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Emotional Stability and Social Adjustment Among Higher Secondary School Students

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Abstract:

The study's main goal was to determine the mean difference in Social Adjustment and Emotional Stability between government and private school students. A total of 130 students were included in the sample, with 65 from government schools and 65 from private schools. A.K.P. Sinha and R.P. Singh's Social Adjustment Inventory and Gupta, A. S., & Singh, A. K.'s Second Research Tool for Emotional Stability Scale were used to collect data. The t-test was used to see if there was a significant difference in Social Adjustment and Emotional Stability between students from government and private schools. Product moment is used to examine the relationship between Social Adjustment and Emotional Stability.

The results show significant differences in Emotional Stability between Government School Students and Private School Students, while the correlation between Social Adjustment and Emotional Stability shows a positive high correlation.

Keywords: Emotional stability, Social Adjustment, Higher Secondary students

Introduction

The Self usually manifests as a random stream of sensory material sounds, images, tactile sensations, scents, and flavors, which stipulate the nervous system and affect the brain through a series of petrochemical processes, leaving a first impression on brain tissue. Due to infinite variations in the genetic material regulating the functioning of each person's nervous system, everyone is exposed to a diverse mosaic of impressions, and everyone's nervous system reacts to them differently.

Self is the most recent outcome of all events and circumstances that have led up to this point. The self in these moments is never the same as the self a few moments ago. Many languages and conceptual networks can be used to describe the self, but they will always be partial and incomplete.

Man is a social animal, and everyone lives in a society. They adjust to their surroundings, society, and other people. So, we can say that adjustment is the most important thing in our lives. However, one question that arises in our minds is what is adjustment? The following is the answer to these questions:

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

Only Social Adjustment is visible here. We all know that man is a social animal who lives in society, so his social environment is crucial to his adjustment. All social factors have an impact on his life; everyone adjusts to social relationships, social traditions, and so on. We call the entire process of this thing Social Adjustment.

What is Emotional stability?

Emotion is a complex state of feeling that causes physical and psychological changes that affect thought and behavior, and emotional stability is the process by which the personality strives for greater emotional health on both an intra-physical and intra-personal level.

Stability of emotion is a desirable quality. It means you can persevere in difficult situations, deal with adversity, and stay productive and capable. Some people realise they are not as emotionally stable as they would like to be at a certain point in their lives. If you become extremely angry at inconvenient times, experience deep sadness, or become so disgusted that you are unable to participate in normal daily activities, you may benefit from an emotional overhaul.

If only temporarily, you must be willing to drive headlong in the opposite direction of becoming emotionally expressive in order to become emotionally stable. A lifetime of attempting to control your emotions leads to emotional instability. Controlling, taming, or limiting your emotions to short bursts of expression for years or decades causes emotions to back up. Humans require regular emotional hygiene, and if you haven't been practising it, you are likely

emotionally backed up. Emotional hygiene is the practise of allowing yourself to feel all of the emotions that are present in your life.

Definition of Emotional stability

“Emotional stability (the opposite of neuroticism) is a fundamental personality trait that has to do with remaining calm in the face of adversity.”

“Emotional reactions are predictable and consistent, with no rapid mood changes.”

“The ability to cope with emotional stress. In an intercultural setting, one is confronted with a variety of cultural and interpersonal situations with which to deal.”

The aim of the research:

Today's man's life has taken on the characteristics of a robot, causing social adjustment and self-control to be disrupted. So, because my research paper will provide new information, I will choose this topic.

METHOD OF STUDY: The investigator has used normative survey method for the present study

The Purpose of Research:

1. To examine the Social Adjustment in Government School Students and Private School Students.
2. To examine the Emotional Stability in Government School Students and Private School Students.
3. To examine the Correlation between Social Adjustment and Emotional Stability.

Hypothesis:

1. There is no significant effect among the Government School Students & Private School Students on Social Adjustment.
2. There is no significant effect among the Government School Students & Private School Students on Emotional Stability.
3. There is no significant correlation between Social Adjustment & Emotional Stability.

Tools:

For data collection in present study, I take Social Adjustment scale is made by Dr. Roma pal, 30 sentences are held in this scale 19,21,23,25, and 30 are negative sentences and other are positive sentences. It is measured Social Adjustment in Government School Students & Private School Students.

Second tool is Emotional Stability scale is made by Gupta, A. S., & Singh, A. K. they made English version, 26 sentences are held in the scale 1, 2, 12, 13, 16, 17, 18, 21, 22, 23, and 24 are negative sentences and other are positive sentence. It is measured Emotional Stability in Government School Students & Private School Students.

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

Sample:

In the present research, 130 Higher Secondary Students is selected as samples, in which study of 65 Government School Students & 65 Private School Students has been done.

Research Design:

The goal of this study is to see how government school students and private school students differ in terms of social adjustment and emotional stability. The 't' test method of statistics was used in this case.

Private School Students is 0.72. It is non-significant. It means hypothesis is accepted.

Table – 2

Result of ‘t’ test : Government School Students & Private School Students and Emotional Stability

Variable	N	Mean	S.D.	t	Sig.
Government School Students	65	46.20	6.59	3.75	0.01
Private School Students	65	40.63	8.44		

Significant Level 0.05 = 2.00

0.02 = 2.66

We can see that from the table of Emotional Stability in Government School Students & Private School Students the mean of Emotional Stability in Government School Students 46.20 & S.D. is 6.59 while the mean of Emotional Stability in Private School Students is 40.63 & S.D. is 8.44, ‘t’ value of Emotional Stability between Government School Students and Private School Students is 3.75. It is significant. It means hypothesis is not accepted.

Table – 3

Correlations among Social Adjustment and Emotional Stability components

Variable	N	r
Social Adjustment	130	0.92
Emotional Stability	130	

We can see from the table the correlation between Social Adjustment & Emotional Stability is 0.92 positive high correlations. It means Social Adjustment is high; the Emotional Stability 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 Government School Students & Private School Students is found.
2. Here is significant difference for matter of Emotional Stability between Government School Students & Private School Students is found.
3. Here is positively high correlation between Social Adjustment and Emotional Stability among Government School Students & Private School Students.

EDUCATIONAL IMPLICATIONS OF THE PRESENT STUDY:

For students, school administrators, and teachers, the findings of this study have significant educational implications. The importance of learning emotional stability as well as their Social Adjustment was highlighted in the study, as this paves the way for a breakthrough in their academic achievements. The study also emphasizes the importance of students' learning not only in terms of subject learning and training, but also in terms of preparing an emotionally stable person with improved cognitive skills, good relationships with fellow students, how to deal with difficult situations, a positive attitude, growth, and insight. This research will assist Higher Secondary students in comprehending the importance of emotion in their lives and will provide a better foundation on which to build successful futures. This research will help students to handle emotions with their friends, family and others independently.

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