

Adjustment Problems Of Adolescence Girls--- A Study On Kamrup District (RURAL) Of Assam

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Abstract: *Adolescence is the most important period of human life. It is considered to be the very special period of human life cycle. It is a period of rapid development which is important for the impact on the total development of human personality. The rapid physical development cause undue worries in both boys and girls. The present study was conducted to assess the problems of adolescent girls in the area of physical, social and emotional adjustments. A sample consisting of 300 adolescent girls 150 from co-educational Assamese medium school and 150 from co-educational English medium schools of Kamrup district (R) of Assam was taken for the study. R.K.Ojha Bells Adjustment Inventory and a self-devised questionnaire were used to collect data from the sample. The statistical measures adopted were: Mean, standard Deviation and t-test. The results revealed that there is no significant difference of problems of adjustment between the adolescent girls studying in English medium and Assamese medium schools.*

Key Words: *Adolescence, Adjustment, Emotional, Personality, Physical, Social*

I. Introduction:

Adolescence is a psychological- biological stage of development between childhood and adulthood. During this period many developmental changes takes place that are not only physical but social and emotional also. It usually starts with a puberty and ends when a person gains a reasonable degree of parental independence.

Adolescence is a period of rapid development and is occupied with many problem including clumsiness and awkwardness. For many girls, menstruation is a serious concern. **Goswami et-al. (2000)** found in their study that menstrual abnormalities were the most common problems of adolescent girls. They suffer physical discomfort such as cramps, weight gain, headaches, swollen ankles and breast tenderness and experience emotional changes, such as mood swings, depression, restlessness and a tendency to cry without any apparent reason.

It is a matter of serious concern for the progress of the society as a whole because youth represents the energy of the present and hope of the future. During this period adolescents cannot be treated as a children because they resent such treatment. On the other hand they cannot be classed as fully matured adults.

Girls have to play an important role in the development of our society. Adolescent girls face some special problems. **Asthanaand BalaSashi (2007)** conducted a study on behaviour problems of adolescents, they have found that girls generated more problems in comparison to boys.

Rai, K (1984) had studied about the problems of girls studying in co-educational institutions of Varanasi region. He found that the girls of co-educational institution had faced the problems in the area of social and recreational activities, courtship, sex, living condition etc. Girls in co-educational institution had significant better home, health, school and total adjustment than the girls of segregated schools.

Talukdar and talukdar (2008) conducted a study on adjustment problems of adolescent student and found that female students had more emotional problems than male students. Godiyal and Podiar (2008) noted in their study that both boys and girls were poorly adjusted to their social lives. Devi (2008) observed in their study that poor economic condition and over protection of parents created problems in social adjustment of the adolescent.

Here in this study an attempt was made to make a comparative study of physical, social and emotional problems faced by Assamese Medium and English Medium School.

Objective Of The Study:

- 1) To identify and make a comparative study of physical problems faced by adolescent girls of Assamese and English Medium co-educational school of Kamrup(R) district of Assam.
- 2) To identify and make a comparative study of social problems faced by adolescent girls of Assamese and English Medium co-educational school of Kamrup(R) district of Assam.
- 3) To identify and make a comparative study of emotional problems faced by adolescent girls of Assamese and English Medium co-educational school of Kamrup(R) district of Assam.

Hypothesis:

There will be no significant difference between girls of Assamese medium and English medium co-educational school of Kamrup district (R) of Assam in terms of adjustment in the areas of health, home, social and emotional.

II. Method:

Sample

A sample consisting of 300 adolescence girls (150 from co-educational Assamese medium school and 150 from co-educational English medium school) of Kamrup district (R) of Assam was selected for the study by purposive random sampling technique. Age of the adolescent girls ranged from 13to 16 years.

Tools:

The following tools were used for the study.

1. R.K.Ojha Bells Adjustment inventory. It was used to measure adjustment of students in home, health, social, and emotional areas. Each area has35 statements. The reliability and validity coefficients of the tool is shown below in tabular form:

Table 1: Showing Reliability Coefficients

Method	Home	Health	Social	Emotional
Split-half	0.84	0.81	0.87	0.89
Test-Retest	0.91	0.90	0.89	0.92

Table 2: Showing Validity Coefficients

Home	Health	Social	Emotional
0.72	0.79	0.82	0.81

2. Self- devised questionnaire. It was prepared to estimate the physical, social and emotional problems of adolescent girls. The reliability and validity of the questionnaire by test –retest and split-half method is 0.89 and 0.94 respectively

Procedure:

After obtaining due permission from the authorities of the selected schools data collection was done. The data so collected were tabulated and analysed statistically as shown below.

III. Result And Discussion

The main purpose of the study is to assess the problems of adolescent girls and to make a comparative study between adolescent girls of Assamese Medium School and English Medium co-educational School of Kamrup district (R) of Assam. Mean (**M**) and Standard Deviation (**SD**) and ‘t’-test was used to analyse the data.

Findings reveal that thereare some special problems which are faced only by the adolescent girls. The investigator tries to identify those problems with the help of a self- devised questionnaire.

It has been observed that 35.67% of adolescent girls has the problem of excessive sweating. 21% of adolescent girls has the problem of allergy. It has been observed that 45% of adolescent girls has the problem of headache. On the other hand 26.67% of adolescent girls has the problem of eye-sight. Pimples is the common problem found among the adolescent girls, 48.33% girls has the problem of pimples. The problem of pain during menarche is another major problem found by the investigator, as 50% of girls have this problem.

42.66% of adolescent girls remain absent from school during menstruation. Feeling pain in lower abdomen during the period of menstruation is another problem for adolescent girls, 59% of them have the same problem. Feeling of irritation during menstruation has been found among 43.33% of adolescent girls. 61.67% of adolescent girls do not like over-protecting behaviour of their parents. 10% of adolescent girls have the problem of aggressive behaviour.

52.33% of adolescent girls become worried due to irregular menstruation. It has been found in a study conducted by **Goswami et.al in (2000)** that menstrual abnormalities are the most common problems of adolescents girls.

Table No. 3: Mean, SD and ‘t’ value in the areas of home, health, social and emotional.

AREAS ACCORDING TO BAI	RURAL AREA				“t” value	Remarks
	N=150 EMS		N=150 AMS			
	Mean(M)	Sd(σ)	Mean(M)	Sd(σ)		
HOME	11.86	4.573	9.87	3.875	4.073	**
HEALTH	9.04	3.951	8.44	4.889	1.169	N.S.

SOCIAL	13.81	4.689	15.41	3.783	- 3.266	**
EMOTIONAL	13.97	5.204	14.53	5.684	- .890	N.S.
TOTAL	48.85	12.917	47.93	14.449	.586	N.S.

Level of significance:

N.S. indicates Not significant

* indicates significant at 0.05 level

** indicates significant at 0.01 level

The mean score obtained by the adolescent girls studying in English Medium School (EMS) in the category of Home is 11.86 and 9.87 is the mean score obtained by the adolescent girls studying in Assamese Medium School (AMS) in the category of Home.

The result of 't' reveals that there is significant difference of problems between the two groups of adolescent girls studying in EMS and AMS of Kamrup district (R) in the area of Home. Therefore, it can be stated that girls from AMS has better home adjustment than girls of EMS.

The mean score obtained by the adolescent girls studying in EMS and AMS in the category of Health is 9.04 and 8.44 respectively.

The result of 't' reveals that there is no significant difference between the adolescent girls of EMS and AMS in the area of Health.

The mean score obtained by adolescent girls studying in EMS and AMS of Rural areas in the aspects of Social Adjustment is 13.81 and 15.41 respectively. The result of "t" reveals that there is significant difference of social adjustment problem between the adolescent girls of EMS and AMS of Kamrup district (R) of Assam.

13.97 is the mean score obtained by the adolescent girls studying in EMS belong to Rural areas in the category of Emotion. On the other hand 14.53 is the mean score obtained by the adolescent girls in the area of Emotion who belong to Rural area and studying in AMS .

The result of "t" reveals that there is no significant difference of problem between the two groups of adolescent girls studying in AMS and EMS of Rural areas in the area of Emotion. Both the groups have Unsatisfactory Emotional Adjustment.

The study also reveals that there is significant difference of problems of social adjustment between the adolescent girls studying in English Medium Schools and Assamese Medium Schools. Parent's economic condition, social status, social relationship are some factors which influence in the social adjustment as well as emotional adjustment of a child.

Singh. H. (2006) conducted a study on effect of socio-emotional climate of the school on the adjustment of students. The result of the study reveals that social climate of the school affects the emotional and total adjustment of students significantly positively.

Raja. D. and William .B. (2006) studied on parental involvement and its impact on children. The result of the study shows that parent involvement has positive effects on children's attitude and social behavior.

The study reveals that there is no significant difference of problems between the students studying in Assamese Medium and English Medium School of Kamrup district (R) of Assam in overall adjustment.

From the above discussion it can be concluded that there is no significant difference of adjustment problems between the adolescent girls studying in English Medium Schools and Assamese Medium Schools of Kamrup district (R).

IV. Conclusion:

An attempt has been made to draw an overall profile of the girls belong to EMS and AMS of the schools of Kamrup (R).

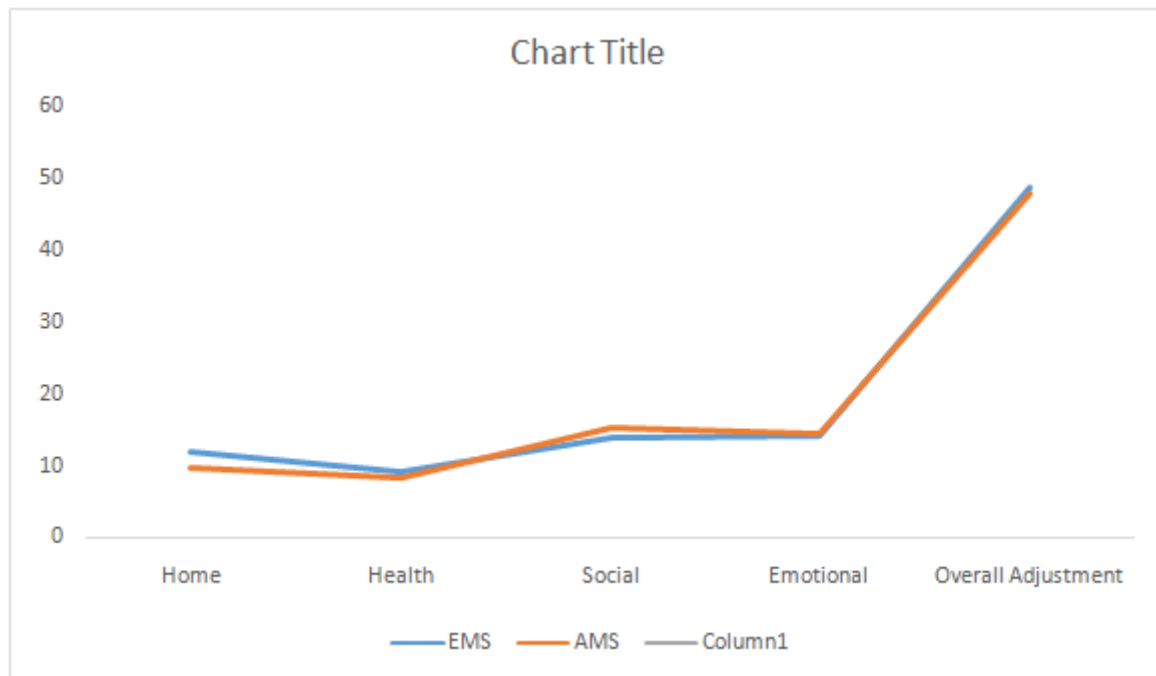


Figure 1: Profile of EMS and AMS Girls of Kamrup District (R) in areas of home, health, social, emotional and overall adjustment.

The above profile clearly reveals that differences exist among the EMS and AMS girls in areas of home and social. However, there is negligible difference between them in terms of health, emotional and overall adjustment.

Limitations Of The Study:

1. The area covered for the present study was only from one district of the state of Assam. The results would fairly be generalised if more number of districts were used.
2. The participants were from rural area of Kamrup district.
3. The study only included girl participants.

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