
A STUDY OF EDUCATIONAL ADJUSTMENT OF WORKING WOMEN

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Introduction

The present century is characterized by psychological disorder and disturbed interpersonal relationship. The problem of mal adjustment is an inevitable problem. Schneider (1960) has stated "Every one can expect period of unhappiness, tension, frustration, depression, worry, anxiety. The problem may range through a wide variety, from excessive over generalized worrying to simple character logical defects, and hence tension producing behaviour pattern. This problem resulting maladjustment of individual is not only for individual but for family and for community at large, for attaining progress and development. It is wrong to assumen that persistently maladjustment of the individual is intrinsically incapable of adjustment. The mere facts that an individual has built a group of habits and attitudes which clash with most social environments does not mean that he cannot be placed in another environment with resultant success or that he can not detecting his mal adjustment and providing proper counselling and guidance, the individual can build up new habits and attitudes and develop adequate behaviour patterns to carry him satisfactorily through the journey of life. Lehner and Kube (1962) in their preference to "The dynamics of personal adjustment" have well emphasized the importance of adequate behaviour patterns in leading a happier life by mentioning, we could not expect to cross the desert in a boat or the ocean in an automobile, but many of us fail to realize that it is justos, unrealistic to expect in adequate behaviour pattern to carry us satisfactorily through the journey of life".

The human adjustment is a complex process. The making of desirable adjustments to the various demands of life is in influenced by the differing inherited characteristics and varying environmental condition and situation to which an individual is exposed. The achievement of desirable life adjustment is dependant upon the recognition of the significance of inherited potential and environmental conditions as these effect his way of life. Of all kinds of human adjustments, i.e. family adjustment, educational adjustment, occupational adjustment, health adjustment and social and community adjustment of family life was considered to be the most significant one. The home was the first and most significant agent in the adjustment of any individual toward successful living.

The problem of adjustment is one of the vital problem that we face today. Today men are facing a more complex world. From birth to death, human beings have to live in a society in which they are faced sometimes with odd situations. Their effective living depends upon their interactions with other members surrounding them during the course of living. These interactions occur at every stage of life and do both determine and reveal the adjustment leavel of individual from childhood to old age. We are consistently attempting to adjust of fit environmental elements to our need to adjust. At the same time, we are engaged

in the process of adjusting ourselves to meet satisfactorily the demands made upon us by our personal problems and our social responsibilities and our social relationships. Both the process adjust to environment and adjustment to self constitute the bases of personality development.

The word 'Adjustment' has been described in many ways by different psychologist, sociologist and other behavioural scientist. According to Crow (1967) adjustment is a term much used by the psychologist and the lay people. The latter, however, tend to use the term improperly. They seem to assume that adjustment is desirable behaviour. Actually, it is a general term that connotes either good or successful adjustment of poor adjustment. In fact there is a continue from extremely poor adjustment (called mal adjustment) to extremely good adjustment. Scientifically interpreted, the term adjustment implies a cause and effect relationship. The study of human adjustment possess a problem, in that the kind and degree of adjustment achieved by a individual usually are dependent upon a multiplicity of causes. Moreover human nature is so complex that it is almost impossible to assert didactically that any combination of causes is certain to have a specific effect upon an individual's behavioural pattern. The same environmental factor may become the causes of stress of strain for one individual but have little or no effect upon another person. An individual engaged in his daily activities is constantly interacting with other people viz., members of the family, school or work associates. An individual is likely to adjust differently to friends of the same sex than to friends of opposite sex. Age differences among the members of a group affect adjustment patterns. Adjustment is an active process that occurs as the individual lives in his family situations, advance educationally pursues vocational outlets and engages in social relationships.

According to (Glanzy and Walston ; 1958) adjustment is the process of meeting. Life's problems, and is personality and self concept aspect of personality in action.

Educational Adjustment:-

The value of education as a means of improved educational adjustment is receiving increased recognition. Problems of adjustment arise in school life of a young person when of if any one of factors like learner's degree of mental ability, learning readiness, interests and ambitions, teachers attitudes etc. Is inadequate to help him select and engage in the kind of educational experiences that will prepare him for successful participation in his present and future life activities.

Hypothesis :-

The Hypothesis was that significant interaction would we found between working women job rank and organization in respect of the different working women. Educational values was short to be verified through Hypothesis.

For testing these hypothesis the f-test was used as it is an admittedly powerful test to judge whether the obtained interactions are significant in effect.

Hypothesis is an important step involved in the research process. Before the actual condition of the research work the researcher has to formulated certain hypothesis

based on the findings of the previous researchers relevant to the research problem in hand. Then actual research work is empirically done with a view to verifying those hypothesis.

By Hypothesis is meant a hypothetical statement showing the relation between two or more variables. (Chaplin 1975) defined hypothesis as an assumption which serves a tentative explanation, looked at from another point of view a hypothesis may be considered as a question put to nature to be answered by an experiment or series of observations similarly (Rober 1987) defined hypothesis as “any statement proposition or assumption that serves as a tentative explanation of certain factor” Kerlinger (1986) defined hypothesis as “a conjectural statement of the relation between two or more variables.”

Method :- Survey Method used for hole works.

Instrument for the measurement of adjustment :-

For the measurement of adjustment the Mohsin-shamshad Hindi Adaptation of Bell Adjustment Inventory (Modified from 1987) was used. It is a Hindi adaptation of the Bell adjustment inventory developed by H.M. Bell (1934) which earned a high reputation as a tool for the measurement of adjustment in for specific areas, namely, home, health, social, and emotional adjustment as well as in overall adjustment. The inventory was adapted in Hindi by Hussain (1969) was published in 1970 under the caption “Mohsin-shamshad adaptation of Bell Adjustment Inventory (1970)” subsequently, it was thought desirable and necessary to make the instrument free from the social desirability influence from which contamination most inventories of adjustment and personality suffer. To this and, the task of eliminating the social desirability influence was taken up by Hussain in collaboration with Khursheed Jehan and the task having been accomplished the instrument was finally published under the caption “Mohsin – shamshad Hindi adaption of Bell adjustment inventory (Modified from 1987).”

Result :-

The test, as pointed out above, fields score on home adjustment, health adjustment, social adjustment, emotional adjustment and total adjustment. Each item has been provided with three response categories, namely, yes, No and ? And the subject is required to tick any one of the provided responses against each item. The total number of items, area wise, in the original Bell Adjustment Inventory (BAI) and the present form which has been used in this research are as follow :-

Area of adjustment	No. Of items in Original BAI	No. Of items in the present form used in this research
Home	39	31
Health	35	29
Social	35	32
Emotional	35	32
Total adjustment	35	124

After going item analysis based on extreme group comparison, Inter-correlations among the 4 specific areas of adjustment (home, health, social and emotional) were computed

in order to examine whether each area was an independent measure of adjustment. With this aim the scores of 100 subjects in each area of adjustment. With this aim the score of 100 subjects in each area of adjustment were inter-correlated by using person. The inter-correlation ranged from .361 to .572 and the average was .447. this showed that Hindi version like its English version did not measure the areas of adjustment independently, as there was overlapping among different areas of adjustment. The average correlation coefficient has been found to be .447 which is quite near to .497 which was found by Hussain (1969). Thus, the modified version of Bell adjustment Inventory does not measure the different division of adjustment independently, particularly social and emotional adjustment, where the 'r' value has been found to be .57 which is quite high.

Adjustment :-

In addition to this a personal data sheet was required to be prepared for eliciting information regarding the subject's background variables. The observational measures used in this research are described below :-

Product moment co-efficient of correlation between different areas of working women's adjustment and frustration.

Table -01

Adjustment variables	Frustration	P-value
Working women	.86	.01
	.87	.01
	.97	.01
	.66	.01
	.54	.01

An inspection of table I reveals that adjustment of the working women tend to exhibit higher positive co-relation of working women who fill higher frustration.

All the co-relation are significant at 0.01 level. Thus the Adjustment and Frustration scores both the group is highly positive.

Highly positive thus the Frustration Plays a very important role for shaping the adjustment of the working women.

Mean, SD and 't' showing the significance of difference between high a low groups in relation to their frustration in working women.

Table – 02

Groups	N	Mean	SD	M	diff	t	df	f
Professors (High Educated working women	111	118.43	14.19	1.35	1.76	1.87	298	<.05
Teachers in Middle & High School low educated working women.	189	115.13	15.51	1.13				

The findings contained in table-02 show that the low educated and the highly educated groups (working women) differ significantly in their level of frustration. The low educated groups working women found to be less frustrated (mean scores = 115.13) than the highly educated groups working women found to be experienced more frustrated (mean scores = 118.43) and the difference is significant at .05 level ('t' ratio = 1.87 for 298 dF.)

Thus, this hypothesis that “significant difference will be found high & low frustrated working women is verified.

In Fact, highly educated working women experienced more frustrate probably different job location of husband and wife, and decision having a child may also be the sources of frustration.

Several other studies have also find out the results similar to the study. Niedhammer, Bugel, Goldberg Leeler and Gueguen (1998) reported that increased sickness. Absentecism and depressive symptoms among female workers in a variety of occupation.

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