

Adjustment of male and female primary school teachers in District Pulwama

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Abstract:-The study was undertaken to study the adjustment of male and female primary school teachers in District Pulwama, Jammu and Kashmir. The investigator took hundred (100) primary school teachers (50 male and 50 female as sample for the study. The data was collected with the help of Bell's adjustment inventory (adult form). The inventory has five areas, viz, home, health, social, emotional and occupational. The analysis of the data revealed that In conclusion, it was found that the female primary school teachers have more problems on home adjustment, emotional adjustment and on total score of adjustment than male primary school teachers of District Pulwama. It was further found that the male primary school teachers have more occupational problems as compared to female primary school teachers. The study further revealed that both the groups do not differ on health and social adjustment dimension of Bell's adjustment inventory.

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1. Introduction:-

The dictionary meaning of the word 'adjustment' is to fit, make suitable, adapt, arrange, modify, harmonize or make correspondent. Thus, when we make an adjustment between two things, we adapt or modify one or both of them to correspond to each other. According to Darwin's (1859) theory of evolution, those species which adapted successfully to the demands of living, survived and multiplied while others who did not, died out. Therefore, the adaptation or changing of oneself or one's surroundings according to the demands of the external environment became the basic need for our survival. It is as true today with all of us as it was with the Darwin's primitive species. According to James Drever (1952) said "adjustment means the modification to compensate for or meet special conditions". He takes adjustment to be the ways and means to help the individual to meet the demands of changed conditions by adapting or modifying his previous ways of doing or facing things. C.V. Good(1959) defined adjustment as " it is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment" Adjustment involves the gratification of a person's needs as governed by the demands of various environmental situations. This is not, however, a one way process: an individual maintains the balance between himself and his surroundings either by modifying his own behavior or by modifying the environment. In this context, as Arkoff (1968) states

"adjustment is the interaction between a person and his environment. How one adjusts in a particular situation depends upon one's personal characteristics as also the circumstances of the situation. In other words, both personal and environmental factors work side by side in adjustment. An individual is adjusted if he is adjusted to himself and to his environment.

One of the important questions pertaining to adjustment of in-service primary teachers is as to how the different teaching skills contribute towards making their teaching effective. The fact is in the lack of exposure to these teaching skills, a teacher may find it difficult to come down to the levels of primary school children and fail to visualize his/her role in dealing with a number of issues at this level and hence the problem arises of his/her self adjustment to the situation he/she is assigned to work in. Significantly it is pointed out in many researches that mere possession of a diploma or degree in teaching does not ensure mastery. Besides methods have to be taught and practiced in relation to subject matter e.g; in case of elementary teacher education trained teacher and a secondary trained teacher are assigned to teach at a primary level, their methods of teaching would definitely differ. This being so, an elementary teacher education trained teacher receives exclusive training in teaching at primary level while a secondary trained teacher does at a secondary level. Other factors i.e; skill deficiencies should be identified so that teachers could be better educated in removing their skill defects. It may expect the

improvement in their education a consequently in their academic performance. However, it is important to identify the skill deficiencies and factors contributing to psychological aspect of teacher’s personality. Although many researches have been done in the field of teacher education but very limited studies appear to have been carried out with regard to in-service teachers. Researchers must therefore direct towards probing such core teaching skills as adjustments of teachers teaching at primary level.

2.Objectives:-

- I. To study the adjustment of male and female primary school teachers.
- II. To compare male and female primary school teachers on home adjustment.
- III. To compare male and female primary school teachers on health adjustment.
- IV. To compare male and female primary school teachers on social adjustment.
- V. To compare male and female primary school teachers on emotional adjustment.
- VI. To compare male and female primary school teachers on occupational adjustment.
- VII. To compare male and female primary school teachers on overall adjustment.

3.Hypothesis:-

- I. Male and female school teachers differ significantly on home adjustment.
- II. Male and female school teachers differ significantly on Health adjustment.

4.Analysis and interpretation:-

Table 1. Mean comparison of male and female primary school teachers on Home adjustment:

Group	N	Mean	SD	t-value	remarks
Male primary school teachers	50	5.60	1.58	5.00	Significant at 0.01 level
Female primary school teachers	50	7.10	1.65		

The table 1 shows the mean comparison of male and female primary school teachers on Home adjustment. The table reveals that the male and female school teachers differ significantly on Home adjustment. It indicates that female primary school teachers have more problems with regard to their home adjustment than male primary school teachers.

Table 2. Mean comparison of male and female primary school teachers on Health adjustment:

Group	N	Mean	SD	t-value	remarks
Male primary school teachers	50	6.24	1.93	0.06	Insignificant
Female primary school teachers	50	6.22	1.54		

The table 2 shows the mean comparison of male and female primary school teachers on Health adjustment. The table reveals that the male and female school teachers do not differ significantly on Health adjustment. It indicates that both the groups have similar health adjustment.

- III. Male and female school teachers differ significantly on Social adjustment.
 - IV. Male and female school teachers differ significantly on Emotional adjustment.
 - V. Male and female school teachers differ significantly on Overall adjustment.
- Materials and methods:-

3.1 Sample:-Fifty male and fifty female primary school teachers were taken as a sample for the this investigation. The sample was taken on the basis of random sampling techniques from district Pulwama. The sample was collected from different zones like Kakapora, Khrew, Lajura, Koil, Puchal, Narwa, Mundina, Pulwama, Tengguna, Malangpora.

3.2Tool used:-

The data was collected with the help of Bell Adjustment Inventory (adult form). The inventory has five areas, viz home, health, social, emotional and occupational.

3.3 Statistical treatment:-

The data has been analysed by applying t-test in order to find the significant differences between the means of male and female primary school teachers on various areas of adjustment.

Table 3. Mean comparison of male and female primary school teachers on Social adjustment:

Group	N	Mean	SD	t-value	remarks
Male primary school teachers	50	9.38	2.10	0.26	Insignificant
Female primary school teachers	50	9.28	1.98		

The table 3 shows the mean comparison of male and female primary school teachers on social adjustment. The table reveals that the male and female school teachers do not differ significantly on social adjustment. It indicates that both the groups have similar adjustment

Table 4. Mean comparison of male and female primary school teachers on Emotional adjustment:

Group	N	Mean	SD	t-value	remarks
Male primary school teachers	50	11.40	2.33	6.74	Significant at 0.01 level
Female primary school teachers	50	15.04	3.21		

The table 4 shows the mean comparison of male and female primary school teachers on emotional adjustment. The table reveals that the male and female school teachers differ significantly on emotional adjustment. It indicates that female primary school teachers have more emotional adjustment than male primary school teachers.

Table 5. Mean comparison of male and female primary school teachers on occupational adjustment:

Group	N	Mean	SD	t-value	remarks
Male primary school teachers	50	9.18	1.97	3.18	Significant at 0.01 level
Female primary school teachers	50	8.00	1.96		

The table 5 shows the mean comparison of male and female primary school teachers on occupational adjustment. The table reveals that the male and female school teachers differ significantly on occupational adjustment. It indicates that male primary school teachers have more problems with regard to their occupational adjustment than female primary school teachers.

Table 6. Mean comparison of male and female primary school teachers on total score of adjustment:

Group	N	Mean	SD	t-value	remarks
Male primary school teachers	50	41.8	6.25	3.07	Significant at 0.01 level
Female primary school teachers	50	45.64	6.33		

The table 6 shows the mean comparison of male and female primary school teachers on total score of adjustment. The table reveals that the male and female school teachers differ significantly on total score of adjustment. It indicates that female primary school teachers have more overall problems with regard to their adjustment than male primary school teachers.

5. Conclusion:-

In conclusion, it was found that the female primary school teachers have more problems on home adjustment, emotional adjustment

and on total score of adjustment than male primary school teachers of District Pulwama. It was further found that the male primary school teachers have more

occupational problems as compared to female primary school teachers. The study further revealed that both the groups do not differ on health and social adjustment dimension of Bell's adjustment inventory.

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