

Adjustment Problems of Xth Standard Students in COVID19 Pandemic Situation

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Abstract

Background: As the 2019 novel coronavirus (COVID-19) is spreading worldwide in 2020, there is a growing concern about the impact of the pandemic on mental health. Multiple stressors associated with the pandemic, such as health-related stressors, school close, outdoor game close, and schoolwork-related stressors, could increase the prevalence of adjustment problems worldwide. Hence an attempt has been made to study the covid19 pandemic related adjustment problems of Xth standard students in Ahmednagar District Maharashtra.

Methodology: The selection of the research method is depend on problem of the study. In the present research work researcher has used descriptive survey method. The researcher personally approached Xth standard student at their respective homes during pandemic situation and collected questionnaire and also carried out informal discussion and talking. A sample of 200 Xth standard students of Ahmednagar District were selected for the present study. The tool selected for the research is questionnaire. In the present study researcher were used the Bell adjustment Inventory.

Result: World Health Organization declared COVID-19 a pandemic on the 11th of March 2020. Consistent with government responses around the world. Central government of India introduced an increasingly strict regime of social distancing/isolation measures to slow the rate of infection. Findings from this study of 100 Xth std. student participants indicated that a significant difference was observed between Xth standard Boys and Girls students of Ahmednagar District with respect to adjustment problems.

Keywords: Adjustment, Social Adjustment, Emotional Adjustment, Educational Adjustment, Adjustment Problem, COVID19.

Introduction:

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. Successful adjustment is crucial to having a high quality of life. Those who are unable to adjust well are more likely to have clinical anxiety or depression, as well as experience feelings of hopelessness, difficulty concentrating, sleeping problems and reckless behavior.

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:

- 1) An understanding of personal strengths and weaknesses and a tendency to play up strengths while limiting the appearance of weaknesses.
- 2) Personal respect and appreciation, a well-adjusted individual finds themselves to be inherently valuable.
- 3) Appropriate aspirations that require hard work and capitalizing on strengths without being too far out of reach and setting them up for failure.
- 4) Basic needs such as food, water, shelter, and sleep are consistently met, as well as a general feeling of security and positive self-esteem.
- 5) Positive attitude and a tendency to find the goodness in other people, objects and activities.
- 6) A well-adjusted person will acknowledge others' weaknesses but not actively search for faults.
- 7) Flexibility to respond to and accommodate for changes in the environment
- 8) 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
- 9) A realistic perception of the world that allows for a healthy amount of distrust of others and encourages pragmatic thinking.

- 10) 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.

Operational Definition of the Key Terms

The following keywords used in the title are defined with a view to clarify that are used in present study.

1. Adjustment: -Adjustment is the process by which a living organism maintains a balance between the needs and the circumstances. Adjustment process is a way in which the Individual attempts to deal with stress, tensions, conflicts, etc., and meet his or her needs. In this process, the individual also make efforts to maintain harmonious relationship with the environment.

2. Educational Adjustment: -Adjustment is the procedure by which living creature maintain a steadiness between with his desires and the circumstance that influence the satisfaction of educational needs.

3. Emotional Adjustment: - It refers to an individual's adaptation in emotional relationships within and with other people, both inside and outside the home as reflected in the individual's attitudes and behavior.

4. Social Adjustment: -It refers to an individual's adaptation in social relationships with other people, both inside and outside the home, as reflected in the individual's attitudes and behavior.

COVID-19 Pandemic-Related Adjustment Problems of Xth Std. School Students.

Adjustment problems are a group of conditions that can occur when students have difficulty coping with a stressful life event like corona pandemic situation. . These can include the death of a loved one, school work tension, relationship issues. While every students encounters stress, some students have trouble handling certain stressors. The inability to adjust to the stressful event can cause one or more severe psychological symptoms and sometimes even physical symptoms. There are six types of adjustment disorders, each type with distinct symptoms and signs. Adjustment disorders can affect both adults and school students.

Successful adjustment of students to the pandemic environment is of great importance to a range of individuals, including school students striving to succeed, concerned with mental health challenges in emotional, social, and academic adjustment. Student adjustment has been a topic of increasing interest since pandemic era. School student's adjustment is understanding what factors cause attrition and what factors increase retention.

Following are the six types of adjustment disorder and their symptoms:

1. People diagnosed with this type of adjustment disorder tend to experience feelings of sadness And hopelessness. It's also associated with crying. You may also find that you no longer enjoy activities that you did formerly.
2. Symptoms associated with adjustment problem with anxiety include feeling overwhelmed, anxious, and worried. People with this disorder may also have problems with concentration and memory. For children, this diagnosis is usually associated with separation anxiety from parents and loved ones.
3. People with this kind of adjustment disorder experience both depression and anxiety.
4. Symptoms of this type of adjustment disorder mainly involve behavioral issues like driving recklessly or starting fights. Teens with this disorder may steal or vandalize property. They might also start missing school.
5. Symptoms linked to this type of adjustment disorder include depression, anxiety, and behavioral problems.
6. Those diagnosed with adjustment disorder unspecified have symptoms that aren't associated with the other types of adjustment disorder. These often include physical symptoms or problems with friends, family, work, or school.

Some common causes in school student's adjustment problems include:

- Death of a family member or friend
- Relationship issues or divorce
- Major life changes
- Illness or a health issue (in you or someone you're close with)
- Moving to a new house or place
- Sudden disasters
- Money troubles or fears

As the 2019 novel coronavirus (COVID-19) is spreading worldwide in 2020, there is a growing concern about the impact of the pandemic on mental health. Multiple stressors associated with the pandemic, such as health-related stressors, school close, outdoor game close, and schoolwork-related stressors, could increase the prevalence of adjustment problems worldwide. Hence an attempt has been made to study the covid19 pandemic related adjustment problems of Xth standard students in Ahmednagar District Maharashtra.

Statement of the Problem

A study of covid19 pandemic related adjustment problems of Xth Standard students in Ahmednagar District Maharashtra.

Objectives of the Study

1. To identify adjustment problems of the Xth standard of boys
2. To identify adjustment problems of the Xth standard of girls
3. To find out the difference between adjustment problems of Xth Standard students of Ahmednagar District in terms of boys and girls

Hypothesis

There is no significant difference between Xth Standard boys and girls students of Ahmednagar District with respect to adjustment problems.

Methodology of the Research

The selection of the research method is depend on problem of the study. In the present research work researcher has used descriptive survey method. The researcher personally approached Xth standard student at their respective homes during pandemic situation and collected questionnaire and also carried out informal discussion and talking.

Sample of the Study

A sample of 200 Xth standard students of Ahmednagar District were selected for the present study.

Tool used for the Study

The tool selected for the research is questionnaire. In the present study researcher were used the Bell adjustment Inventory. The inventory prepared by Bells. The inventory consists of five areas. Each area contains 35 questions in various aspect of home health social educational and emotional.

There are two response i.e. yes or no in front of each answer. The time was not fixed to complete the questionnaire.

Statistical Analysis

The data were analyzed with the help of Mean, SD and t-test to study the adjustment problems of Xth standard students.

Result and Discussion

Hypothesis

There is no significant difference between Xth Standard boys and girls students of Ahmednagar District with respect to adjustment problems.

Table 1

Gender	Mean	SD	t-value	Result
Boys	17.17	2.78	4.0666	Significant
Girls	18.36	3.71		

Table 1 reveals that there is significant difference between Xth standard boys and girls students of Ahmednagar District with respect to adjustment Problem. Hence the null hypothesis is rejected.

Major finding

World Health Organization declared COVID-19 a pandemic on the 11th of March 2020. Consistent with government responses around the world. Central government of India introduced an increasingly strict regime of social distancing/isolation measures to slow the rate of infection. Findings from this study of 200 Xth std. student participants indicated that a significant difference was observed between Xth standard Boys and Girls students of Ahmednagar District with respect to adjustment problems.

Educational Implication

1. All most all Xth standard students are facing adjustment problems during COVID19 pandemic situation. It means that they are not able to think in a proper way in COVID19 situation.
2. Parents should acknowledge the increased needs for independence and adequate conducive environment for the expression of their thought and emotion should be provided.

3. Parents should provide better home environment and educational facilities during covid19 situation.
4. Parents should arranged different activities for boys and girls in home.

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