 200 adolescents (male and female). Therefore there is a need for cross validation of the findings yielded in this study. The present study should be replicated on a wider sample.
2. The present study was limited to class 10th only; similar work can be done on college level also.
3. The study can also be conducted to see the difference between adolescents of Public schools and Kendriya Vidyalaya schools.
4. The present study can be replicated involving more topics such as intelligence, Personality, moral judgment along with Parental Behaviour.

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