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## A comparative study on adjustment level among rural and urban girls

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### Abstract

The purpose of the study was to compare the adjustment level among rural & urban girls. For this study 40 samples in which 20 rural girls and 20 urban girls were selected. The age group of the selected samples ranged from 16-20 years. To measure the adjustment level of selected subjects, Adjustment level Inventory developed by Sinha & Singh was used. This inventory is highly reliable and valid to measure adjustment level of selected subjects. To compare the adjustment level of selected samples 't' test was used. Results of the study found that rural girls have better adjustment in nature as compare to urban girls.

**Keywords:** Adjustment, rural girls, urban girls etc.

### Introduction

In psychology, adjustment refers to the behavioral process of balancing conflicting needs, or needs challenged by obstacles in the environment. Humans and animals regularly adjust to their environment. For example, when they are stimulated by their physiological state to seek food, they eat (if possible) to reduce their hunger and thus adjust to the hunger stimulus. Adjustment disorder occurs when there is an inability to make a normal adjustment to some need or stress in the environment. In this model, we look at adjustment as a specific moment in time. We are considering an individual's adjustment to one challenge, not to all challenges they have faced. Successfully adjusting to one scenario can be independent of struggling to adjust to another, unrelated scenario. An example of this type of approach is observing a poor student beginning to study during recess because they don't have a home environment where they can effectively study. Beginning to study at another time would be considered adequately adjusting to this scenario, but does not consider the other ways it may impact their life (i.e.: inhibiting social interactions with peers.).

Successful Adjustment is also called being 'well adjusted' and is critical to mental health. Colloquially, being well-adjusted is defined as a person who "is reasonable and has good judgment their behavior is not difficult or strange. It is important to remember that adjustment is a continuum, not a simple dichotomy; people can fluctuate and be adept at adjusting in different circumstances. In general, a person that is well-adjusted will have the following characteristics:

- An understanding of personal strengths and weaknesses and a tendency to play up strengths while limiting the appearance of weaknesses
- Personal respect and appreciation, a well-adjusted individual finds themselves to be inherently valuable
- Appropriate aspirations that require hard work and capitalizing on strengths without being too far out of reach and setting them up for failure
- Basic needs such as food, water, shelter, and sleep are consistently met, as well as a general feeling of security and positive self-esteem
- Positive attitude and a tendency to find the goodness in other people, objects and activities. A well-adjusted person will acknowledge others' weaknesses but not actively search for faults.
- Flexibility to respond to and accommodate for changes in the environment

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- Ability to handle adverse circumstances: well-adjusted people are able to take negative life events in stride, they will be motivated to take action to remedy the problem rather than passively accept it
- A realistic perception of the world that allows for a healthy amount of distrust of others and encourages pragmatic thinking
- A feeling of ease within surrounding environments. A well-adjusted person feels comfortable in different aspects of their community such as home, school, work, neighborhood, religious organization, etc.
- A balanced life philosophy that accounts for and acknowledges the impact that the world has on an individual, as well as the impact an individual can have on the world<sup>[9]</sup>

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An individual that doesn't have these characteristics or is not consistently meeting the listed criteria could be diagnosed with an Adjustment disorder. If diagnosed, they would likely be treated with psychotherapy to help them develop these skills and abilities.

The subjects for the study were 40 subjects in which 20 rural girls & 20 urban girls selected. The age group of the samples ranged from 16-18 years. For this study to measure the adjustment level, Adjustment level Inventory developed by Sinha & Singh was used. This inventory is highly reliable and valid to measure adjustment level of selected subjects. To compare the adjustment level of selected samples 't' test was used.

**Results**

The raw data of adjustment inventory was subjects to appropriate statistical analysis are presented in table No 1:

**Table 1:** Mean difference of adjustment level of rural girls and urban girls

Group	N	Mean	S.D	M.D	't'
Rural Girls	20	18.25	6.20	6.7	3.76*
Urban Girls	20	11.55	4.26		

't' at 0.05=2.02

From table No 1; result found that rural girls have shown better adjustment level (M = 18.25, SD = 6.20) as compare to urban girls (M =11.55, SD = 4.26). The calculated 't' value is 3.76 which is greater than the tabulated value so that there is significance difference has been found at 0.05 level.

**Conclusion**

It is concluded that there is significance difference has been found among both the group rural girls and urban girls; in other words we can say that rural girls have better adjustment in nature as compare to urban girls.

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