

***ACOMPARATIVE STUDY OF ADJUSTMENT ANDAGGRESSIVE
BEHAVIOURAMONG UNEMPLOYED YOUTHS OF URBAN AND RURAL
AREASIN DARBHANGA DISTRICT.***

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Abstract: -

Adjustment is necessary for normal growth of an individual in the life and profession. Employed trains persons for healthy adjustment in various life situations of the present and future. And aggression has been man's natural behaviour in all the ages. Aggression is an important human motive and constitutes an important segment of personality. Unemployed person major aggressive. In economics, unemployment occurs when people are without work while actively searching for employment. Therefore, it is imperative for researchers to understand the trends in Unemployed youths' adjustment, aggression and the factors contributing to their good mental health. The study conducted by the investigator was a sincere attempt to understand the problems of adjustment and aggression faced by Unemployed youths in different dimension- Home, health, social, emotional adjustment and Assault, Indirect aggression, Irritability, Negativism, Suspicion, Recruitment, and verbal aggression sphere. Unemployed youth can review and plan for reforms in Urban and Rural areas programmed accordingly it would help in lack of stress Unemployed youth. The sample consisted of 200 Unemployed youth Urban and Rural areas in the Darbhanga district state of Bihar. The mean age is 25-35 years. The subject will be from all socio-economic status. Collected data were scored and selected to statistical analysis. To study Unemployed youths' adjustment in the home, social, health, emotional and whole adjustment. It was found that home, health, and emotional adjustment urban areas student better than rural areas student. But social adjustment better than rural areas unemployed youths. And urban unemployed are more aggressive than rural youths but somewhere rural unemployed youths are more aggressive than urban youths. The mean aggression scores of rural and urban unemployed youths are significance difference in all dimension except suspicion so it clear that urban youths are more aggressive than rural youths.

INTRODUCTION: -

Darwin, who used it as adaption to survive in physical world, first gave the concept of adjustment. The term adjustment is often used as a synonym for accommodation (Monroe, 2007). Adjustment is a continual process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment (Gate, and Others). According to Vonhaller, "We can think of adjustment as psychological survival in much the same way as biologist uses the term adaptation to describe physiological survival. In Encyclopaedia Britannica (1968, Vol.1) is stated that adjustment (in psychology) is the process of behaviour by which all creatures maintain an equilibrium between their needs and demand obstacles of the environment. It is therefore a harmonious relationship with the environment involving the ability to satisfy most of one's need and meet most of the demands both physical and social that are put upon one. According to Dictionary of Behavioural Science, edited by W. Wolman. Thus, we may say that adjustment is a process of maintaining a balance between the needs such as physical, social, psychological and the circumstances the influence the satisfaction of these needs. In other words, adjustment is a state in the condition of harmony arrived by a person whom

we call “well adjusted”. There are some characteristics of a well adjustment person i.e. physically adjusted, emotionally adjusted, awareness of own strengths and limitations respecting one’s self and of others. Socially adjusted, flexibility of behaviour, capable of struggling with odd circumstances and satisfaction of the basic needs, good adjustment helps person to overcome from different difficulties. It helps to make good relationship with the society, with peer group. In other way, there are some factors causing adjustment problem i.e. stress, pressure, anxiety and conflict.

Aggression is an important human motive and constitutes an important segment of personality. Hostility (aggression in action) is a global phenomenon. According to Freudian conception it is an expression of Thanatos (death instinct). Aggression has been man’s natural behaviour in all the ages. To live in peace and let others live in peace has become a phenomenon of history alone. Baron (1983) has reported that only 10 out of 185 generations in the past 5000 years have lived in peace. Freud has rightly observed “Man is wolf to man.” Man is the declared enemy of man.

Unemployment is a situation characterized by the existence of those able bodies person who are willing to work but have to do without job which yield them some regular income. Unemployed person major aggressive. In economics, unemployment occurs when people are without work while actively searching for employment. The unemployment rate is a percentage, and calculated by dividing the number of unemployed individuals by the number of all currently employed individuals in the labour force. Unemployment occurs when a person who is actively searching for employment is unable to find work. ... National Sample Survey Organization (NSSO) defines employment and unemployment on the following activity statuses of an individual: Working (engaged in an economic activity).

The major causes of unemployment in India are as mentioned below: Large population. Lack of vocational skills or low educational levels of the working population. Labour-intensive sectors suffering from the slowdown in private investment particularly after demonetisation. Unforced employment exist both in a developed economy and developing economy like India but nature is different. In a developed economy unemployment occurs due to the results of lack of effective demand. The great depression of 1930 and the recession of 2012 are examples in this respect. The developed economy is faced with 4th type of unemployment: - Frictional, Cyclical, Technological and Structural Unemployment but in a developing economy like India. Unemployment is not due to lack of effective demand rather it is no account of lack of capital and other complimentary factors. In India there is a acute problem of under unemployment disguised employment and seasonal unemployment. The greatest psychologist of 20th Century, Freud said, “Man is a pleasure-seeking animal”. All his activities, actions and efforts are directed towards the satisfaction of basic instincts. He feels happy to fulfil his wants, which are numberless and ever increasing. Further, his will not change with time, place and environment. He always desires to fulfil his goal to maintain a physical as well as psychological balance. In the process of life, he is likely to face contradictions and confrontation, which in turn compel him to acquire certain knowledge of social skill, which help him to service as well as socialize. Darwin, who used it as adaption to survive in physical world, first gave the concept of adjustment.

Major Aspects of Adjustment and Aggressive behaviour among unemployed youths urban and rural areas:

(A) Home Adjustment

(B) Health Adjustment

- (C) Social Adjustment
- (D) Emotional Adjustment
- (E) Whole Adjustment

Aggressive behaviour

- (A) Assault aggression
- (B) Indirect aggression
- (C) Irritability aggression
- (D) Negativism
- (E) Suspicion
- (F) Recruitment
- (G) Verbal aggression

Objective: -

1. The main aim of present study was to compare the unemployed youths of Urban and Rural areas in respect to their Home, Social, Health, emotion and whole adjustment and difference dimension as for Assault, Indirect aggression, Irritability, Negativism, Suspicion, Recruitment, Verbal aggression.
2. Rural unemployed youths are more adjustable than urban unemployed.
3. Urban unemployed youths are more aggressive than Rural unemployed.

Methodology: -

The present investigation is related to two randomized group block design, viz, Urban areas unemployed youth and Rural areas unemployed youth because only these two groups would be taken into consideration. Unemployed youth would be identified and compared to Urban and Rural areas with respect to personality and backgrounds, such as, adjustment and aggression dimension.

Tools: -

1. Mohsinshamshad adaptation (Hindi) of Bell adjustment inventory was administered major the adjustment level.
2. Aggression scale by Sultania (2005).
3. Personal data sheet.

Hypothesis: -

1. There would be significant difference on adjustment.
2. There would be significant difference on aggression.
3. There would be significance difference between High aggression, Low adjustment and Low aggression, High adjustment in Urban unemployed youths.
4. There would beSignificance difference between High aggression, Low adjustment and Low aggression, High adjustment in Rural unemployed youths.

Samples: -

The samples of the study shall compare of 200 Unemployed youths' respondents (100 Urban areas and 100 Rural areas) from Darbhanga District will be selected on the basis of incidental come purposive sampling technique of their willingness to participate in the study.

So that suitable therapeutic models would be decided and used for the treatment of the data.

Location of the samples: -

Data will be collected unemployed youth from Urban areas of Darbhanga town and Rural areas Unemployed youth at Darbhanga District. Mainly the data collection will be based on verbal report technique followed by observation interview where needed. The test will be administered on the subjects individually or in small groups in two phases having a break of 30 minutes in between. At first preliminary information relevant to the study will be recorded from the subject with the help of the Information Schedule.

Result and discussion: -

The analysis was made on the basis of the aims of the present research these were

1. Mean scales and SD. Of each subgroup were also calculated.
2. The 't'test had been used to compare the subgroups of adjustment. Based on home, social, health, emotional and whole adjustment status.And the aggression of subgroups. Based on Assault, Indirect aggression, Irritability, Negativism, Suspicion, Recruitment, Verbal aggression.

A following broad of hypothesis are formulated for empirical verification.

Hypothesis No – 1:

There would be significant difference on adjustment. To the test this hypothesis the Mean and SD of score obtained by urban and rural areas Unemployed youth on a nicety test were calculated sparely.

Comparison of the mean, SD and t value at ancient score at home, Health, Social, Emotion and Total adjustment urban and rural areas.

Area of Adjustment	Urban Unemployed Mean	SD	Rural Unemployed Mean	SD	t-ratio	P
Home	5.91	5.51	9.93	8.93	7.26	<.01
Health	8.60	5.29	7.21	4.81	2.75	<.01
Social	14.26	5.56	16.94	6.18	2.51	<.05

Emotion	14.56	6.52	11.74	3.87	2.36	<.05
Total	43.65	19.77	40.00	16.36	2.02	<.05

N=200

The data obtained in the table show that rural and urban area unemployed youth on home and Health adjustment level in significant even at .01 level and Social, Emotion and Total adjustment even at .05 level of confidence.

Hypothesis No – 2:

There would be significant difference on aggression. To the test this hypothesis the Mean and SD of score obtained by urban and rural areas Unemployed youth on a nicety test were calculated sparely.

Comparison of the mean, SD and t value at ancient score at Assault, Indirect aggression, Irritability, Negativism, Suspicion, Recruitment and Verbal Aggression urban and rural areas.

Dimension of Aggression	Urban Unemployed Mean	SD	Rural Unemployed Mean	SD	t-ratio	P
Assault	10.37	4.55	8.69	4.44	3.75	<.01
Indirect Aggression	10.77	5.06	8.06	4.37	4.71	<.01
Irritability	16.50	3.95	13.80	4.79	6.13	<.01
Negativism	13.30	6.43	11.48	6.60	2.23	<.05
Suspicion	19.97	3.12	19.25	3.72	.624	NS
Recruitment	14.26	5.84	15.75	6.38	2.35	<.05
Verbal Aggression	3.95	5.15	9.79	5.59	10.89	<.01

N=200

The data obtained in the table show that rural and urban area unemployed youth on Assault, Indirect, Irritability and Verbal aggression level will be significant even at .01 level and Negativism, Recruitment level of significant even at .05 level of confidence. And Suspicion will be not significant.

Hypothesis No – 3: Relation between Adjustment and Aggression.

The adjustment problem of high aggressive and low adjustment and low aggressive and high adjustment has been analyzed and the obtained result below.

Significance difference between High aggression, Low adjustment and Low aggression, High adjustment in Urban unemployed youths. N = 40

Area of Adjustment	High agg. < Adj. 'Mean'	SD	Low agg.>adj. 'Mean'	SD	t-ratio	P
Home	55.85	8.30	52.07	6.02	2.33	<.05
Health	55.37	7.38	53.65	8.14	2.99	<.05
Social	56.05	7.89	52.22	5.85	2.28	<.05
Emotion	58.19	7.81	52.73	5.64	3.78	<.01
Total	283.14	29.34	261.07	21.85	3.82	<.01

Area of Adjustment	High agg. < Adj. 'Mean'	SD	Low agg.>adj. 'Mean'	SD	t-ratio	P
Home	57.78	8.01	53.14	7.72	2.75	<.05
Health	52.28	7.74	51.27	7.92	.86	NS
Social	57.68	8.57	49.75	7.02	5.53	<.01
Emotion	54.67	6.73	52.17	6.71	2.33	<.01
Total	278.03	31.32	265.61	23.39	2.17	<.01

It may be noted from the above table that t-ratio between high aggressive and low adjustment and low aggressive and high adjustment urban youths. It is noted from above table that the t-value for difference between the mean of high aggressive low adjustment and low aggressive high adjustment are significant at about level of confidence.

Hypothesis No – 4:

Significance difference between High aggression, Low adjustment and Low aggression, High adjustment in Rural unemployed youths. N = 40

It may be noted from the above table that t-ratio is significant in four areas of adjustment so it is proved that high aggressive youths are low adjustment and low aggressive youths are good adjustment.

Conclusion: -

The result goes with the 1st hypothesis as mean of urban areas student (M = 5.51) is greater than mean of rural areas unemployed youth. The t-ratio (7.62) is also significant at 0.01 level of confidence. The 2nd hypothesis as mean of urban areas student (M = 14.26) is greater than mean of rural areas unemployed youth. The t-ratio (2.51) is also significant even at .05 level of confidence. The 3rd hypothesis as mean of urban areas student (M = 8.60) is greater than mean of rural areas unemployed youth. The t-ratio (2.75) is also significant at .01 level of confidence. The 4th hypothesis emotional adjustment as mean of urban areas student (M = 14.54) is greater than mean of rural areas unemployed youth. The t-ratio (2.36) is also significant at .05 level of confidence. And the last 5th hypothesis as a whole adjustment to compare the rural and urban areas student as proves null hypothesis as score on whole adjustment shows no significant difference between two means (t-ratio = 16.36 <.05 level). Thus, the last hypothesis has been proved. So, it can be concluded that Urban and Rural areas unemployed youth do always exhibit better whole adjustment as compare.

The finding of the present study concluded that urban areas Unemployed youth home, health, and emotional adjustment is better but rural areas Unemployed youth social adjustment is better than urban areas youths.

The problem of aggression is one of the serious and vital problem that we face today. We commonly feel and experience that the present country is marketed by wide spread instability and anxiety. Today people are facing a more complex world taxes their adjective capacities to their environment. Colman (1956) has summarized to conflicting and confusing modern life in the following ways. Modern man path to happiness is not an easy one. It is best by seemingly endless personal and social problem. And beliefs to guide him or to make him feel that life are meaningful and worthwhile. Its faith in ragged individualism and material possession has proved sadly disillusioning.

The problem of maladjustment is inevitable problem as schreiners has started "Everyone can expect period of unhappiness, tension, aggressiveness, frustration, depression, anxiety as mental tension. In too many lives find mist of minor maladjustment must fail and one most always be careful that does not become a downpour."

The main findings of the study were calculated:

It was hypothesized that urban unemployed are more aggressive than rural youths but somewhere rural unemployed youths are more aggressive than urban youths. The mean aggression scores of rural and urban unemployed youths are significance difference in all dimension except suspicion so it clear that urban youths are more aggressive than rural youths.

The knowledge about the problems of aggressive unemployed youths will help the institutions to change or modify their counselling service on the basis of the study the guidance programmed in college, society cannot be strengths.

It is said that everyone in the worked to play a specific role which is equal significance. We are afraid of unemployment. This fear forbids us to pursue new ideas and make us follow typical scopes. The general concept fells us to be a Doctor, Engineer and civil servant etc. But everyone has not equaled qualities and some interest. This is cause of failure. Since money is very necessary to service, unemployed youths are not satisfied. It is a fact that dis satisfied people start palming for the situation, which gives them discontent. It is the psychological impact of unemployment.

In last I am going to conclude it with my few word that our Government should come forward to find out a proper solution and young and young generation should also

improve their mental and physical skills and know their ability to get a job so that they can contribute in Indian economy.

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