

Social Adjustment of Adolescent Students and Role of Teacher

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Abstract: Adjustment may be defined as a process of altering behaviour to reach a harmonious relationship with the environment. Social adjustment means a harmonious relationship with the society, proper understanding of social needs, requirements and group goals and meeting respectively to the social requirements of the home, peer groups, culture and the community. Nowadays, it is seen that the adolescents of our society are facing different problems at different levels and the root of such problems is found to have close relation with personality disorder of them. According to the modern concept of education, best adjustment is the ultimate goal of education. If the informations about the adjustment problems of adolescent students is available and their needs and feelings are considered and understood, the teacher and guidance personnel will be in a better position to provide adequate education for students. Teachers can play a vital role in shaping the future of society by paying attention to the adolescents' or teenagers' entrusted to their care. In this paper, an attempt has been made to study the social adjustment of adolescent students and role of teacher. The methodology of this paper is descriptive and required informations are collected from different secondary sources like books, research articles, different government documents etc.

Keywords: Social adjustment, adolescent, Students, Role of Teacher.

1. INTRODUCTION:

Life is a continuous series of change and challenges for survival or growth. The strategy used by the different individual in different ways to manage their needs in the process of survival or growth is called adjustment. Social adjustment means a harmonious relationship with the students and teachers, proper understanding of social needs, requirements and group goals and meeting respectively to the social requirements of the home, peer groups, culture and the community. The most significant agencies of education are the school and college, where an individual should learn to adjust. Nowadays, it is seen that the adolescents of our society are facing different problems at different levels and the root of such problems is found to have close relation with personality disorder of them. It might be due to lack of our understanding about such problems; the situation of social adjustment of adolescents has become serious subject for all of us. With proper knowledge, care and understanding about the adolescents, such situations can be handled very smoothly. Teacher makes a maximum impact on the personality development of the students. A teacher plays a vital role not only as an interpreter of culture and dispenser of knowledge but also acts a builder of attitudes, values, beliefs and helps the student for better adjustment with the environment.

2. SIGNIFICANCE OF THE STUDY:

The period of adolescence, as being the focal point in human development and education, has always claimed attention since the days of primitive people. It is a great responsibility of the state and society to provide the adolescent's with every possible opportunities for their healthy and all round development. The widespread interest in the experiences of adolescents and serious concern with their problems, are of relatively recent origin. The adjustment problems of the student's of adolescent have gained wide attention now days. It is apparent that when students transits from school to college they find difficulties to adjust with the new environment of the college. The cordial adjustment of the student with the new environment is relates to various physical, social, emotional, and psychological factors. Therefore, teacher and guidance personnel should be aware of the concerns and problems of the students whom they serve. If the informations about the adjustment problems of students is available and their needs and feelings are considered and understood, the teacher in college will be in a better position to provide adequate education for students. The problems of the adolescent students of can be effectively controlled to a great extend by giving them adequate information, advice and suggestion. However, to guide the students for better adjustment, the parents, teachers and other members of society, who are responsible for guiding them, should have awareness about the problems experienced by the students. The great physical, mental and emotional changes during adolescence might take place in wrong direction if proper guidance is missing. It is therefore necessary for the parents, teachers or counsellors to have a comprehensive knowledge of adolescence so that they can be properly guide and counselled. The study of the social adjustment problems would help them to guide and control the behaviour of the adolescents.

3. OBJECTIVES OF THE STUDY:

The present study has been designed keeping the following objectives in view.

- To study the concept of adjustment.
- To study the meaning of social adjustment.
- To study the role of teacher in social adjustment of adolescent students.

4. METHODOLOGY:

The methodology of this paper is descriptive and required informations are collected from different secondary sources like books, research articles, different government documents etc.

4.1. CONCEPT OF ADJUSTMENT:

The concept of adjustment is as old as the civilization of human race on the earth. Systematic emergence of this concept was purely biological one and was used in Darwin's (1859) "Theory of Evolution". It was termed as Adaptation. According to the Darwin theory of evolution, those species that adapted successfully to the demands of living, survived and multiplied while others, who did not, died out (Survival of the Fittest). Initially, adaptation was used by person at meant to attempt to survive in physical conditions of environment. Later on, Psychology comes out with the new term Adjustment with a broader concept. New adjustment means behavioural reaction to personal demands. It is equally popular in the discipline of psychology, sociology and education. Adjustment and adaptation are frequently used in the same sense. The English word 'Adjustment' is a noun form of the verb adjusts, which ordinarily means 'to fit', 'to settle' or 'to arrange', 'make suitable', 'adapt', 'modify' or 'make correspondent' and is the act or process of adjusting or 'the state of being adjusted'. Adjustment may be defined as a process of altering behaviour to reach a harmonious relationship with the environment. From psychological point of view, adjustment can defined as a process of need reduction. Because, every living organism develops his own needs and these need must satisfied by interaction with environment. However, there are so many hindrances to come across in the process of need satisfaction. Unfulfilled needs always create frustration, dissatisfaction or the problem of adjustment. According to oxford dictionary, "The meaning of adjustment is to arrange, to out in order, to harmonize discrepancies or to adapt to standard or purpose." According to Webster's New Dictionary, "to achieve mental or behavioural balance between one's own needs and the demands of other's as a result of which the individual is put to a more satisfactory state." These meanings refer to the psychological and sociological implications of the term adjustment

5. MEANING OF SOCIAL ADJUSTMENT:

Social adjustment can be defined as a psychological process which involves coping with standards, values and needs of a society in order to be accepted. The term 'social adjustment', covers the positive or negative interactions between the social and individual characteristics during the individual's interaction with the environment. As Plato says, 'Man is a social animal.' Being a social animal, man needs society and to remain in society he has to adjust with the values of society. A person develops his personality in his social environment; he tries to mold himself on according to his society's social values and ideals. This is an effort made by an individual to cope with standards, values and needs of a society in order to be accepted. It can be define as a psychological process. Area of social adjustment is influence by social maturity of the person which means good relations with family, neighbours, playmates, class fellows, teachers and other members of the society. We lives in a society and form opinion about others and others have opinions about us and try to behave according to the norms of the society so that we can adjust with others. A man cannot live happily without social adjustment. Man lives by himself in the changing circumstances of the society. An individual feels a sort of emotional tension, uneasiness and restlessness when he doesn't or can't adjust himself with the social environment. Social adjustment is fundamental for everyone, but particularly important for the adolescents who are engaged in the process of individualization from their home. Social adjustment is the most difficult developmental task of adolescent's life. This adjustment has to be done with members of the opposite sex in a relationship that never existed before and to adults outside the family and school or college environments.

6. ROLE OF TEACHER IN SOCIAL ADJUSTMENT OF ADOLESCENT STUDENTS:

Teachers can play a vital role in shaping the future of society by paying attention to the adolescents' or teenagers' entrusted to their care. Adolescence is the most crucial and significant period of human life. It is the period which begins at the end of childhood and ends at the beginning of adulthood. Adolescence is the stage where maximum growth takes place. Therefore, it is the responsibility of both teachers and parents to provide suitable environment at home and school for maximum physical and mental growth. Adequate provision for physical exercise and activities should be made in the school curriculum and necessary facilities should be provided. The youths of today are confused and aimless because of the indefiniteness of their vocation. The education imparted to them does not provide jobs and occupations. Nowadays, there is strong need of job oriented and vocation based practical education for the adolescence. Therefore, the government, society, parents and the teachers should make their efforts in this direction. The age of

adolescence is marked by too much intensity, force, instability and immaturity of emotions. The adolescent youths are highly inflammable and restless. Their emotions can be aroused with a slight provocation. Therefore, there is strong need of emotional education to the adolescence. Their emotions should be properly trained and their emotional energies should be diverted towards the constructive ends. Adolescence is the bridge between childhood and adulthood. It is essential to have the knowledge of the adolescents' psychology for the parents, teachers and administrators who have to deal with the teenagers in order to understand them.

7. CONCLUSION:

Adjustment is one of the most important psychological activities of human being. Life is a process of adjustment. If anyone wants satisfaction in life, then one has to adjust with his or her environment. According to the modern concept of education, best adjustment is the ultimate goal of education. Student with different abilities, different skills, different backgrounds, and different cultures get educated together, providing them an opportunity to show their adjustment skills thus acting as a training ground for the rest of their lives. During school and college life, a student has to learn to co-exist and co-operate with other students and teachers of different religions, different cultures, different opinions and a different outlook towards life. Good adjustment and self satisfaction of adolescent students' makes the proud and motivates them for future success, encourages them to be of independent thinking and helps to builds their self confidence. If a student is well adjusted in this period of life, he will become a good and well adjusted in his lifetime. Such types of well-adjusted students are very much needed by the society. Students represent the society's investment for future. Their mental health and well-being are important not only in its own right but also as a factor contributing to the larger interest of the society.

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