

Adjustment problems of adolescents of joint family and nuclear family

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Abstract

The purpose of the present research was to study the comparison between adjustment problems of joint family adolescents and nuclear family adolescents. The sample of the study consisted of 60 senior secondary school students of distt. Karnal for the collection of data, adjustment inventory for school students (AISS) by A.K.P. Sinha and R.P. Singh was used. The data was analyzed using mean, standard deviation and 't' test. The study revealed that there is no significant difference in the emotional adjustment of adolescents of joint family and nuclear family. There is no significant difference in the social adjustment of adolescents of nuclear family and joint family. The study also indicated that there is no significant difference in the educational adjustment of adolescents of joint family and nuclear family.

Keywords: adjustment problems, nuclear family adolescents, joint family adolescents

Introduction

"Rejoice with your family in the beautiful land of life!"

Albert Einstein

Family is where our roots take hold and from there we grow. A sense of belonging is derived from the strong bond of family. Family bonds are a link to our beginning and a guide to our future. We are moulded within a unit, which prepares us for what we will experience in the world and how we react to those experiences. Values are taught at an early age and are carried with us throughout our life. Family is the basic and universal social unit in the society. It fulfill needs and performs function which are indispensable for the continuity, integration and change in social system, man as a social animal not only adapts to physical demand but also adjust to social pressures in the society, Psychologists use the term social adjustment for varying conditions of social or inter personal relation in the society Adjustment is an important aspect in an adolescent life when a person adjusts to every situation then they can lead a wonderful life.

The adolescents belonging to different family structures have different adjustment behavior in the society. The range of adolescence doesn't differ from country to country but varies from individual to individual. Social adjustment means reaction to the demands and the pressure of social environment imposed upon individual. (Coleman & Eisenberg 1974) Families of delinquent or uncontrollable adolescents are characterized by poor family relationships and less social connectedness. In general, these families are lower on cohesion and independence and higher on conflict and control (Fox & Fiese, 1983). The family environment also affects the academic achievement, which is the product of maturational forces within the adolescent and the experiences provided by the environment (Bernard & Aggarwal, 1971).

Various factors affect the adjustment mechanism in adolescence including family types, peer group, school environment, diet, and good guidance. Among them a family plays the most important role in the adjustment and adaptation process of a person at every stage of life. A child learns the

strategy of dealing various situations in his life from his family. In present days many types of families have come in existence such as joint family, nuclear family, divorced and single parent. The environment of a family affects a child's life at a large extent. This adjustment process also includes the aspect of gender. In various studies it has been found that both boys and girls have better adjustment levels in different areas. The studies conducted by Jayachandran, S (2008) ^[11], M.V.R Raju and T. Khaja Rahamtulla (2007) ^[14], Kannan, G. (2006) on Adjustment revealed that, the school environment must be motivating for developing educational psychosocial Adjustment abilities of the students.

Rationale of the study

The present study is an effort to investigate the effect of adjustment problems of adolescents of joint family and nuclear family. The family is a complex and dynamic institution in India and for many decades, several studies were carried out to understand this complexity. Family is the most important primary group in society and immediate social environment to which a child is developed and exposed. Child learns to adjust in various fields of life according to the values & virtues provided by his family. So a family type affects a child's adjustment level at a large extent

Since children belong to both types of family setup are different in their adjustment problems, the present study bears immense importance in this regard. Moreover, it will be a guide map for the parents, while using various grooming method related to adjustment problems.

Gradually the old joint family system is transforming into nuclear family and people prefer to stay with their own family in the urban areas for giving better educational and health facilities for their family members. On the other hand the parents are working hard to fulfill the desires of their children and hardly giving quality time for their social development. Many NGOs and National and international organizations have researched on the problems and prospects of Joint family & Nuclear Family (Pratham-2009, Care-India-2013, UNESCO-2007, WHO-2009, FPA-2011).

Studies conducted on role of family on academic achievement of the students by Harris, Balinda. M.(2007), Kannan G. (2006), G.(2006), Ray&et.l (2006), Rani Mohanraj & Latha (2005),Chen (2007),Turner Chandler & Haffer (2009), Man & Kishore (1997), Akbar Hussain, Ashutosh Kumar & Abid Hussain (2008) ^[10], Lewis (1993), Hechiger (1993), Lounsborg (1992), Panda, B.N (1997) ^[13] found that family plays a very important role on the Academic Achievement of the students. Thus many studies have been conducted on adjustment problems and its associated variables but there is dearth of studies on adjustment problems of adolescents of joint and nuclear families. The main aim of the study is an attempt to find out the social adjustment, emotional and educational adjustment of the adolescents. Hence, it is researcher's keen desire to look into the impact of adjustment problems in relation to joint and nuclear family of adolescents. Therefore, it is believed that the present study will definitely respond many unaddressed issues and open light to the further studies in this regard.

Statement of the problem

Adjustment problems of adolescents of joint family and nuclear family

Operational definition of the key term used

Joint Family

Joint family can be defined as members of a uni-lineal descent group (a group in which descent through either the female or the male line is emphasized) live together with their spouses and offspring in one homestead and under the authority of one of the members. The children of joint family are growing with lot of love and affection, cooperation, fun, enjoyment and community axiology.. In the present study it refers to a type of extended family composed of parents, their children, and the children's spouses and offspring in one household.

Nuclear Family

A nuclear family can be defined as a household consisting of two married, heterosexual parents and their legal children (siblings). So nuclear family consisting of a father and mother and their children. The children of nuclear family comparatively lack emotional intelligence and community living values. In the present study it refers to the family group consisting of a father and mother and their children.

Adolescents

Adolescence: - A young person who has undergone puberty but who has not reached full maturity, teenager. The adolescence grows up to become the adult. A young person usually between the age of 13 to 19 teenagers, youth these objectives means of relating two characteristics of early period of growth and development. In the present study from the age group 14 to 18 adolescents are taken as the sample of the study.

Emotional, Social and Educational Adjustment

The scores of the adolescent students obtained on the school adjustment inventory (Hindi Version) by A.K.P. Sinha and R.P. Singh.

Objectives of the Study

1. To study the emotional adjustment of adolescents of joint family and nuclear family.

2. To study the social adjustment of adolescents of joint family and nuclear family.
3. To study the educational adjustment of adolescents of joint family and nuclear family.
4. To study the total adjustment of adolescents of joint family and nuclear family.

Hypotheses of the study

1. There exists no significant differences in the emotional adjustment of adolescents of joint family and nuclear family.
2. There exists no significant difference in the social adjustment of adolescents of joint family and nuclear family.
3. There exists no significant difference in the educational adjustment of adolescents of joint family and nuclear family.

Delimitations of the study

The present study had the following delimitations:-

- The sample of 60 students 30 from joint family & 30 from nuclear family was taken.
- The students studying in HBSE were taken.
- Only IX grade students were taken.

Plan and Procedure

Research methodology

The present research work was based on descriptive survey method of research.

Population

In order to achieve the stated objective, investigator is proposed to include the students studying in the secondary schools (recognized by HBSE) and belonging to the joint and nuclear families as population of the study.

Sample

The sample of the present study constituted of 60 IX standard students of urban locality of Karnal district of Haryana. Simple random sampling technique was used to select the sample.

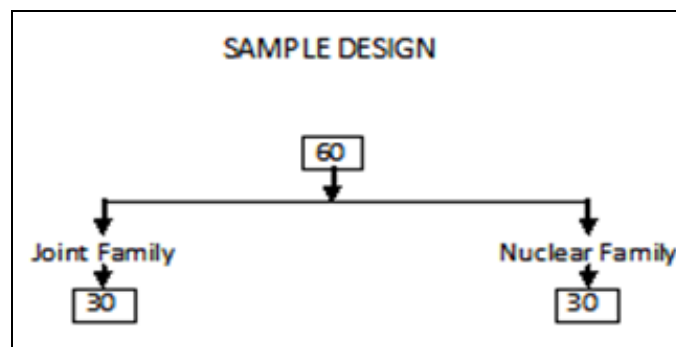


Fig 1

Tools

Adjustment Inventory for school students (AISS) by Sinha and Singh (1998) was used to measure the adjustment of school students. The inventory is in Hindi and seeks to segregate well adjusted school students from poorly adjusted students in three areas of adjustment i.e. emotional, social and educational. The

inventory contains 60 statements dealing with certain statements of behavior and situation that most students experience at one time or the other. For each statement there are two columns for response indicating 'Yes' or 'No'.

Interpretations and Results

Statistical Techniques - following statistical techniques were used to analyze the data.

1. Mean
2. Standard Deviation
3. t-ratio

Table 1: Significance of Mean Difference in the Emotional Adjustment of Adolescents of Joint Family and Nuclear Family

Variable	Group	N	Mean	S.D	't' ratio	Level of significance
Emotional Adjustment	Nuclear Parent Family Adolescents	30	4.93	3.58	0.34	Not significant at .05 level
	Joint Parent Family Adolescents	30	4.63	3.33		

The table-1 reveals that the value of calculated 't' ratio was found 0.34 and needed values to be significant at .05 and .01 levels are 1.96 and 2.58 respectively. So it can be interpreted that there is no significant difference between the emotional

adjustment of adolescents of joint family and nuclear family. Hence, the null hypothesis (Ho) "there is no significant difference between the emotional adjustment of adolescents of joint family and nuclear family." was accepted.

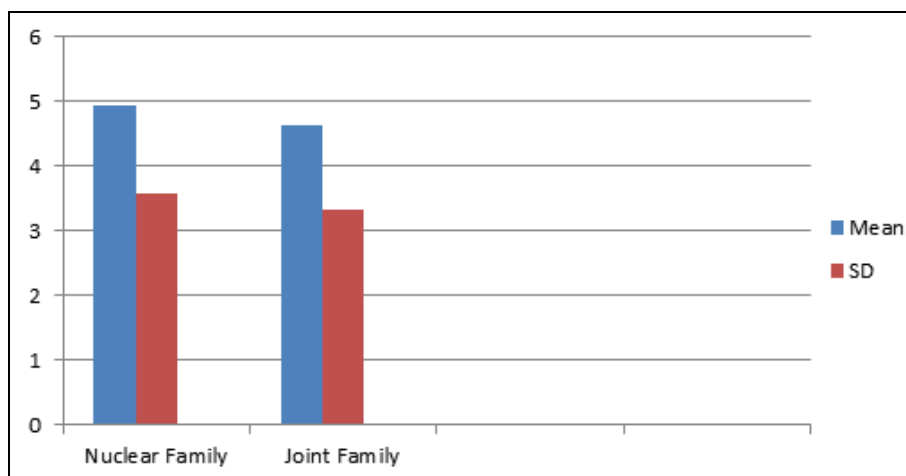


Fig 2

Table 2: Significance of Mean Difference in the Social Adjustment of adolescents of joint family and nuclear family.

Variable	Group	N	Mean	S-D	't' ratio	Level of significance
Social Adjustment	Nuclear Parent Family Adolescents	30	5.73	2.09	0.87	Not significant at 0.5 level
	Joint Parent Family Adolescents	30	5.26	2.14		

Critical 't' ratio calculated was found to be 0.87 the table value needed to be significant at 0.05 level is 1.96 and .01 level is 2.58 respectively. So it can be interpreted that there is no significant difference between the social adjustment of

adolescents of joint family and nuclear family. Hence, the null hypothesis (Ho) "there is no significant difference between the social adjustment of adolescents of joint family and nuclear family" was accepted.

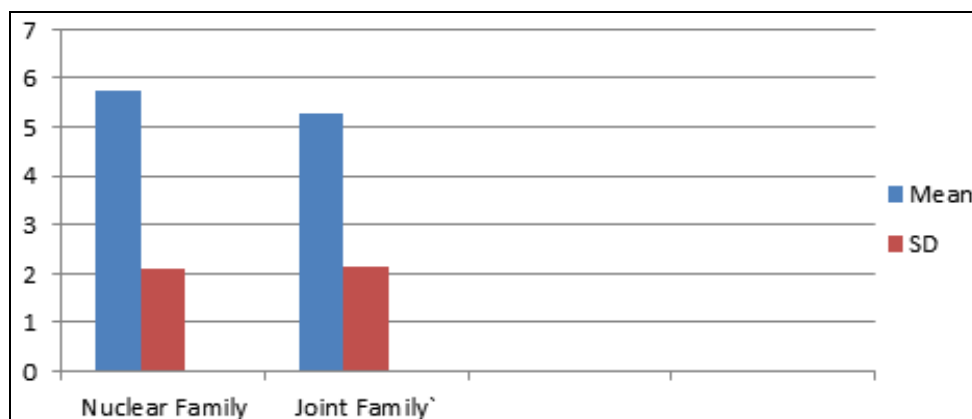


Fig 3

Table 3: Significance of Mean Difference in the Educational Adjustment of adolescents of joint family and nuclear family.

Variable	Group	N	Mean	S-D	't' ratio	Level of significance
Educational Adjustment	Nuclear Parent Family Adolescents	30	3.9	2.09	0.48	Not significant at 0.5 level
	Joint Parent Family Adolescents	30	3.63	2.26		

The Table -3 reveals that the value of calculated 't' ratio was found 0.48 and needed values to be significant at .05 and .01 levels are 1.96 and 2.58 respectively. So it can be interpreted that there is no significant difference between the educational

adjustment of adolescents of joint family and nuclear family. Hence, the null hypothesis (Ho) "there is no significant difference between the educational adjustment of adolescents of joint family and nuclear family" was accepted.

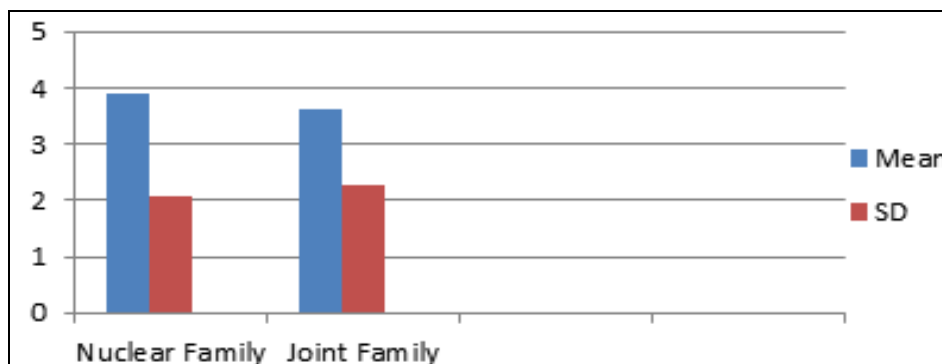


Fig 4

Table 4: Significance of Mean Difference of Total Adjustment of adolescents of joint family and nuclear family.

Variable	Group	N	Mean	S-D	't' ratio	Level of significance
Total Adjustment	Nuclear Parent Family Adolescents	30	14.56	6.09	0.64	Not significant at 0.5 level
	Joint Parent Family Adolescents	30	13.56	6.05		

The Table - 4 reveals that the value of calculated 't' ratio was found 0.64 and needed values to be significant at .05 and .01 levels are 1.96 and 2.58 respectively. So it can be interpreted that there is no significant difference between the total

adjustment of adolescents of joint family and nuclear family. Hence, the null hypothesis (Ho) "there is no significant difference in the total adjustment of adolescents of joint family and nuclear family" was accepted.

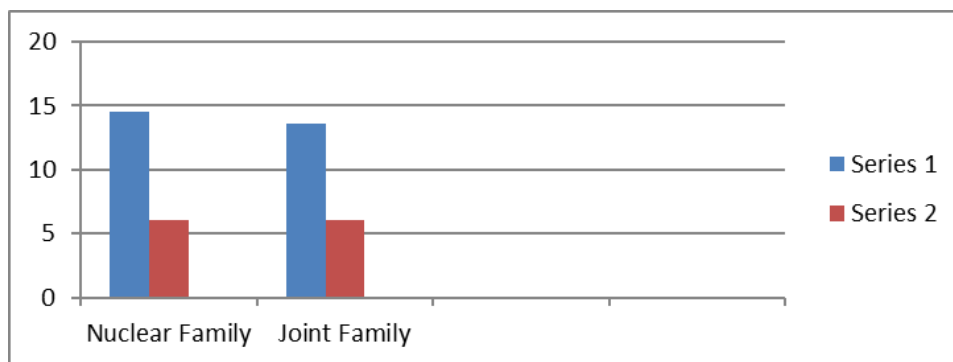


Fig 5

Educational Implication

The present study has its implications for nuclear and joint families, teachers, administrators and community members etc. In educational institutions there should be provision for the student counseling in the field of adjustment in family structure. Well planned programmes of adjustment problems of adolescence should be started in all educational institutions. The teacher should act as friend, guide and philosopher in solving various problems of children. It is the duty of the teacher to devote himself for the all round development of the child. Special courses should be introduced in the school so that the students can become self-reliant, self confident and well adjusted in the society, school as well as family also. In

joint families there is need to talk to their adolescents to understand their adjustment problems. This research will help to understand and to sort out adolescent student's adjustment problem in family structure. Joint families should not impose undue control and restrictions on their adolescent. Excessive control may lead to psychological problems and adjustment problems in Family structure. Both families should consult counselors for adolescent problems parents should understand the problems of their children both inside and outside the home. They should change their own mindset towards adolescents. They should fulfill the demands of their children. The present study has another implication for nuclear parent that they should not

impose their decision on their children and allow them to take their own decision. They should have faith in their children and encourage them.

Conclusion

The studies conducted earlier with different variables have been showing mixed results. It is evident from a review of such studies that the results are often conflicting and inconclusive. But it is not surprising if we keep in mind disparity in the customs, traditions and ways of life prevailing over different regions. The investigator feels that, as state or locality of a country especially India is unique in character, customs and traditions. The study in hand is a pioneering effort. It was designed to explore whether there is no significant difference in social adjustment of adolescents, family structure of students of nuclear and joint families. The study revealed that there is no significant difference in the emotional adjustment of adolescents of joint family and nuclear family. There is no significant difference in the social adjustment of adolescents of nuclear family and joint family. The study also indicated that there is no significant difference in the educational adjustment of adolescents of joint family and nuclear family.

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