

EXPLORING ADJUSTMENT PATTERN OF ADOLESCENT STUDENTS OF NORTH DINAJPUR DISTRICT

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ABSTRACT

Adjustment is subjective and a continuous process, which varies from individual to individual. In the present study, three areas of adjustment, like emotional, social and educational adjustment were taken into consideration. The purpose of the present study is to find out the level of adjustment of male and female adolescent students and to compare the adjustment pattern of adolescent students in relation to gender. Descriptive survey method of research was employed to conduct the study. Through simple random sampling technique, the researcher have selected 200 adolescent students from north dinajpur district of West Bengal. Sinha & Singh's 'The Adjustment Inventory for School Students' was used as a tool for the collection of data. Collected data were analyzed by using descriptive statistics and t-test. Findings of the study revealed that both male and female adolescents have fallen under the average adjustment pattern category. The result of the study also indicated that no significance difference exists in adjustment pattern of the adolescents with respect to their gender.

Keywords: Education, Adjustment Pattern, Descriptive Survey Method, India.