

## **Factors affecting the emotional adjustment of adolescents in rural and urban areas of Aligarh district (Uttar Pradesh)**

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### **Abstract**

*The study was carried out in rural and urban area of district Aligarh (Uttar Pradesh) during 2008- 2009. About 200 adolescents belonging to rural area was the unit of information for present study, similarly 200 adolescents belonging to urban area was the unit of information for the same. The mean scores of total adjustment in all the category i.e., below normal (27.56), normal (67.62) and above normal (118.09) were found more among the rural adolescents as compared to mean score of below normal (20.04), normal (52.75) and above normal (116.62) among urban adolescents. The mean scores of total adjustment according to caste among the adolescents in rural areas upper caste (68.12), backward caste (69.86) and schedule caste (67.65) as compared to mean score of total adjustment of upper caste (62.75), backward caste (54.45) and schedule caste (51.00) among the urban adolescents. The mean in both the age groups i.e. 11-15 years (64.10) and 16-20 years (77.98) was found to be more among rural as compared to in the age group of 11-15 years (54.23) and 16-20 years (67.30) among the urban adolescents. The mean score in educated up to high school (64.60) and up to intermediate (75.60) in rural area as compared in urban area up to high school (55.43) and up to intermediate (66.96).*

Key words: Adolescence “to grow” or “to grow to maturity”, emotional.

### **Introduction**

In Adolescence, young people's appearance changes, as a result of the hormonal events of puberty, they take on the bodies of adults. Their thinking changes, now; they are better able to think abstractly and hypothetically. Their feeling change about almost everything. All areas of development converge as adolescents confront their major task: establishing an identity including a sexual identity. That will carry over adulthood.

A definition of adolescence requires a consideration not only of age but also of socio emotional influences: recall our discussion of the inventionist view of adolescence with the socio emotional context in mind, we define adolescence as the period of transition between childhood and adulthood that involved biological, cognitive and socio emotional changes.

Although the age range of adolescence can vary with cultural and historical circumstances in the united states and most other cultures today, adolescence begins at approximately 10-13 years of age and end between the ages of about 18 and 22 the biological, cognitive and socio emotional changes of adolescence range from the development of sexual hunch to abstract thinking

processes to independence.

Increasing, develop mentalists describe adolescence in of early and late period. Early adolescence- The development period that correspond, roughly to the middle school or junior high school years includes most pubertal change. The late adolescence approximately to the latter half of the second decade of life. Career interests, dating and identity exploration are often more pronounced in late adolescence than in early adolescence. There are so many emotional adjustments for adolescents but at present only few things have been discussed such as category, caste, age, and education in rural and urban areas of district Aligarh (U.P.).

### **Materials and Methods**

Aligarh district was selected purposely in the first stage as it was convenient to the researcher. Aligarh district divided into rural and urban areas and both the areas was selected in the second stage as per the need of the study. Rural area was divided into five tehsil and one tehsil consists of two blocks. Out of which one block was selected randomly in the forth stage. Selected block Tappal consist of 92 villages, out of which villages mamey Malav, Fojuaka, Simrothi, Khandeha, Narvari was selected randomly in the fifth

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stage. The selected villages consist of 2102 houses out of these houses 20% was selected in sixth stage.

Adolescents belongs to the selected houses was included in the present study. If more than one adolescent was found in the selected house than one was selected randomly in the seventh stage. Thus about 200 adolescent belonging to rural area was the unit of information for the present study. Same procedure was used for selection of urban adolescents from Aligarh district.

Urban area of district Aligarh was divided into 60 wards, out of which one ward Gandhi Nagar was selected randomly in the third stage. Selected ward consisted of six colonies namely Kalayam Puram, R.K. Puram, Pryag Sarovar, Pala and Shanti Puram was selected randomly in the forth stage. Selected colonies consisted of 1035 houses and out of these houses 20% houses were selected randomly in the fifth stage. Adolescents belonging to the selected houses were included in the present study. If more than one adolescent was found in the selected house than one was selected randomly in the sixth stage. Thus about 200 adolescent belonging to urban area was the unit of information for the present study. Total 400 adolescents were selected for the purpose of investigations.

### Results and Discussion

Table 1 highlights the mean scores of total adjustment according to category among adolescents in rural and urban areas. The mean scores of total adjustment in all the categories i.e. below normal (27.56), normal (67.62), and above normal (118.09) were found more among the rural adolescents as compared to mean score of total adjustment of below

normal (20.04), normal (52.75) and above normal (116.62) among urban adolescents.

Statistically, significant differences regarding mean score of total adjustment in the categories i.e. below normal and normal were observed between the adolescent in rural and urban areas separately ( $p < 0.05$ ). However, no significant difference regarding mean score of total adjustment in the category above normal was between the adolescents in rural and urban areas.

Hansen et al., (1995) and Savrin Williams et al., (1990) reported that positive peer relations during adolescence have been linked to social adjustment. Ferniv Hansen, et al., (1995) also reported that adults who has interpersonal problems during adolescence appear to be at much greater risk for psychosocial difficulties during adulthood. Similar results were also reported by Asher and Coie. (1990)

Table 2 reveals the mean scores of total adjustment according to caste among the adolescents in rural and urban areas. The mean scores of total adjustment in all the castes i.e. upper caste (68.12), backward caste (69.86) and schedule caste (67.65) were found more among the rural adolescents as compared to mean scores of total adjustment of upper caste (62.75), backward caste (54.45) and schedule caste (51.00) among the urban adolescents.

Statistically, significant differences regarding mean score of total adjustment was observed between adolescents belonged to backward caste in rural and urban areas ( $P < 0.05$ ). However, no significant differences regarding mean scores of total adjustment were observed between upper and schedule caste adolescents in rural and urban areas separately even

Table 1: Mean Score of Total Adjustment According to Category Among Adolescents in Rural and Urban Areas.

Category	Areas						Statistical Values	
	No	Rural Mean	SD	No	Urban Mean	SD	t	P
Below normal	36	27.56	6.92	25	20.04	4.75	4.701	<0.05
Normal	132	67.62	18.50	141	52.75	16.63	7.110	<0.05
Above normal	32	118.09	14.42	34	116.62	21.92	0.319	>0.05

Table 2: Mean Score of Total Adjustment According to Caste of Adolescents in Rural and Urban Areas.

Caste	Areas			Statistical Values				
	No	Rural Mean	SD	No	Urban Mean	SD	t	P
Upper	110	68.12	32.01	130	62.75	34.66	1.238	>0.05
Backward	64	69.86	28.84	51	54.45	27.81	2.892	<0.05
Scheduled	26	67.65	31.76	19	51.45	22.67	1.948	>0.05

Table 3: Mean Score of Total According to Age of Adolescents in Rural and Urban Areas.

Age in years	Areas						Statistical Values	
	No	Rural Mean	SD	No	Urban Mean	SD	t	P
11- 15	135	64.10	29.52	119	54.23	30.74	2.608	<0.05
16-20	65	77.98	31.91	81	67.30	33.11	1.768	<0.05

Table 4: Mean Score of Total Adjustment According to Education of Adolescents in Rural and Urban Areas.

Age in years	Areas						Statistical Values	
	No	Rural Mean	SD	No	Urban Mean	SD	t	P
High school	127	64.60	30.05	129	55.43	30.79	2.411	<0.05
Intermediate	73	75.60	31.41	71	66.96	33.80	1.490	>0.05

at 5 percent level of significance.

Table 3 depicts the mean scores of total adjustment according to age of the adolescents in rural and urban areas. The mean scores of total adjustment in both age groups i.e. 11-15 years (64.10) and 16-20 years (77.98) were found to be more among the rural adolescents as compared to mean scores of social adjustment in the age group of 11-15 years (54.23) and 16-20 years (67.30) among the urban adolescents.

Statistically, significant differences regarding mean scores of total adjustment were observed between adolescents aged 11-15 years and 16-20 years in rural and urban areas separately ( $p < 0.05$ ).

Cheung and Lau (1985) reported that the mean scores of total adjustment of adolescents in age (11-15 years) and (16-20) years increased in both rural and urban areas. Similar result was also noted by Aronson (2000).

Table 4 shows the mean scores of total adjustment according to education of the adolescents in rural and urban areas. The mean scores of total adjustment (64.60) among the adolescent educated up to high school and (75.60) among the adolescents educated up to intermediate were found to be more in the rural area as compared to mean scores of total adjustment among the adolescents educated up to high school (55.43) and adolescents educated up to intermediate (66.96) in the urban area.

Statistically, significant difference regarding mean scores of total adjustment were observed among

the adolescents educated up to high school between rural and urban areas ( $p < 0.05$ ). However, no significant difference regarding mean score of total adjustment was observed among the adolescents educated up to intermediate between rural and urban areas even 5 percent level of significance.

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