To Study the Effect of Family Structure on Adjustment Level of Adolescents Boys & Girls

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Abstract

Background

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.

Aim

The present study is an effort to investigate the effect of family structure on adjustment level of adolescents.

Methods

Researcher formulated the four null hypotheses for empirical verification. In the present study 150 adolescents of Haridwar District were selected from the accidental sampling. For this research work researcher used Bells Adjustment Inventory scale by Dr. R. K. Ojha. (1994). Data were analyzed using Graph-Pad Quick-Calcs: t test calculator. The data were statistically analyzed by independent t-test to test the hypothesis of the study.

Result

It is clearly revealed in table 1 that significant difference exists girls & boys in respect to their level of adjustment in different family structure. From Table 2 it is evident that significant difference exists among Nuclear family & Joint family adolescence in respect to their adjustment levels. From Table 3 it is evident that no significant difference exists among Middle family & Joint family adolescence in respect to their adjustment levels. It is clearly revealed in table 4 that no significant difference exists among Middle family & Nuclear family adolescence in respect to their adjustment levels.

Conclusion

The finding of the present study revealed that the adjustment of adolescence is better in joint family as compare to nuclear and middle family.

Keywords: Adolescents; Nuclear Family; Middle Family & Joint Family

Introduction

The adolescence belonging to distinctive circle of relatives systems have exceptional social adjustment behavior in the society. Social adjustment is a vital thing in adolescent lifestyles whilst someone adjusts to each situation handiest they are able to lead a great life. A early life is describe as an formative years when he achieve puberty that is when he has emerge as sexually mature to the factor where he’s capable of reproduce his kind. The variety of adolescent doesn’t vary from country to us of a but varies from person to individual. Family is the primary and commonplace social stricter human society. It fulfill needs and performs function which are indispensable for the continuity, integration and exchange in social device, guy as a social animal no longer only adapts to physical demand but additionally modify to social pressures in the society.

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psychologist use the time period social adjustment for various conditions of social or inter non-public relation in the society. Social adjustment imply reaction to the needs and the strain of social surroundings imposed upon character.

Adolescent existence is complete of exhilaration and happiness however the own family structure effect the social adjustment of a young person. Social adjustment requires the development of social traits and virtues in a character someday we face hassle in making these social adjustment but they’re important to mention personal as well as social peace and harmony. Accordingly social adjustment mentions peace and harmony at domestic, school and society in the USA. The social modifications come to be a complex manner for the individual. The picture of adolescent as a time of hurricane and pressure extreme moodiness with the self has permeated both professional and lay views in this improvement duration. The maximum commonplace bureaucracy are a lifelong commitment among man and lady. Social adjustment in cooperates together with the potential to interact with other, interpersonal and human courting, the potential to evolve oneself to social activities which entails confirming the rules and regulation of the society.

Family is in which our roots take preserve and from there we develop. A sense of belonging is derived from the sturdy bond of own family. Circle of relatives bonds are a link to our starting and a manual to our destiny. We are molded interior a unit, which prepares us for what we can revel in the global and the manner we react to the ones reviews. Values are taught at an early age and are carried with us within the route of our life. Own family is the simple and generic social unit in the society. It fulfill desires and plays function which can be imperative for the continuity, integration and change in social device, man as a social animal not only adapts to bodily call for but moreover regulate to social pressures in the society, psychologists use the term social adjustment for various conditions of social or inter non-public relation inside the society adjustment is an important element in a youngster life while a person adjusts to each situation then they could lead a exquisite lifestyles.

The teenagers belonging to extraordinary circle of relatives systems have extraordinary adjustment behavior in the society. The variety of adolescence doesn’t fluctuate from individual to individual. However varies from man or woman to person. Social adjustment means response to the demands and the stress of social surroundings imposed upon individual. Households of antisocial or uncontrollable youngsters are characterized by using poor family relationships and much less social connectedness. In general, these families are decrease on brotherly love and independence and better on struggle and manipulate. The own family surroundings also affects the academic success, that's the fabricated from maturational forces inside the adolescent and the reports provided by means of the surroundings.

Different factors affect the adjustment mechanism in adolescence consisting of own family sorts, peer group, college surroundings, weight-reduction plan, and properly steerage. Among them a family plays the most crucial position in the adjustment and adaptation process of a person at every stage of life. An infant learns the method of dealing various situations in his lifestyles from his own family. In present days many forms of families have come in life inclusive of joint family, nuclear circle of relatives, divorced and single parent. The surroundings of a family impact a child’s life at a massive extent. This adjustment manner also consists of the aspect of gender. In diverse studies it has been found that each boys and girls have higher adjustment tiers in one of kind areas. The studies conducted by [1] found that social adjustment of social adolescence primarily depend on the school variable like the class in which they are studying, medium of instruction the results indicating a significant influence of gender on social adjustment. There was a significant difference between boys and girls emotional factor of Social adjustment [2], investigated the efflux of family environment on adjustment patterns. For these 70 adolescents studying undergraduate programmes were randomly selected from the Arts and Science Colleges of Pondicherry. The study revealed that family environment has significant on the adjustment patterns of the students [3]. studied that interactions by parents that were psychologically controlling were negatively associated with academic adjustment, while behavioral control by parents was positively related to social and personal-emotional adjustment [4]. indicates that adolescence with a history of frequent family moves have more difficult in Social adjustment then those who never moved or moved in frequently. However the findings are not easy to interpret because families who move frequently often differ from more stable family insertion character sticks [5]. found that there is no significant difference in Home, School and Emotional adjustment of boys and girls high school student. But there is significant difference in Social adjustment of boys & girls high school students at 0.05 levels. It means boys Social adjustment are better than girls [6], conducted a study the effect of Psycho-Yogic Module on the behavioral problem of adolescents. The findings revealed that the practice of Psycho-Yogic Module is highly effective in reducing the aggression level and increasing the adjustment level in participants [7]. found to the importance of adjustment problems related to home, health, emotional, social, school etc. The problem of low achievers requires immediate solutions and society needs a well-adjusted and mentally healthy citizens.

In the present study researcher has been tried to measure the four dimensions of adolescence on the bases of family structure. These dimensions are:- 1. Home Adjustment 2. Health Adjustment 3. Social Adjustment 3. Emotional Adjustment. Adjustment is the main part
of human life. Living is the process of unique importance in human life. It is the satisfactory & harmonious relationship of an organism to its environment. Thus the term may be defined as, “The process of finding & adopting modes of behavior suitable to the environment or to the changes in the environment.”

The composition of nuclear family also understands by an example of Canadian live in two parents or nuclear families. There are three types of married nuclear families depending on employment status of the woman & man. In the first type, the man works outside the home while the woman work inside the home caring for the children. In the second type of married nuclear family, the woman works outside the home & man cares for the children. In the third kind of married nuclear family, both the wife & husband work outside the home or are income providers. In home situations, the woman might have a home based business, such as a day care centre.

Complex family is a generic term for any family structure involving more than two adults. The term can refer to any extended family or to polygamy of any type. A joint family is also known as a complex family, parents & their children's families often live under a single roof. This type of families often includes multiple generations in the family. In India the family is a patriarchal society, with the sons’ families often staying in the same house. In the joint family set up the work load is shared among the members, often unequally. The woman are often housewives & cook for the entire family. The patriarch of the family lays down the rules & arbitrates disputes. Other senior members of the household baby sit infants in case their mother is working. They are also responsible in teaching the younger children their mother tongue, manners & etiquette. The house often has a large reception area & a common kitchen. Each family has their own bedroom. The members of the household also look after each other in case a member is ill. Joint Hindu families otherwise called as ‘Hindu Undivided family’ consist of all persons lineally descended from a common ancestor & includes their wives & unmarried daughters. A daughter ceases to be a member of her father’s family on marriage & becomes a member of her husband’s family. The joint & undivided family is the normal condition of Hindu society. An undivided Hindu family is ordinarily joint not only in estate but also in food & worship.

Middle family is simply consisted husband, wife & their children and also grandfather & mother of the children. There is different type of adjustment experienced by the adolescents in different family structure. Today in joint family there is lack of mutual love & respect, open & honest communication. Boys & girls suffered from the interfere of the family members in their personal life, the adjustment is very difficult. They want to do anything & they are pressurizing let to do something. The generation that broke out the old joint family system did so when individualistic thinking began to gain predominance in the society.

The nuclear family gave immense freedom from the traditions & ways of life that the old system was ridden with. On the other hand in nuclear family system there are several losses - “Being physically far removed from the family members & as a result inadvertently getting disconnected from their hearts & minds.” Stresses is bringing up our children only relying on child care centers. In India cities & towns, it can be even more difficult where there are not enough facilities available for care of children. So adjustment of the boys & girls are different in different family structure. The shortage of one emotion in one family structure also fulfilled in other family structure but there are some other problems which create problem in adjustment.

Objective

1. To study the adjustment level of girls and boys adolescent in different family structure.
2. To study the adjustment level of adolescent belonging to nuclear and joint families.
3. To study the adjustment level of adolescent belonging to middle and joint families.
4. To study the adjustment level of adolescent belonging to middle and nuclear families.

Hypothesis

In present research, researcher formulated the following null hypotheses for empirical verification. They are as follows.

H01: There is no significant difference between girls & boys adjustment level in different family structure.
H02: There is no significant difference between adjustment levels of Nuclear family & Joint family adolescence.
H03: There is no significant difference between adjustment levels of middle family & Joint family adolescence.
H04: There is no significant difference between adjustment levels of Middle family & Nuclear family adolescence.

Sample and Sampling

It is quite difficult to conduct the investigation on a large population due to paucity of time. So researcher preferred a limited sample and a sample, if selected properly, is considered to be a representative of a large population. Keeping in view the time and financial constraints,
the researcher has selected 150 adolescent by accidental sampling method from Haridwar district of Uttarakhand.

**Tools Used**

In this research work researcher used Bells Adjustment Inventory scale by Dr. R. K. Ojha. (1994).

<table>
<thead>
<tr>
<th>Reliability coefficients of the inventory Method</th>
<th>Home</th>
<th>Health</th>
<th>Social</th>
<th>Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Split Half</td>
<td>0.84</td>
<td>0.81</td>
<td>0.87</td>
<td>0.89</td>
</tr>
<tr>
<td>Text-Retest</td>
<td>0.91</td>
<td>0.90</td>
<td>0.89</td>
<td>0.92</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Validity coefficients of the inventory Area</th>
<th>Home</th>
<th>Health</th>
<th>Social</th>
<th>Emotional</th>
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</thead>
<tbody>
<tr>
<td>Validity coefficients</td>
<td>0.72</td>
<td>0.79</td>
<td>0.82</td>
<td>0.81</td>
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</tbody>
</table>

**Statistical Techniques**

Data were analyzed using Graph-Pad Quick-Calcs: t test calculator. The data were statistically analyzed by independent t-test to test the hypothesis of the study.

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</tbody>
</table>

Result

**Table 1:** H₀¹: There is no significant difference between girls & boys adjustment level in different family structure.

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>CR</th>
<th>Significant at 0.01 level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>75</td>
<td>14.43</td>
<td>8.38</td>
<td>1.55</td>
<td>3.8</td>
<td></td>
</tr>
<tr>
<td>Girls</td>
<td>75</td>
<td>20.32</td>
<td>10.49</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Table 2:** H₀²: There is no significant difference between adjustment levels of Nuclear family & Joint family adolescence.

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t-value</th>
<th>Significant at 0.01 level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuclear Family</td>
<td>25</td>
<td>22.48</td>
<td>14.29</td>
<td></td>
<td>3.47</td>
<td></td>
</tr>
<tr>
<td>Joint Family</td>
<td>25</td>
<td>11.69</td>
<td>9.85</td>
<td></td>
<td>3.11</td>
<td></td>
</tr>
</tbody>
</table>

**Table 3:** H₀³: There is no significant difference between adjustment levels of Middle family & Joint family adolescence.

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t-value</th>
<th>Not Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle Family</td>
<td>25</td>
<td>16.73</td>
<td>12.37</td>
<td></td>
<td>3.16</td>
<td></td>
</tr>
<tr>
<td>Joint Family</td>
<td>25</td>
<td>11.69</td>
<td>9.85</td>
<td></td>
<td>1.59</td>
<td></td>
</tr>
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</table>
Table 4: H₀₁: There is no significant difference between adjustment levels of Middle family & Nuclear family adolescence.

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t-value</th>
<th>Not Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle Family</td>
<td>25</td>
<td>16.73</td>
<td>12.37</td>
<td></td>
<td>3.78</td>
<td></td>
</tr>
<tr>
<td>Nuclear Family</td>
<td>25</td>
<td>22.48</td>
<td>14.29</td>
<td></td>
<td>1.52</td>
<td></td>
</tr>
</tbody>
</table>

df = 48

Discussion and Interpretation

It is clearly revealed in table 1 that significant difference exists girls & boys in respect to their level of adjustment in different family structure; CR-value being 3.8, significant at 0.01 level of confidence. Hence, H₀₁ is rejected. The mean adjustment scores of girls (20.32) are higher than boys (14.43), it means some difference must be occurs in the adjustment of both category. The reason for these results is obvious. Our society expects different roles from boys & girls in the life. The mean adjustment score of girls are higher; it means girl's adjustment is lower because it is negative scoring inventory. Lower score show higher adjustment & higher score show lower adjustment.

From Table 2 it is evident that significant difference exists among Nuclear family & Joint family adolescence in respect to their adjustment levels; means being 22.48 and 11.69 respectively. The SD's of both groups are 14.94 and 9.85 respectively and t-value being 3.11, significant at 0.01 level of confidence. Hence, hypothesis H₀₂ is rejected.

From Table 3 it is evident that no significant difference exists among Middle family & Joint family adolescence in respect to their adjustment levels; t-value being 1.59, ‘not significant’ at 0.05 level of confidence. The mean scores of both groups indicate that there is no significant difference on the level of adjustment among Middle family & Joint family adolescence, means being 16.73 and 11.69 respectively. The SD's of both groups are 14.29 and 9.85 respectively. Hence, hypothesis 3 is accepted.

It is clearly revealed in table 4 that no significant difference exists among Middle family & Nuclear family adolescence in respect to their adjustment levels; t-value being 1.52, ‘not significant’ at 0.05 level of confidence. The mean scores of both groups indicate that there is no significant difference on the level of adjustment among Middle family & Nuclear family adolescence, means being 16.73 and 22.48 respectively. The SD's of both groups are 12.37 and 14.29 respectively. Hence, hypothesis 4 is accepted.

Adolescents depend on their families, their communities, schools, health services and their workplace to learn a wide range of important skills, which can help them to cope with the pressures; they face and make the transition from childhood to adulthood successfully. Parents, members of community, service providers and social institutions have the responsibility to promote adolescents’ development and adjustment. They intervene effectively, when problems arise. In this transitional period the gender role also affects the adjustment mechanism of adolescents. The aim of the present study was to find out the effect of family type on the adjustment level of adolescents [8]. The results of the present study also support the facts that there is a significant difference between the family type and adjustment of adolescents in emotional, social. This study also reveals the association between the gender and adjustment. Joint family’s adolescents have better emotional adjustment than the adolescents of nuclear family.

The above studies support the findings of the present study. The impact of family environment, structure and role of grandparents help in the psychological development of adolescents in an adaptive and balanced environment, which are learned by them, but in a nuclear family, there is a limited number of family members, i.e. parents and brothers & sister, who have found less capable to develop the adjustment skills in them in the comparison of the adolescents of joint family. On the other hand the gender plays a prominent role in the difference of adjustment level between boys and girls. There are a lot of physical and mental changes and development take place in the adolescence, but the boys gain social maturity more rapidly than girls. Boys are flexible in nature and their friend circle to be adjustable in the society and other areas of life [9]. Even after convincing or taught girls at home, they cannot adjust in the outside; it may be chance of so hormonal changes during this adolescent period. So they have potential to deal with the circumstances in the much better form than girls. Some non-significant differences have been found in Middle Family & Nuclear Family. But all the percentage tables show that boys are better adjusted in life than girls or female adolescents.

Limitations of The Study

Although research work had been done carefully, but due to influence of some other factors, some limitations occurred in research work.

- The major limitations of this study is small sample size (N=150) which limits the generalizability of the findings.
Participants were selected to accidental sampling. Sampling technique can be changed to purposively in further researches.

Structured and unstructured interview was not conducted to explore the different dimensions of student's personality and life.

Conclusion

In Indian culture, females firstly live in their father's home & after that they have to live in husband's home. From childhood to young age as soon as girls are aware about family relation & tried to start adjustments, the time of their marriage came & now in the new home they again started struggling for adjustment with new situation. On the other hand boys have no such type of compulsion, when they adjusted once with their family then follow it in whole life but for girls environment has changed time to time & they have to compulsion to adjust with new situation, so their adjustment is not better. The present study revealed that the mean adjustment scores of nuclear families adolescence are high than joint family adolescence. It means adjustment of nuclear family adolescence is lower. The reason behind this is, generally in nuclear family father & mother both are working & they have no time for children. They don't give proper attention on the children. On the other hand joint families have number of benefits. If father & mother both are working person then their children are grown up under the guidance of other family members. The members of the household also look after each other in case of ill.

So conclusion is that the adjustment of adolescence is better in joint family, They get blessings of senior members of family.

References