



A Study of Adjustment on Academic Achievement of High School Students

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1. Introduction

The term adjustment is often used as a synonym for accommodation and adaption. Strictly speaking the term denotes the results of equilibrium, which may be affecting by either of these processes. It is used to emphasize the individual's struggle to along or survive in his or her Social and physical environment. In adjustment, the two crucial factors are the individual and the environment. In the study of the individual, the considerations are the heredity and biological factors, the psychological factors, and the quality of socialization given to him or her. Whereas, the environment have includes all the social factors.

2. Concept of Adjustment

The concept of adjustment means adaption to physical environment as well as to social demands. No human being can live apart from his physical environment, there is action and reaction chain going on between the individual and his environment. Then there are social pressures and demands of socialization. To these may be added the individual's personal demand such as the satisfaction of physiological needs. All this compiled functioning of the person's demands adjustment. The process of adjustment becomes still more complicated when his interaction. One situation may give rise to pleasure while the other may give rise to pain. The resulting tension may cause disturbance in his psyche, produce uncomfortable physical symptoms or may even lead to abnormal behavior.

3. Meaning and Definition:

Adjustment is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment.

- Carter V. Good (1989)

Adjustment is continual process in which a person varies his behavior to produce a more harmonic relationship between himself and his environment.

- Gates and Jersild (1948)

3. Objective of the study

1. To find out the level of adjustment of high school students.
2. To analyze adjustment level of Boys and Girls.
3. To find out the relationship between adjustment and academic achievement of high school students.

4. Methodology

The present study is belonging to normative survey method of research. It helps to explain the educational phenomena in terms of the conditions or relationships that exist opinions that are held by the students, teachers and experts. The normative survey is the only means through which opinion,

attitudes, suggestions for improvement of educational practical and instruction, and other data can be obtained.

5. Sample of the study

Sample of the study consists of 100 students studying in class XI from various private schools of Mehsana. I have collected this sample by using random sampling method.

6. Delimitations of the study

1. The collection of sample was delimited to 100 high school students only.
2. The sample consists of both boys and girls who are pursuing XI standard representing the age between 14 to 18 years.

7. Data Analysis

Table 1: Distribution of the Sample

Sr.	School Name	Male	Female
1	Vivekanand High School, Mehsana	25	-
2	Ramba Girls high School, Mehsana	-	20
3	Para Madhyamik shala, Mehsana	10	15
4	Gayatri Vidhyalay, Mehsana	15	15
Total		100	

The above table shows that distribution of the sample at different schools. Total sample size was 100 school students among them boys and girls.

Table 2: Overall Adjustment of Male and Female Students

Sr.	Description	Male	Percentage of Male	Female	Percentage of Female
1	Excellent	1	2 %	0	0%
2	Good	6	12 %	25	50%
3	Average	30	60%	19	38%
4	Unsatisfactory	12	24%	6	12%
5	Very Unsatisfactory	1	2 %	0	0%
Total		50	100 %	50	100 %

Table 3: Variable wise Statistics

Sr.	Variable	Gender	Size of sample	Mean	Std. Deviation	't' Value	Level of significance
1	Overall Adjustment	Boys	50	17.70	3.877	3.078	Significance at 0.05 level
		Girls	50	16.39	3.504		
2	Family Adjustment	Boys	50	7.68	1.971	2.150	Significance at 0.05 level
		Girls	50	7.15	2.312		
3	School Adjustment	Boys	50	5.69	1.671	1.897	Significance at 0.05 level
		Girls	50	5.34	1.554		
4	Personal Adjustment	Boys	50	2.39	0.801	2.195	Significance at 0.05 level
		Girls	50	2.20	0.666		

8. Major findings of the study

1. The level of Adjustment of the school students is Average.

2. There is a significance difference in relation between Boys and Girls school students with reference to overall adjustment.
3. There is a significance difference in relation between boys and Girls school students with reference to Family Adjustment.
4. There is a significance difference in relation between boys and Girls school students with reference to School Adjustment.
5. There is a significance difference in relation between boys and Girls school students with reference to Personal Adjustment.
6. There is a significance relationship between difference overall adjustment and academic achievement.
7. There is a low relationship between difference social adjustment and academic achievement.

9. Conclusion

Every individual from the time he or she steps out of the family and goes to school makes to a long series of adjustment between the whole unique personality and the environment. The ardent desire of each boy and girl to become an individual person having a healthy physique, a growing intellectual ability, a greater degree of emotional poise and increased participation in social groups, such characteristics enhance one's personality. Even parents, teachers and significant members of the society to which person belong will encourage this desire.

From the above results we can conclude that adjustment and Academic Achievement cause significant difference between male and female students between Adjustment and Academic Achievement. It is found that there is a low positive relationship between Adjustment and Academic Achievement.

10. Educational Implications

The following suggestions are given to the future research. A student enters school as a unique individual, moulded by genes, as he/she winds his/her way through the curriculum, frequently a desire to fit in to be like everyone else grows, diluting the spark that makes him unique only when our curriculum is attractive, dynamic and can nurture and nourish their hidden talent and abilities there by we can definitely improve the adjustment in turn their academic achievement automatically triggers in the desire directions.

1. In a classroom atmosphere the teacher can encourage the students. It will increase the adjustment in turn it improves the Academic Achievement level of the students.
2. Yoga and meditation can be a part of our day to day activities to be included in the school curriculum which can improve the adjustment of the students.
3. A technique of group discussion and other curricular activities can be organized in the classroom activities. It will increase the adjustment of the students.
4. The good relationship between the teacher and the student will enhance the adjustment of the students.
5. Various programmes like National Cadet Corps, National Service Scheme and some other cultural activities will help the students to improve their adjustment level.
6. Field trips and educational tours can be arranged by the teachers once in month or whenever time permits. This experience will correlate with the lessons. Hence the students can get a direct and purposeful experience and it will increase the adjustment level of the students.

11. Suggestions for further Research

I would like to emphasize some suggestions.

- Adjustment has many dimensions that are differed to school students, college students and teacher trainees.
- Future researchers go for college going students and teacher trainees' adjustment on academic adjustment.

- Adjustment variable not only related to academic achievement it is related to many variables, future researchers concentrates on this area.

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