



RESEARCH ARTICLE

STUDY OF SOCIAL AND EMOTIONAL ADJUSTMENT OF MALE AND FEMALE ADOLESCENT
DESTITUTE CHILDREN IN DISTRICT SHIMLA OF HIMACHAL PRADESH

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ABSTRACT

In this paper, a modest attempt is made to analyse the Social and emotional adjustment of adolescent destitute children in district Shimla of Himachal Pradesh. For the present study Bal Ashram, Tuti Kandi and Balika Ashram, Mashobra in district Shimla were taken. The total sample compaired of 100 destitute (50 girls and 50 boys) of Bal and Balika Ashram were taken. All subjects belonging to age group of 15 to 18 years and studying in 9th and 10 class. For this purpose Adjustment inventory was use to colled the data from the students. Results revealed the destitute male and female adolescent children have more or less similar kind of social adjustment problems. In both boys and girls have almost same kind of emotional adjustment problems.

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INTRODUCTION

It is the right of each and every child to get the full opportunities for his all round development. A child gets all opportunities in a parental home to develop physically, mentally and culturally and fulfil his economic, social, religious and educational needs. He participates in the social, religious and other activities of the family resulting in the cultivation of qualities namely co-operation, good will and scarifies etc. the interaction and emotional relationship between child and parents shape his expectancies and responses in the subsequent social relationship. In addition the beliefs, values and attitudes of the society are filtered through the parents and transmitted to the child in a highly personalized selective fashion. The personality, attitudes, socio-economic status, affection, education and sex of the parents influence his presentation of cultural values. But every child is not so fortunate to have parents. Some of the children lose their parents during their early years and are faced with the problems of their guardianship, care and upbringing. They do not get parental care and love and wholesome family environment. They start and continue life with a great social

disadvantage. Destitute homes are institutions run by government or voluntary organizations where orphans destitute children or homeless children are kept. They are given shelter, food, clothing and education by the institution. Steps for their rehabilitation are also taken by these institutions. For the present study Bal Ashram, Tuti Kandi and Balika Ashram, Mashobra in district Shimla were taken.

The details of these ashrams are as follows:

Bal Ashram – Tutikandi:- Bal ashram at Tutikandi was started by Lala Kedar Nath in 1922 for home less people. Later, children also started coming to the ashram. Initially it was run with the resources generated from public. It was undertaken by the welfare department in 1955 and thereafter it was given to Social Welfare Advisory Board in 1961. But it was undertaken by government in 1995.

Sarvodya Bal Ashram:- In the memory of his wife, Kasturba Gandhi, who died on February 22, 1944, Mahatama Gandhi started 'Kasturba Gandhi National Trust' near Indor at Kasturba gram. First Chairman of this trust was Gandhi himself. Sarvodya Bal Ashram is currently working at Rockwoods, Shimla with 51 male children within an age group of 5 to 14 years. Children from class VI to VIII get education in a special school within the premises with four teachers.

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A couple of children belonging to labour class and very poor families also come to this school for education. It works with the government grant and contribution from the general public and various NGOs. A branch of this ashram for girls is running at Durgapur with the name of Kasturba Balika Ashram with 50 girls. Passley (2004) conducted a study on "Parent absence depression and attitudes towards violence in a sample of prepubescent African American males" and study suggested that the children without father may be subjected to more deleterious effects than intact families. Oberu and Paul (2005) conducted a study on "Care giving stress and adjustment problems of Kenyan orphans raised by grandmothers" and they revealed that a significant negative association was found between child maladjustment and care giving stress. There was no evidence suggestion that these orphaned children were less adjusted when compared to children still living with their own birth parents. Pастey (2006) conducted a study on the "Impact of emotional maturity of adolescents on the stress and self confidence" and conclusion was drawn that the adolescents with high emotional maturity have significantly higher stress and self confidence than those with lower emotional maturity. Varying educational level of adolescents fathers has significantly influenced the stress experience of their adolescent children. Income of family has no significant impact on the stress and self confidence of adolescents. Hunshal and Gaonker (2007) conducted a study on "The social, emotional and educational adjustment of institutionalized children" and found that the majority of the institutional children had unsatisfactory social, emotional and educational adjustment and very few of had good adjustment. This clearly indicates that institutional children have more social, emotional and educational problem which made them socially more aggressive, emotionally unstable and educationally not interested in studies and these characteristics were responsible for unsatisfactory adjustment of children. Lamba and Singh (2009) worked on "Impact of institutionalization or somatotype among adolescents" and found that the values for endomorphy component were lesser in male and female adolescents in institutionalized than their control coevals with statically significant differences. The mesomorphy component was almost same in the two groups of male put female showed non-significant differences.

Significance of the study

The processes of adjustment starts right from the birth of the child and continue till his death. Individual has to adjust to various physical, social, emotional, educational and vocational situations. If a person fails to adjust successfully to his environment, he is termed as maladjusted. There are high incidences of mild adjustment and maladjustment among the children of adolescent age group. Adjustment is not only the problem of one society, but it is a problem of all societies. The case of children living in destitute homes is even more pathetic and pitiable. Being deprived of parental care and familial protection such children get lesser opportunities for interactions with physical world and social world outside their immediate neighbourhood. So they develop several adjustment problems.

Sampling

In order to select a sample from a given population, it is imperative to have a complete, accurate and up-to-date list of all the units of the population. Such a list is known as sampling frame.

Distribution of sample

For the conduct of the present study, a representative sample of 100 students from the two destitute homes such as Bal Ashram, Tuti Kandi (Boys) and Balika Ashram, Mashobra (Girls) in Shimla district were taken. Both these ashrams are run by Government of Himachal Pradesh and are situated in district Shimla of Himachal Pradesh. District as well as schools were selected on the basis of convenient sampling and students were selected on the basis of cluster sampling. Out of 100 students, distribution of sample was 50 students from each ashram, in which 25 were girls students and 25 were boys students. Bal Ashram, Tuti Kandi represented 50 boys students and Balika Ashram, Mashobra represented 50 girl students belonging to age group of 15 to 18 years and studying in 9th and 10 class.

Tool used

- Formulation of Adjustment Inventory
- The main objective of investigator was to measure the adjustment of the destitute children in four areas of adjustment viz. social, emotional, health and school adjustment.
- For this purpose, some standardized adjustment inventories were analyzed and observed. 100 items were prepared finally after checking their validity and reliability. 25 items for each area of adjustment were selected.
- All the items are in question form and responses are to be recorded as 'yes', 'do not know' and 'no'. The inventory takes 25-30 minutes to answer all the items. A high score in this inventory indicates a superior adjustment.

Reliability of Inventory

To find the reliability of the inventory, the inventory was administered to a small sample of 40 adolescent destitute children and their scores were used to calculate the split half reliability. Reliability refers to the consistency of measurement. That means how consistent test scores are one measurement to another. The value of reliability co-efficient varied between 0.65 to 0.84.

The reliability co-efficient of adjustment inventory as a whole and that of area wise adjustment are given as under:

Areas	Reliability Co-efficient
Social Adjustment	.649=.65
Emotional Adjustment	.598=.6

Hence, the test is considered to be reliable to administer.

Variables of the study

Independent Variables: In the present study, destitute adolescent girls and boys studying in class 9th and 10th were taken as independent variables.

Dependent Variables: In the present study adjustment of destitute adolescents was taken to be dependent variable.

Statistical technique used

The 't' test is used to discover whether two groups differ significantly in mean performance to enable us to say with confidence that there is difference between the means of the population from which the sample was drawn.

Analysis and interpretation of data

The present study aimed at comparing the destitute male and female adolescents on different aspects of adjustments. For this purpose relevant data was collected by administering appropriate tool. The present chapter deals with the analysis and interpretation of data in a systematic way.

Table 1. Mean Scores, Standard Deviation and 't' Value on Comparison of Destitute, Male and Female Adolescent Children in Relation to their Social Adjustment Problems

S.No.	Category	N	Mean	SD	df	't'
1.	Male	50	13.64	3.415	98	0.563
2.	Female	50	14.04	3.686		

Table value of degree of freedom = 98

At 0.05 level of significance 't' value = 1.98

At 0.01 level of significance 't' value = 2.63

Table 1 shows that the calculated value of 't' i.e. 0.563 is not significant at 0.01 level or 0.05 level of significance for df 98. This clearly indicates that destitute boys and girls do not differ significantly on their social adjustment problems. Hence the hypothesis "there is no significant difference in mean scores on social adjustment of destitute children in relation to their sex" stands accepted. Hence, the conclusion can be drawn that most of the destitute adolescent children i.e. both male and female have the same kind of social adjustment problems. Table 1 also reveals that the mean score of male destitute students is 13.64 and that of female destitute students is 14.04, thereby showing a very less difference on social adjustment problems. Also it is clear from the figure 2 that female have slightly more social adjustment problems than male destitute adolescents as indicated by the mean Comparison of destitute male and female adolescent children on emotional adjustment problems

Table 2. Mean Scores, Standard Deviation and 't' Value on Comparison of Destitute Male and Female Adolescent Children in Relation to their Emotional Adjustment Problems

S.No.	Category	N	Mean	SD	Df	't'
1.	Male	50	12.14	4.798	98	0.808
2.	Female	50	11.48	3.215		

Table value of degree of freedom = 98

At 0.05 level of significance 't' value = 1.98

At 0.01 level of significance 't' value = 2.63

Table 2 shows that the calculated value of 't' i.e. 0.808 is not significant at 0.01 level or 0.05 level of significance for df 98. This clearly indicates that destitute boys and girls do not differ significantly on their emotional adjustment problems. They have more or less similar level of adjustment problem. So the hypothesis that "there is no significant difference in mean scores on emotional adjustment of destitute Adolescents children in relation to their sex" stands accepted. Hence, the conclusion can be drawn that most of the destitute adolescent children i.e. both male and female have the same kind of emotional adjustment problems. Table 2 also reveals that the mean score of male destitute adolescent children is 12.14 and that of female destitute adolescent children is 11.48, thereby showing a very less difference on emotional adjustment problems. Also the mean score in Figure 2 depicts that male

destitute adolescent have slightly more emotional adjustment problems than female destitute adolescents.

Overall conclusions of the study

1.Results reveals that

- (i) Destitute adolescent boys and girls of Himachal Pradesh do not differ significantly on their social adjustment problems.
- (ii) There is no significant difference in mean scores on emotional adjustment of destitute adolescent children in relation to their gender. Which means that both boys and girls have almost same kind of emotional adjustment problems.

RESULTS AND DISCUSSION

Social Adjustment Problems of Destitute Adolescent Children of Himachal Pradesh

It is evident from the previous discussion that as far as comparison of mean scores of male and female destitute adolescents in social adjustment is concerned, it was found that destitute male and female adolescent children have more or less similar kind of social adjustment problems. Similarly earlier study conducted by Boulby (1957), Santrook and Wohlford (1970), Mattoo (1971) and Garhok (1973) also reported that destitute children both male and female face considerable social adjustment problems in the absence of warm parental love which may be manifested in terms of dependence on others, lack of initiative and responsibilities however, Sunita (1986), reported that girls were better adjusted in home than boys and boys were more socially adjusted than girls. Thus, social adjustment problems shown by destitute male and female children may be attributed to the fact both types of children are highly deprived class of society. These children are left helpless, abandoned, neglected due to social, economical and personnel reasons by the parents/caregivers and they are deprived of one or more necessities of life. Early separation from parents, deprivation of parental care, love, affection, warmth, security, acceptance and discipline during childhood disrupt their normal social development.

Emotional Adjustment Problems of Destitute Adolescents Children of Himachal Pradesh

The results of the study showed that both male and female destitute adolescent children have similar kind of emotional adjustment problems. The results are in conformity with the studies made by Rai (1982) and Dutta et al. (1998). But Gupta (1984) conducted a study on self concept, dependency and adjustment and adjustment pattern of abandoned institutionalized adolescents and found that the subject reared in artificial atmosphere had better self-concept and adjustment with anxiety than subjects reared in general homes without any substitute parent figure. Thus, emotional adjustment problems shown by destitute male and female children may attributed to the facts that both male and female destitute children suffer from emotional traumas as a direct results of their homelessness. Because homeless children need much love, acceptance and understanding but they may not get all that because of the way the institutions functions in which they study. They feel more in secure, lose positive outlook in life, become aggressive, depressed and emotionally maladjusted.

These children live in crowded homes without facilities of a comfortable and peaceful life. Destitute children both boys and girls may have emotional adjustment problems due to lack of love, affection, guidance, care, support and sympathy. Due to lack of conducive home environment, these children feel sad, depressed and anxious which leads to lack of emotional development like boldness, being friendly, not become angry on others do not envy other and feel jealous about others.

Educational implications

The results of the present study indicates that the destitute male and female adolescents do not differ significantly with respect to their adjustment in social and emotional, school which gives good and positive signs and hope. Although the difference is not significant but still destitute boys and girls face some extent of adjustment problems. The following can be the educational implications of the present study.

1. The mean scores of emotional adjustment both indicate that destitute boys and girls have some extent of emotional adjustment problems. It means that there is a need of guidance and counseling for them. So to overcome this problem there should be proper provision for the same. Teachers and caretakers should be more loving and caring and sympathetic toward them. They should be given help to solve their emotional problems so that they may be able to adjust themselves properly.
2. To promote good social adjustment, it is suggested that destitute male and female children should be treated equally by teachers and general public.
3. It is indicated from the study that destitute boys and girls do not have significant difference in their adjustments which means that they have more or less similar adjustment problems. This clearly shows that good environment is necessary for good adjustment. So good environment should be provided by the destitute homes to these children. They should be provided with various facilities such as sports, entertainment, excursions and counseling etc.
4. The department of Social Justice and Welfare should pay attention to social, emotional, educational problems of children either by providing special training to in-service teacher or through guidance and counseling services in the institution by the counselor.

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