

**Amitesh Kumar Singh**  
amiteshsingh300@gmail.com  
**Namrata Singh**  
namratasachan@gmail.com

## **A Correlational Study of Home Environment and Adjustment With Reference to Adolescence Students**

### **Abstract**

*The present study was conducted to assess the correlation between home environment and adjustment of adolescent students of Raipur City. A sample of 120 students, age group between 13-18 years had been taken from randomly selected schools, out of which 8 secondary schools. The sample was collected by using simple random sampling technique. Descriptive survey method was used to collect data. The tools used for this study were (1) Home Environment Scale developed by A. Akhtar and S. B. Saxena (2011) and (2) Adjustment Inventory developed by A K Singh and A. Sen Gupta. After the data analysis and interpretation it is concluded that, there were found a good correlation between adjustment problems on all dimension of home environment.*

**Keywords:** Home environment, Adjustment, Adolescent Students, Secondary Schools.

### **Introduction**

Home is the first and the most significant place for the child's inclusive growth and development. It provides not only the hereditary transmission of basic potentials for the development of the child, but also the favorable environment in terms of interpersonal relationship and cultural pattern. The home environment inspires children to get new information and also helps them to learn skills through various activities. The adaptability of the home's environments serves to arouse their curiosity. Unfortunately, home environments change from moment to moment. In some homes there is a lot of activity, such as working in computers, playing games and puzzles, reading books, etc. that help children to be active. Parents may be heavily invested in their children's cognitive development, and spend time with them on learning. Other homes do not have these resources and adults in the environment may pay little attention to children's education. Shukla and Bhanot (2017)<sup>[a]</sup> found that many home

environment factors played significant role to influence various dimensions of adjustment of the adolescent girls. Singh and Mathew (2018)<sup>[b]</sup> was found that the congruence of the home environment of students in government and private schools is helpful in their emotional adjustment. On the other hand, families which had strict discipline negatively affected the social and emotional adjustment of the students. Adjustment is the process through which a person tries to strike balance between his requirements (need, desires, and urges) and varying life situation. "It is the establishment of a satisfactory relationship, as representing harmony, conformance, adaptation or the like" (Webster, 1951)<sup>[c]</sup>. "It is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment".

It is a process that helps a person to lead a happy and contented life while maintaining a balance between his needs and his capacity to fulfill them. However home environment which is considered to be an important factor for education has rouse hind of influence

on the whole process of adjustment. In the present Indian society have lots of changes in home environment. It is directly affected the adjustment of adolescents. So there is a need to develop the good mental and physical health in adolescent students as well as in their parents through the education.

### Objectives of the Study

1. To study the correlation between home environment and home adjustment of adolescent students.
2. To study the correlation between home environment and educational adjustment of adolescent students.
3. To study the correlation between of home environment on emotional adjustment of adolescent students.
4. To study the correlation between of home environment on social adjustment of adolescent students.

### Null Hypothesis of the Study

**H<sub>0</sub>1:** There is no correlation between home environment and social adjustment in adolescence.

**H<sub>0</sub>2:** There is no correlation between home environment and educational adjustment in

adolescence

**H<sub>0</sub>3:** There is no correlation between home environment and emotional adjustment in adolescence.

**H<sub>0</sub>4:** There is no correlation between home environment and home adjustment in adolescence.

### Methodology of the Study

The researcher has adopted descriptive survey method to collect the data of the study.

### Population of the Study

The population of the study consists of the Adolescent Students studying in schools of Raipur City.

### Sample and Sampling Technique of the Study

For the present study 120 students have been selected. Random sampling technique has been applied for the selection of adolescent students (on social, emotional, educational dimension). For the sampling 8 schools have been taken from Raipur district (C.G).

S.no	Name of the School	Status	Students
1	Pt. R. D. Tiwari, H.S. School, Raipur	Govt.	15
2	Pt. Ramshay Mishra H.S. School, Mahoba Bazar, Raipur	Govt.	15
3	Shri Ram Krishna Vidhyalya, Raipur	Private	15
4	Adarsh Vidya Mandir, Near Gurudwara, Raipur.	Private	15
5	Naveen Kanya Shala, Purani basti, Raipur	Govt.	15
6	Vipra Public School, Raipur.	Private	15
7	Ma. Sharda Vidya Mandir H. S. school, Raipur	Private	15
8.	K. B. Higher Secondary School, Raipur	Govt.	15

**Tool:**

The researcher used following tools for the study:

- Home Environment Scale developed by A. Akhtar and S. B. Saxena (2011) was used to find out the level of home environment.
- Adjustment Inventory developed by A.K Singh and A. Sen Gupta provides for measures of adjustment viz, home, social, emotional, and educational.

**Statistical Techniques used in the study:**

The statistical mean and co-relation are applied for analysis of data.

**Data Analysis:**

**H<sub>0</sub>1:** There is no co-relation between home environment and social adjustment in adolescence.

**Table – 1**

S. No.	Variables	Mean	Sample	Co-relation Co-efficient	Result
1	Home Environment	162.02	120	0.8765	Rejected at 0.05 significant level
2	Social Adjustment	3.825			

**Table Number 1** shows that the mean of home environment is 162.02 and the mean of social adjustment is 3.825. There was correlation found due to value of 0.8765 at 0.05 level of significance. Hence, H<sub>0</sub>1 is

rejected.

**H<sub>0</sub>2:** There is no correlation between home environment and educational adjustment in adolescence

**Table 2**

S. No.	Variables	Mean	Sample	Co-relation Co-efficient	Result
1	Home Environment	162.02	120	0.9060	Rejected at 0.05 significant level
2	Educational Adjustment	4.7166			

**Table Number 2** shows that the mean of home environment is 162.02 and the Mean of educational adjustment is 4.7166. There was correlation found due to value of 0.9060 at 0.05 level of significance. Hence, H<sub>0</sub>1 is

rejected.

**H<sub>0</sub>3:** There is no co-relation between home environment and emotional adjustment in adolescence.

**Table 3**

S. No.	Variables	Mean	Sample	Co-relation Co-efficient	Result
1	Home Environment	162.02	120	0.8985	Rejected at 0.05 significant level
2	Emotional Adjustment	5.0416			

**Table Number 3** shows that the mean of home environment is 162.02 and the mean of emotional adjustment is 5.0416. There was correlation found due to value of 0.8985

at 0.05 level of significance. Hence,  $H_0$ 1 is rejected.

**H<sub>0</sub>4:** There is no co-relation between home environment and home adjustment in adolescence.

**Table 4**

S. No.	Variables	Mean	Sample	Co-relation Coefficient	Result
1	Home Environ-ment	162.02	120	0.8765	Rejected at 0.05 significant level
2	Social Adjust-ment	3.825			

**Table Number 4** shows that the mean of home environment is 162.02 and the mean of home adjustment is 25.675. There was correlation found due to value of 0.9287 at 0.05 level of significance. Hence,  $H_0$ 1 is rejected.

## Conclusion

In this study researcher found that home environment plays a very significant role in adjustment of the students. There was very high correlation found between educational, emotional, social adjustment and home environment. The result shows that adjustment is that which strikes a balance between his/her requirement and varying life situations and home environment should be very peaceful and cooperative so that there is no restrictions in the developmental stage of an adolescence students as home

environment is the basic factor for the development of the students.

## Suggestions

1. A technique of group discussion and other curricular activities can be organized in the classroom-activities.
2. Yoga and meditation can be part of our day to day activities to be included in the school curriculum which can improve the adjustment of students.
3. The good relationship between the teacher and the students will enhance the adjustment of the students.
4. Various programmer like NCC, NSS and some other cultural activities will helpful for students to improve their adjustment level.
5. Parents should cooperate with their child very calmly and maintain peaceful environment in home.

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