



ADJUSTMENT PATTERNS OF ADOLESCENTS IN RELATION TO PERCEIVED FAMILY CLIMATE

Dr. Sarvjeet Kaur Brar

Assistant Professor, G.H.G Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana, Punjab

Cite This Article: Dr. Sarvjeet Kaur Brar, "Adjustment Patterns of Adolescents in Relation to Perceived Family Climate", *International Journal of Current Research and Modern Education*, Volume 2, Issue 2, Page Number 84-88, 2017.

Copy Right: © IJCRME, 2017 (All Rights Reserved). This is an Open Access Article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Abstract:

This study was aimed at investigating the Adjustment patterns of adolescents in relation to their Family climate. 200 adolescents (boys and girls) from rural and urban areas were selected by random sampling technique. Adjustment Inventory (AI) by Dr. Penny Jain (1990) and Family Climate Scale (FCS) by Dr. Beena Shah(1990) were used for data collection. For the analysis of data, the descriptive statistics like mean, standard deviation, correlation and 't'-test was employed. In this study, an attempt has been made to compare the Adjustment patterns and Family climate of adolescents with respect to gender and locale. A significant difference was found in adjustment of adolescents with respect to their gender and locale. Whereas, no significant difference was found in perceived Family climate of adolescents with respect to their gender and locale. The essential conclusion of this study is that a strong correlation exists between the Adjustment patterns and Family climate of adolescents.

Key Words: Adjustment Patterns, Perceived Family Climate & Adolescents

Introduction:

Adolescence is a transitional phase in human development during which individuals undergo persistent biological, psychological and emotional changes (Steinberg, 2005; Yurgelun – Todd, 2007). In addition to these psychological and physiological changes, adolescents are engrossed in new and varied social settings that have a substantial effect on their development. Therefore, this transitional phase of adolescence is a sensitive period for healthy development (Steinberg, 2005). Disruptions at this stage can lead to maladaptive outcomes for individuals and their families (Compas Hinden & Gerhardt, 1995). Family is considered to be a primary socialization context and is, therefore, a very important factor influencing individuals' development (Ozcinar, 2006). The families in general and parents in particular are the most important support system available to the child. One of the major factors in molding a child's personality is his relationship with his parents (Mohanraj and Latha, 2005). The family relationships its most common forms are a lifelong commitment between man and women who feed, shelter and nurture their children until they attain maturity. So, family climate is a primary socialization context and is, therefore, considered to be a very important factor influencing child development (Ozcinar 2006). Adjustment plays a vital role in the harmonious development of the child. The adjustment refers to a continuous process by which a person adapts his behavior to produce a more harmonious relationship with himself and with his environment. The term adjustment in a very restricted sense denotes the results of equilibrium, which may be influenced by either accommodation or adaptation. Individuals' survival in his or her physical or social environment depends on the adjustment. With the rapidly changing era every individual need to modify or accommodate oneself with the environment. Thus, adjustment is the process of maintaining a harmonious relationship between oneself and ones' environment and the persons who comprise his physical or social environment, (Crow & Crow, 1956).

Family climate continues to be of critical importance throughout adolescence and young adulthood (Vanwel, 2000). Family climate with bonding and supportive relationships between family members is strongly associated with adolescent psychological adjustment and lower depression rates (Herman et al. 2007). Studies of family climate suggest that a conflictual family climate is associated with adolescent's insecurity, psychological distress, aggressive behavior and conduct disorders (Wissink et al. 2006). Adolescence is a phase where wellbeing decreases and Psychological problem increases. Numerous studies have shown that a youngster growing up in families with a happy harmonious parental marriage experiences having fewer problems and a higher wellbeing than those from conflicting divorced or maritally distressed families (Spruijt and De Goede 1997). Shek (1997) conducted study on Chinese adolescents and revealed that family climate plays an important role in influencing the psychosocial adjustment of adolescents. Frasch & Brooks, (2003) found that the family environment in which a child is brought up can cultivate and promote the stable development and meaningful cultural identity. The family climate can be a strongest source of support for the development of the adolescents by providing close relationships, strong parenting skills, good communication, and modeling positive behaviours. Healthy family climate is one where there is proper reward for strengthening the desired behavior, a keen interest in and love for the child, provides opportunities to express views freely, less restrictions to discipline the child, not preventing the child from acting independently and, where children are not compelled to

act according to parental desires and expectations (Bandhana & Sharma, 2012). The family climate is crucial to the wellbeing, especially of adolescents. Self-determination theory suggests that environments such as the family, school, peer interactions, plays a crucial role in a child's psychological wellbeing (Deci Ryan, 1985; Vansteenkiste, 2005) Studies have shown that the adolescents who have less family support system have low level of adjustment and are at risk of experimenting with substance abuse (Unger, Ritt-olson, Teron, Huang Hoffman, & Palmer, 2002) and early sexual activity (Baumeister, Flores & Marin, 1995). Whereas, adolescents who were having strong family support were more satisfied with their life and were at lower risk for Psychological adjustment (Way and Robinsion, 2003).

Operational Definitions of the Key Terms:

The definitions of the terms used in the present study are as:

- ✓ **Adjustment:** Adjustment patterns of adolescents may be defined as a process of altering behavior to maintain a harmonious relationship with the environment in the areas of Family, Social, Academic, Financial and Emotional adjustment.
- ✓ **Family Climate:** Family climate has been defined as the quality and quantity of the cognitive, emotional and social support available to the child in the family.
- ✓ **Adolescents:** In the present study, students studying in high school or college between the age group of 15-20 years were considered as adolescents and taken as the sample of the study.

Statement of the Problem:

The problem under study is formally entitled as "Adjustment Patterns of Adolescents in Relation to Perceived Family Climate".

4. Significance of the Study:

The importance of family climate in personality development and adjustment has always been recognized in psychological studies. A healthy family climate which offers appropriate parental care is the best guarantee of adjustment which helps in forming integrated and well- balanced personality. So far as the role of family is concerned to the harmonious development of adolescents, it is almost established that the family climate has a unique place in the life of every individual. The child receives his early impressions about the people and things in the family. The adjustment of a child is significantly influenced by the emotional atmosphere of the family. The present investigation is a noble attempt of the investigator in this area. Considering the importance of healthy family climate in adjustment of adolescents' investigator selected the area of investigation. Several researches have been conducted to see the effect of family relationship on adjustment of students but no such attempt have been made earlier in this field with regard to adolescents of Punjab. Hence, the rationale of the study is justified.

5. Objectives:

The objectives of the study were-

- ✓ To compare the adjustment patterns of male and female adolescent students.
- ✓ To compare the adjustment patterns of rural and urban adolescent students.
- ✓ To compare the perceived family climate of male and female adolescent students.
- ✓ To compare the perceived family climate of rural and urban adolescent students.
- ✓ To study the relationship between the adjustment and family climate of the adolescent students.

6. Hypotheses:

- ✓ H₁- There is no significant difference in the adjustment patterns of male and female adolescent students.
- ✓ H₂- There is no significant difference in the adjustment patterns of rural and urban adolescent students.
- ✓ H₃- There is no significant difference in the perceived family climate of male and female adolescent students.
- ✓ H₄- There is no significant difference in the perceived family climate of rural and urban adolescent students.
- ✓ H₅- There is no significant relationship between the adjustment patterns and the perceived family climate of adolescent students.

7. Methodology:

- ✓ **Participants:** The participants selected for the study comprised of 200 adolescent students of 15-20 years age group studying in High School or colleges of Ludhiana District of Punjab State. 100 of which were boys and 100 were girls. Equal representation was given to adolescents of rural and urban areas.
- ✓ **Design:** The present study is an empirical study therefore, the researcher decided to use the descriptive survey method for the investigation.
- ✓ **Sample:** Two hundred students (100 boys and 100 girls) in the age group 18-21 years were selected by using stratified random sampling method from rural and urban areas of Ludhiana District of the Punjab region.
- ✓ **Statistical Techniques Used:** In this study, descriptive statistics like mean and SD's were used. To see the relationships between the variables, Coefficient of correlation and 't' test was used.

- ✓ **Tool Used:** Following tools were used in the present study
- **Adjustment Inventory (AI) by Dr. Penny Jain (1990):** The tool used to measure the adjustment level of students is: Adjustment Inventory for high school and College Students. It was developed by Dr. Penny Jain in 1990. This inventory has been designed in English/Hindi language for high school and College Students of India. It has 50 items which measure adjustment of the college student in the following areas i.e., Family, Social, Academic, Financial and Emotional. Each area has ten questions. Each item has two options for answering i.e. Yes or No. The responses were scored as per the manual. Split half reliability was 0.94 and test retest reliability for the test was 0.93 which indicates the excellent psychometric properties of the test.
 - **Family Climate Scale (FCS) by Dr. Beena Shah (1990):** Family Climate Scale by Dr. Beena Singh consists of 90 items. The scale measures 10 dimensions for adolescents these are: Freedom vs Restrictiveness, Attention vs Negligence, Dominance vs. Submission, Acceptance vs. Rejection, Trust vs. Distrust, Indulgence vs. Avoidance, Warmth vs. Coldness, Expectation vs. Hopelessness, Partiality vs. Fairness and Open communication vs. Controlled communication. The test is reliable and valid for secondary and high school students of rural and urban areas.

8. Analysis and Interpretation:

Comparison of the Adjustment Patterns of Male and Female Adolescents:

To compare the Adjustment patterns of male and female adolescents the researcher formulated the hypothesis as “there is no significant difference in the Adjustment patterns of male and female adolescent students” and tested the hypothesis.

Table 1: Significance of difference in the Adjustment patterns of male and female adolescents

Group	N	Mean	S.D	t-value	Inference
Male Adolescents	100	37.94	5.27	5.03	Significant at 0.01 level
Female Adolescents	100	41.12	3.93		

Table 1 show that the t value is 5.03 which is greater than the table value (2.75) at 0.01 level of significance. Thus, the null hypothesis is rejected and it is concluded that there is significant difference in the Adjustment patterns of the male and female adolescent students.

Comparison of the Adjustment Patterns of Rural and Urban Adolescent Student:

To compare the Adjustment patterns of rural and urban adolescents the researcher formulated the hypothesis as “there is no significant difference in the Adjustment patterns of rural and urban adolescent students” and tested the hypothesis.

Table 2: Significance of difference in the Adjustment patterns of rural and urban adolescent students

Group	N	Mean	S.D	t-value	Inference
Rural Adolescents	100	40.48	4.46	2.88	Significant at 0.05 level
Urban Adolescents	100	38.39	5.15		

Table 2 shows that the t- value is 2.88 which is greater than the table value (2.75) at 0.05 level of significance. Thus, the null hypothesis is rejected and it is concluded that there is significant difference in the Adjustment patterns of rural and urban adolescent students.

Comparison of the Perceived Family Climate between Male and Female Adolescent Students:

To compare the Perceived Family climate between male and female adolescents the researchers formulated the hypothesis as “there is no significant difference in the Perceived Family climate between male and female adolescent students” and tested the hypothesis.

Table 3: Significance of difference in the Perceived Family climate between male and female adolescent students

Group	N	Mean	S.D	t-value	Inference
Male Adolescents	100	111.71	15.17	1.03	Not significant at 0.05 level
Female Adolescents	100	113.74	12.54		

Table 3 shows that the t- value is 1.03 which is less than the table value (2.75) at 0.05 level of significance. Thus, the null hypothesis is accepted and it is concluded that there no significant difference in the Perceived Family climate between male and female adolescent students.

Comparison of the Perceived Family Climate between Rural and Urban Adolescent Student:

To compare the Perceived Family climate of rural and urban adolescents the researcher formulated the hypothesis as “there is no significant difference in the Perceived Family climate between rural and urban adolescent students” and tested the hypothesis.

Table 4: Significance of difference in the Perceived Family climate between rural and urban adolescent students

Group	N	Mean	S.D	t-value	Inference
Rural Adolescents	100	112.50	12.63	0.23	Not significant at 0.05 level
Urban Adolescents	100	112.95	15.16		

Table 4 shows that the t- value is 0.23 which is not significant at 0.05 level. Thus, the null hypothesis is accepted and it is concluded that there is no significant difference in the Perceived Family climate between rural and urban adolescent students.

Relationship between the Adjustment Patterns and the Perceived Family Climate of the Adolescent Students:

To study the relationship between the Adjustment patterns and the Perceived Family climate of the adolescent students the researcher formulated the hypothesis as “There is no significant relationship between the Adjustment patterns and the Perceived Family climate of adolescent students” and tested the hypothesis.

Table 5: Coefficient of correlation between the Adjustment patterns and the Perceived Family climate of the adolescent students

Variable	N	Coefficient of Correlation	Inference
Adjustment	200	0.49	Significant at .01 level
Family Climate	200		

Table 5 shows that the value of correlation between the Adjustment patterns and the Perceived Family climate of the adolescent students is 0.49. The value is significant at 0.01 level so, the null hypothesis that “There is no significant relationship between the Adjustment patterns and the Perceived Family climate of the adolescent students” is rejected and it can be inferred that Adjustment is significantly and positively related with Family climate of the adolescent students.

9. Findings and Discussion:

- ✓ There is significant difference in the Adjustment patterns of the male and female adolescent students.
- ✓ There is significant difference in the Adjustment patterns of rural and urban adolescent students.
- ✓ There is no significant difference in the Perceived Family climate between male and female adolescent students.
- ✓ There is no significant difference in the Perceived Family climate between rural and urban adolescent students.
- ✓ There is significant and positive correlation between Adjustment patterns and Perceived Family climate of the adolescent students.

The results indicate that adjustment and family climate of adolescents is significantly related with each other. A healthy family climate contributes towards the well- adjusted personality of adolescents. The reason for the above results may be that the protection, approval, support and affection provided by the family helps the adolescents in developing understanding and to make better adjustments with oneself and with his environment, thus making an adolescent a well-adjusted person. Results are in line with the studies conducted by Lamborn, Munts, Stein Berg (1991) which shows that adolescents who perceived parental acceptance are better adjusted and are more confident about their abilities. They are competent in the areas of achievement and adjustment and less likely to get into trouble. Mohan and Singh (1981 & 82) have also revealed the same result.

10. Implications:

The results of present study show that significant and positive correlation exists between adjustment and family climate. Adjustment is very important in life as it is a process by which an individual learns certain types of behavior to cope with situation. Only an adjustable person can make his life successful so the college authorities and parents should pay attention to minimize the adjustment problems of college going students. The results of the present investigation have many educational implications. There is a need of planning appropriate intervention programs to assist adolescents who have problems in coping with the demands and challenges which can create stress and storm to their life. General information on perceived academic, social and cultural issues in institutional environment should be provided in order to make adolescents life smooth. The parents should be made to realize through various family counseling sessions that their negative attitude, rejection, unnecessary control and avoidance has adverse effect on healthy development of personality and adjustment of adolescents. So, they should be made to aware that parental acceptance is most important for child's healthy development and sound behavioral manifestations. The parents should give specific attention towards adolescents' needs as serious problems could leave a negative impact towards their adjustment in life. Attitude of parents toward their children is an important factor in their development. Family climate with Love, affection, warmth and a sense of belongingness is the most important need of every human being. The thwarting of this type of climate may lead to various forms of maladjustments and stress among adolescents. So, it is the responsibility of the institution, teachers and parents that the adjustment problems of adolescents should be identified very right time and immediate remedial measures should be provided to them for the betterment of their future.

11. References:

1. Bandhana, Sharma, P.D. (2012). Home environment, mental health and academic achievement among higher secondary school students. *International Journal of Scientific and Research Publications*, 2(5).
2. Compas, B.E., Hinden, B.R. & Gerhardt, C.A. (1995). Adolescent development: Pathways and processes of risk and resilience. *Annual Review of Psychology*, 46, 265-293.

3. Crow, L. D., & Crow, A. (1956). Understanding our behavior. New York: Alfred A. Knoff.
4. Deci, E. L., & Ryan, R. M. (1985). Intrinsic motivation and self-determination in human behavior. New York: Plenum.
5. Frasch, K.M, Brooks, D. (2003). Normative development in transracial adoptive families: Integration of the literature and implications for the construction of theoretical framework. Families in society, 84(2) 201-13
6. Herman, K.C., Ostrander, R. & Tucker, C. M. (2007). Do family environments and negative cognitions of adolescents with depressive symptoms vary by ethnic group? Journal of Family Psychology, 21: 325–330.
7. Jain, P. (1990). Adjustment inventory for high school and college students: National psychological corporation, Agra.
8. Lamborn, Mounts, Steinberg, & Dornbusch, (1991). The Parenting of adolescents and adolescents as parents.
9. Mohan, V., and Singh, A (1982). Sex Difference in the adjustment of murders, Indian Journal of Criminology.
10. Mohanraj, R., Latha (2005). Perceived family environment in relation to adjustment and academic achievement. Journal of the Indian Academy of Applied Psychology, 31: 18-23.
11. Moos, H., & Moos, S. (1986). Family Environment Scale Manual (2nd edition). California: Consulting Press Inc.
12. Nye, F, I (1968). Family relationship and delinquent behavior New York Wiley, 72.
13. Ozcinar, Z (2006). The instructional communicative qualification of parents with students. Cypriot Journal of Educational Sciences, 1: 24-30.
14. Shah, B. (1990). Family Climate Scale. Agra: National Psychological Corporation.
15. Spruijt, E., De Goede M. P. M. (1997). Transition in family structure and adolescent well-being. Adolescence, 32: 897-912.
16. Shek, D. T. L., (1997). Family environment and adolescent Psychological welling, school adjustment, and problem behavior: A pioneer study is a Chinese context. The Journal of Genetic Psychology. 158(1), 113-128.
17. Steinberg, I (2005)-Cognitive and affective development in adolescence. Trends in Cognitive Sciences. 1021:51-58.
18. Unger, J. B, Ritt-Olson, A, Teron, L, Huang, T, Hoffman, B.R. & Palmer, P.(2002). Cultural values and substance use in a multi ethnic sample of California adolescents. Addiction Research and Theory, 10,257-279.
19. Van Wel, F. (2000). The parental bond and the well-being of adolescents and young adults. Journal of Youth and Adolescence, 28: 307-318.
20. Wissink, I., Dekovic, M., Meijer, A. (2006). Parenting behavior, quality of the parent-adolescent relationship, and adolescent functioning in four ethnic groups. Journal of Early Adolescence, 26: 133-159.
21. Way and Robinsion, (2003). A longitudinal study of the effects of Family- friends and school experiences of the psychological adjustment of ethnic minority, low SES adolescents. Journal of Adolescent Research 18:324-346.
22. Yurgelun-Todd, D. (2007). Emotional and cognitive changes during adolescence. Current opinion in Neurobiology. 17(2), 251-257.