



Social adjustment of women's

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ABSTRACT

The main purpose of the research was to find out the mean difference between working and non-working women in Social Adjustment and Self Control. The total sample consisted 60; sample consisted 30 working and 30 non – working women. Tools for data collection included Social Adjustment inventory by Dr. D. J. Bhatt and the Second research tool for Self Control scale was measured by Arun Kumar Singh and Alpana Sen Gupta. They made English version scale but investigator has used Gujarati version scale made by Dr. Yogesh A. Jogsan. Here t - test was applied to check the significant difference in Social Adjustment and Self – Control between working and non – working women. To check the relation between Social Adjustment and Self – Control correlation method is used product moment.

Result indicates significant differences between working & non-working women in Self Control while the correlation between Social Adjustment & Self Control indicates positively high correlation.

Introduction

The Self usually beings as a random stream of sensory material sounds, images, tactile sensation scents and flavors, stipule the nervous system and though a series of petrochemical processes affect the brain forming first impression on the brain tissue. It's quality of being random everyone is exposed to a dig gerent mosaic of impressions and everyone's nervous system to react them differently due to infinite variations of the genetic material regulating functioning of each person's nervous system.

Self is the most recent result of all events and circumstances preceding this very moment. The self as it is in these moments is always different from the self a few moments ago. Self can be described in many languages and conceptual networks but they will always be partial and incomplete.

Man is social animal all persons are living in society. They adjust with society, environment & other persons. So, we can say that adjustment is most is most important thing in our life simple in our mind one question is that what is adjustment. The answer of these questions is as under:

What is Adjustment?

Personal Adjustment is a process of interaction between ourselves and our environment so, we can say that.

- Lehner & Kube

- ▶ Adjustment is a process of interaction.
- ▶ A continues and therefore never completed.
- ▶ A process in which cause of effect relationship can be observed.

Definition of Adjustment

“Adjustment is a one type of process by which person doing balancing between their needs and effect of needs satisfaction.”

- Boring Legfilde

Types of Adjustment

- Familiar Adjustment
- Adjustment of School
- Occupational Adjustment
- Marital Adjustment
- Social Adjustment
- Adjustment of Old Age

Here we see only Social Adjustment. We know very well man is a Social animal so, He is living in society so, social environment is most important in his adjustment. All social factor are affected on his life every person adjust with social relation, Social tradition etc. The whole process of this thing we call it Social Adjustment.

What is Self – Control?

Self-Control is the exertion of one’s own wills on their personal self their behaviour, actions, thought processor. Much of this comes from the perception of self and the ability to set up boundaries for that self.

Self-control can be expanded into several different areas panging room respect to will power. Many religions have teaching about self-control.

Definition of Self Control

“The ability to control one’s behaviour or not to show the reelings.”

“Self-Control is the conquest of one’s mind to control the whole world.”

“Self-Control is to attack the evil presiding with in not to fight with evils outside”

Meaning of Self Control According to different religious:

- ▶ With the conquest of my mind, I have conquered the whole world.

- Sikhism Adi Granth

- ▶ Who is strong ? He who controls his passions.

- Judaism Mishanah

- ▶ Attack the evil that is within you; do not attack the evil that is in others.

- Confucianism Analects

The aim of my research:

Today is man's life becomes like a robot so, their Social Adjustment and Self Control are disturbed. So, I will give something new information by my research paper so, I would choose this subject.

The Purpose of Research:

1. To examine the Social Adjustment in working and non-working women.
2. To examine the Self Control in working and non-working women.
3. To examine the Correlation between Social Adjustment and Self Control.

Research Method:

Variables:

In the present research variables are as under:

Independed Variable:

Sex: Women (working & non-working women)

Depended Variable:

To get the scores of Social Adjustment & Self Control

Hypothesis:

1. There is no significant effect among the working & non-working women on Social Adjustment.
2. There is no significant effect among the working & non-working women on Self Control.
3. There is no significant correlation between Social Adjustment & Self Control.

Tools:

For data collection in present study, I take Social Adjustment scale is made by Dr. D.J. Bhatt, 32 sentences are held in this scale 2, 3, 5, 6, 10, 11, 12, 13, 15, 17, 20, 21, 22, 23, 25, 29 are negative sentences and other are positive sentences. It is measured Social Adjustment in working & non-working women.

Second tool is Self Control scale is made by Arun Kumar Singh and Alpana Sen Gupta they made English version but investigator has used Gujarati version made by Dr. Yogesh A. Jogsan, 30 sentences are held in the scale 7, 11, 12, 14, 15, 16, 17, 18, 20, 21, 30 are negative sentences and other are positive sentence. It is measured Self Control in working & non-working women.

Here Reliability and Validity score of the both scale shown very high.

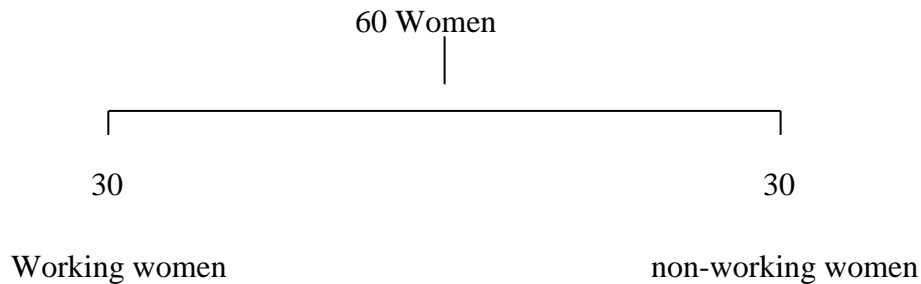
Sample:

In the present research, 60 Women is selected as samples, in which study of 30 working women & 30 non-working women has been done.

Research Design:

The purpose of this research is to examine the difference the Social Adjustment and Self Control of working & non-working women. For this 't' test method of statistic has been used.

Design of present study is as under:



Result and Discussion:

The main purpose of the research is to find out the mean difference between working & non-working women in Social Adjustment and Self Control.

Table – 1

Result of ‘t’ test : working & non-working women and Social Adjustment

Variable	N	Mean	S.D.	t	Sig.
Working Women	30	42.13	10.26	0.72	NS
Non-Working Women	30	47.93	12.49		

Significant Level 0.05 = 2.00

0.01 = 2.66

We can see that from the table of Social Adjustment in working & non-working women the mean of Social Adjustment in working women 42.13 & S.D. is 10.26 while the mean of Social Adjustment in non-working women is 47.93 & S.D. is 12.49, ‘t’ value of Social Adjustment between working and non-working women is 0.72. It is non-significant. It means hypothesis is accepted.

Table – 2

Result of ‘t’ test : working & non-working women and Self Control

Variable	N	Mean	S.D.	t	Sig.
Working Women	30	46.20	6.59	3.75	0.01
Non-Working Women	30	40.63	8.44		

Significant Level 0.05 = 2.00

0.02 = 2.66

We can see that from the table of Self Control in working & non-working women the mean of Self Control in working women 46.20 & S.D. is 6.59 while the mean of Self Control in non-working women is 40.63 & S.D. is 8.44, 't' value of Self Control between working and non-working women is 3.75. It is significant. It means hypothesis is not accepted.

Table – 3

Correlations among Social Adjustment and Self Control components

Variable	N	r
Social Adjustment	60	0.92
Self-Control	60	

We can see from the table the correlation between Social Adjustment & Self Control is 0.92 positive high correlations. It means Social Adjustment is high; the Self Control is also high and good.

Conclusion:

Considering the purpose of the result, following conclusion is drawn:

1. According to the result of the no significance difference of Social Adjustment between working & non-working women is found.
2. Here is significant difference for matter of Self Control between working & non-working women is found.
3. Here is positively high correlation between Social Adjustment and Self Control among working & non-working women.

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