



A study of Adjustment Among Unemployed youth of Urban and Rural areas in Darbhanga District.

SHRUTI KUMARI

(Research scholar Department of psychology L.N.M.U, Darbhanga)

Abstract: -

Adjustment is necessary for normal growth of an individual in the life and profession. Employed trains persons for healthy adjustment in various life situations of the present and future. This logic implies that adjustment is interlinked and complementary to each other. Therefore, it is imperative for researchers to understand the trends in Unemployed youths' adjustment and the factors contributing to their good mental health. The study conducted by the investigator was a sincere attempt to understand the problems of adjustment faced by Unemployed youths in areas- Emotional, Social, Health and Home sphere. Unemployed youth can review and plan for reforms in Urban and Rural areas programmed accordingly it would help in developing home, health, social and emotional maturity among the Unemployed youth. The sample consisted of 200 Unemployed youth Urban and Rural areas in the Darbhanga district state of Bihar. To study Unemployed youths' adjustment in the home, social, health, emotional and whole adjustment. It was found that home, health, and emotional adjustment urban areas unemployed youths better than rural areas unemployed youths. But social adjustment better than rural areas unemployed youths.

INTRODUCTION: -

Unemployment is a situation characterized by the existence of those able bodies person who are willing to work but have to do without job which yield them some regular income. Unemployment exist both in a developed economy and developing economy like India but nature is different. In a developed economy unemployment occurs due to the results of lack of effective demand. The great depression of 1930 and the recession of 2012 are examples in this respect. The developed economy is faced with 4th type of unemployment: -Frictional, Cyclical, Technological and Structural Unemployment but in a developing economy like India. Unemployment is not due to lack of effective demand rather it is no account of lack of capital and other complimentary factors. In India there is a acute problem of under unemployment disguised employment and seasonal unemployment. The greatest psychologist of 20th Century, Freud said, "Man is a pleasure-seeking animal". All his activities, actions and efforts are directed towards the satisfaction of basic instincts. He feels happy to fulfil his wants, which are numberless and ever increasing. Further, his will not change with time, place and environment. He always desires to fulfil his goal to maintain a physical as well as psychological balance. In the process of life, he is likely to face contradictions and confrontation, which in turn compel him to acquire certain knowledge of social skill, which help him to service as well as socialize. Darwin, who used it as adaption to survive in physical world, first gave the concept of adjustment. The term adjustment is often used as a synonym for accommodation (Monroe, 2007). Adjustment is a continual process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment (Gate, and Others). According to Vonhaller, "We can think of adjustment as psychological survival in much the same way as biologist uses the term adaptation to describe physiological survival. In Encyclopaedia Britannica (1968, Vol.I) is stated that adjustment (in psychology) is the process of behaviour by which all creatures maintain an equilibrium between their needs and demand obstacles of the environment. It is therefore a harmonious relationship with the environment



involving the ability to satisfy most of one's need and meet most of the demands both physical and social that are put upon one. According to Dictionary of Behavioural Science, edited by W. Wolman. Thus, we may say that adjustment is a process of maintaining a balance between the needs such as physical, social, psychological and the circumstances the influence the satisfaction of these needs. In other words, adjustment is a state in the condition of harmony arrived by a person whom we call "well adjusted". There are some characteristics of a well adjustment person i.e. physically adjusted, emotionally adjusted, awareness of own strengths and limitations respecting one's self and of others. Socially adjusted, flexibility of behaviour, capable of struggling with odd circumstances and satisfaction of the basic needs, good adjustment helps person to overcome from different difficulties. It helps to make good relationship with the society, with peer group. In other way, there are some factors causing adjustment problem i.e. stress, pressure, anxiety and conflict.

Major Aspects of adjustment among Unemployed youths Urban and Rural areas:

(A) Home Adjustment

(B) Health Adjustment

(C) Social Adjustment

(D) Emotional Adjustment

(E) Whole Adjustment

Objective: -

1. The main aim of present study was to compare the unemployed youths of Urban and Rural areas in respect to their Home, Social, Health, emotion and whole adjustment.

2. Rural unemployed youths are more adjustable than urban unemployed.

Methodology: -

The present investigation is related to two randomized group block design, viz, Urban areas unemployed youth and Rural areas unemployed youth because only these two groups would be taken into consideration. Unemployed youth would be identified and compared to Urban and Rural areas with respect to personality and backgrounds, such as, adjustment level.

Tools: -

1. Mohsin shamshad adaptation (Hindi) of Bell adjustment inventory was administered major the adjustment level.
2. Personal data sheet.

Hypothesis: -

1. The Unemployed youth of urban areas will have better home adjustment than the Unemployed youth of rural areas.
2. The Unemployed youth of rural areas will have better social adjustment than the urban areas.
3. The Unemployed youth of urban areas will have better health adjustment than the Unemployed youth of rural areas.

4. The Unemployed youth of urban areas will have better emotional adjustment than the Unemployed youth of rural areas.
5. The Unemployed youth of urban areas will have better whole adjustment than the Unemployed youth of rural areas.

Samples: -

The samples of the study shall comprise of 200 Unemployed youths’ respondents (100 Urban areas and 100 Rural areas) from Darbhanga District will be selected on the basis of incidental come purposive sampling technique of their willingness to participate in the study.

So that suitable therapeutic models would be decided and used for the treatment of the data.

Location of the samples: -

Data will be collected unemployed youth from Urban areas of Darbhanga town and Rural areas Unemployed youth at Darbhanga District. Mainly the data collection will be based on verbal report technique followed by observation interview where needed. The test will be administered on the subjects individually or in small groups in two phases having a break of 30 minutes in between. At first preliminary information relevant to the study will be recorded from the subject with the help of the Information Schedule.

Result and discussion: -

The analysis was made on the basis of the aims of the present research these were

1. Mean scales and SD. Of each subgroup were also calculated.
2. The “t” tests had been used to compare the subgroups. Based on home, social, health, emotional and whole adjustment status.

A following broad of hypothesis are formulated for empirical verification.

Hypothesis No – 1:

There would be significant difference on adjustment. To the test this hypothesis the Mean and SD of score obtained by urban and rural areas Unemployed youth on a nicety test were calculated sparely.

Comparison of the mean, SD and t value at ancient score at home adjustment urban and rural.

S.NO.	Sample Category	N	M	SD	T	P-value
1.	Urban	100	5.91	5.51	7.62	<.01
2.	Rural	100	9.93	8.93		

The data obtained in the table show that rural and urban area unemployed youth on home adjustment level in significant even at .01 level of confidence.

Hypothesis No – 2:

Comparison of the mean, SD and t value at ancient score at social adjustment urban and rural unemployed youth.

S.NO.	Sample Category	N	M	SD	t	P-value
1.	Urban	100	14.26	5.56	2.51	<.05
2.	Rural	100	16.94	6.18		

The data obtained in the table show that rural and urban area unemployed youth on social adjustment level in significant even at .05 level of confidence.

Hypothesis No – 3:

Comparison of the mean, SD and t value at ancient score at health adjustment urban and rural areas unemployed youths.

S.NO.	Sample Category	N	M	SD	t	P-value
1.	Urban	100	8.60	5.29	2.75	<.01
2.	Rural	100	7.21	4.81		

The data obtained in the table show that rural and urban area unemployed youth on health adjustment level in significant even at .01 level of confidence.

Hypothesis No – 4:

Comparison of the mean, SD and t value at ancient score at emotional adjustment urban and rural.

S.NO.	Sample Category	N	M	SD	t	P-value
1.	Urban	100	14.54	6.52	2.36	<.05
2.	Rural	100	11.74	3.87		

The data obtained in the table show that rural and urban area unemployed youth on emotional adjustment level in significant even at .05 level of confidence.

Hypothesis No – 5:

Comparison of the mean, SD and t value at ancient score at whole adjustment urban and rural.

S.NO.	Sample Category	N	M	SD	t	P-value
1.	Urban	100	43.65	19.77	2.017	<.05
2.	Rural	100	40.00	16.36		

The data obtained in the table show that rural and urban area unemployed youth on whole adjustment level will be significant even at .05 level of confidence.

Conclusion: -

The result goes with the 1st hypothesis as mean of urban areas Unemployed youths (M = 5.51) is greater than mean of rural areas unemployed youth. The t-ratio (7.62) is also significant at 0.01 level of confidence. The 2nd hypothesis as mean of urban areas Unemployed youths (M = 14.26) is greater than mean of rural areas unemployed youth. The t-ratio (2.51) is also significant even at .05 level of confidence. The 3rd hypothesis as mean of urban areas Unemployed youths



(M = 8.60) is greater than mean of rural areas unemployed youth. The t-ratio (2.75) is also significant at .01 level of confidence. The 4th hypothesis emotional adjustment as mean of urban areas Unemployed youths (M = 14.54) is greater than mean of rural areas unemployed youth. The t-ratio (2.36) is also significant at .05 level of confidence. And the last 5th hypothesis as a whole adjustment to compare the rural and urban areas Unemployed youths as proves null hypothesis as score on whole adjustment shows no significant difference between two means (t-ratio = 16.36 < .05 level). Thus, the last hypothesis has been proved. So, it can be concluded that Urban and Rural areas unemployed youth do always exhibit better whole adjustment as compare.

The finding of the present study concluded that urban areas Unemployed youth home, health, and emotional adjustment is better but rural areas Unemployed youth social adjustment is better than urban areas youths.

The main findings of the study were calculated:

It was hypothesized that rural unemployed youths should show significantly better adjustment than their urban unemployed youths. But the finding of the present study indicated urban youths are most educated civilized and standard of living family

Reference: -

1. Alam, M. (2018). Study of adjustment among senior secondary school students. International Journal of Creative Research Thoughts, Vol. 6 (I), P.P. 47-55.
2. Singh, P., Edbor, A.K., and Dhingra, J.S. (2017). Home, Health, Social and Emotional adjustment among first year students. Global Journal for Research Analysis, Vol-6 (3), P.P. 100-103.
3. Kumar, R., and Tonk, D. (2018). Adjustment among urban and rural adolescents: A psychological study. Journal of Indian Research, Vol-6 (3), P.P. 49-53.
4. Nema, S., Sovidha., Bansal, I. (2015). Adjustment among M.Tech. Students of Banasthali University. International Journal of Scientific and Research Publication, Vol-5 (2), P.P. 01-04.
5. Jain, S. (2009). Mental Health and Adjustment: Development of learning and teaching learning process, p.n. 224-225, Arnav Publication.
6. Menaga, S., and Chandrasekaran, V. (2015). A study on Adjustment of College students. An International Peer Reviewed Scholarly Research Journal for Interdisciplinary Studies, Vol-III/IV, P.P. 2622-2629.
7. Chauhan R. (2015). Adjustment. Educational Psychology, Page no. 402, first edition, Agarwal Publication.
8. Verma, P., Shrivastav, D.N., and Rajput, A. S., Adjustment frustration, tension and conflict. Child Psychology: Child Development (Human Development), first edition, 2014-15, Agarwal Publication.
9. Chhabra, A. Study of Adjustment and Anxiety among professional and nonprofessional college students. Bhartiya Bhasha, Shiksha, Sahitya evamshodh, Vol-5 (I), P.P.88-94.
10. Bandera, A. (1960): social learning through imitation. In M.R. Jones (Ed) Nebraska Symposium on motivation University of Nebraska press, London.
11. Barry (1968) Manual for youth adjustment analysis (YAA). Bombay Examiner press.
12. Dev Maya (1985) Emotional maladjustment and academic personal your higher education, 15, 143-44.