

## A study of personality and adjustment behavior among high school students in Thiruvallur District

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### Abstract

This study examined the Study of Personality and Adjustment Behavior among High School Students in Thiruvallur District. These study adopted normative survey methods of research participant's were 300 students randomly selected from various colleges in Thiruvallur District. The Research Instruments used for data collection was Personality questionnaire developed by S. Sathiyagirirajan and Adjustment Behaviour prepared by Peter Robinson tested at 0.05 and 0.01 level of significance. The result showed that there is a significance difference between the Male and Female high school students on their Adjustment Behaviour. The result revealed that there is a positive relationship between Personality and Adjustment Behaviour of high school students.

**Keywords:** Personality, Adjustment, Behaviour, School Students, Learning, Environment, Manifestation.

### INTRODUCTION

Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, emotions, motivations, and behaviors in various situations. The word "personality" originates from the Latin persona, which means mask. Significantly, in the theatre of the ancient Latin-speaking world, the mask was not used as a plot device to disguise the identity of a character, but rather was a convention employed to represent or typify that character. Personality may also refer to the patterns of thoughts, feelings and behaviors consistently exhibited by an individual over time that strongly influence our

expectations, self-perceptions, values and attitudes, and predicts our reactions to people, problems and stress. In a phrase, personality is not just who we are, Gordon Allport (1937) described two major ways to study personality: the homothetic and the idiographic. Homothetic psychology seeks general laws that can be applied to many different people, such as the principle of self-actualization, or the trait of extraversion. Idiographic psychology is an attempt to understand the unique aspects of a particular individual. The study of personality has a broad and varied history in psychology, with an abundance of theoretical traditions. The major theories include dispositional (trait) perspective,

psychodynamic, humanistic, biological, behaviorist and social learning perspective. There is no consensus on the definition of "personality" in psychology. Most researchers and psychologists do not explicitly identify themselves with a certain perspective and often take an eclectic approach.

### **SIGNIFIANCE OF THE STUDY**

The most distinctive feature of any individual is his personality. This is the overall pattern, or integration of his structure, modes of behavior, interests, attitudes, intellectual abilities, and aptitudes and, many other distinguishable characteristics. Thus the term personality refers to the whole individual. Viewing a person as he goes about the various activities of his everyday life, we usually obtain a total impression of his personality as "agreeable", "disagreeable", "dominating", "submissive", or the like. Psychology, however, views the individual more analytically. Little can be done scientifically with an overall impression. Thus, if the person comes under psychological experiment on adjustment with his behavior may be observed in various situations.

The increase of adjustment behavior helps man to make better beings Most of the individual try to stabilize themselves in different aspects of their personality. Opportunities are varied and it is at the high school level. That most personality are exposed to being adjusted person at some point of time. They are further challenged from different angles to develop this personality as they are involved in all the activities of the school. This study is significant as it provides an insight into the personality and adjustment behavior of high school students in Thiruvallur district.

Every student must adjust to his environment according to the situations. The degree of personality and adjustment varies

from person to person. The person having integrated personality a letter adjusted person. Adolescence is a highly critical period in the life of all. The complexity further increases and the students gets frustrated when he is not able to cope up with the sudden changes that takes place during this period at home, school and peer group.

### **STATEMENT OF THE PROBLEM**

Formally the problem can be stated as follows:

"A Study on Personality and Adjustment behavior among High school students in Thiruvallur District.

### **Personality**

Personality is about a range of internal factors that predisposes an individual to think or act in particular ways.

### **Adjustment**

The act of adjusting, or condition of being adjusted; act of bringing into proper relations; regulation is called adjustment.

### **HIGH SCHOOL STUDENTS**

Students studying in IX and X Standard in schools are considered as high school students.

### **OBJECTIVES OF THE STUDY**

1. To find out significant difference between the high school students with respect to Personality based on their Gender.
2. To find out significant difference between the high school students with respect to Adjustment Behaviour based on their Gender.
3. To find out significant difference between the high school students with respect to Personality based on their Location.
4. To find out significant difference between the high school students

- with respect to Adjustment Behaviour based on their Location.
5. To find out significant difference among the high school students with respect to Personality based on their Type of Management.
  6. To find out significant difference among the high school students with respect to Adjustment Behaviour based on their Type of Management.
  7. To find out significant difference between the high school students with respect to Personality based on Medium of Instruction.
  8. To find out significant difference between the high school students with respect to Adjustment Behaviour based on Medium of Instruction.
  9. To find out significant difference among the high school students with respect to Personality based on their Fathers Qualification.
  10. To find out significant difference among the high school students with respect to Adjustment Behaviour based on their Fathers Qualification.
  11. To find out significant difference among the high school students with respect to Personality based on their Mothers Qualification.
  12. To find out significant difference among the high school students with respect to Adjustment Behaviour based on their Mothers Qualification.
  13. To find out significant relationship between the Personality and Adjustment Behaviour of high school students.

**HYPOTHESES of the study**

1. There is no significant difference between the high school students with respect to Personality based on their Gender.

2. There is no significant difference between the high school students with respect to Adjustment Behaviour based on their Gender.
3. There is no significant difference between the high school students with respect to Personality based on their Location.
4. There is no significant difference between the high school students with respect to Adjustment Behaviour based on their Location.
5. There is no significant difference among the high school students with respect to Personality based on their Type of Management.
6. There is no significant difference among the high school students with respect to Adjustment Behaviour based on their Type of Management.
7. There is no significant difference between the high school students with respect to Personality based on Medium of Instruction.
8. There is no significant difference between the high school students with respect to Adjustment Behaviour based on Medium of Instruction.
9. There is no significant difference among the high school students with respect to Personality based on their Fathers Qualification.
10. There is no significant difference among the high school students with respect to Adjustment Behaviour based on their Fathers Qualification.
11. There is no significant difference among the high school students with respect to Personality based on their Mothers Qualification.
12. There is no significant difference among the high school students with respect to Adjustment Behaviour based on their Mothers Qualification.

13. There is no significant relationship between the Personality and Adjustment Behaviour of high school students.

**RESEARCH DESIGN  
METHODOLOGY**

The study was through normative survey method of research and it is most suitable for the present study.

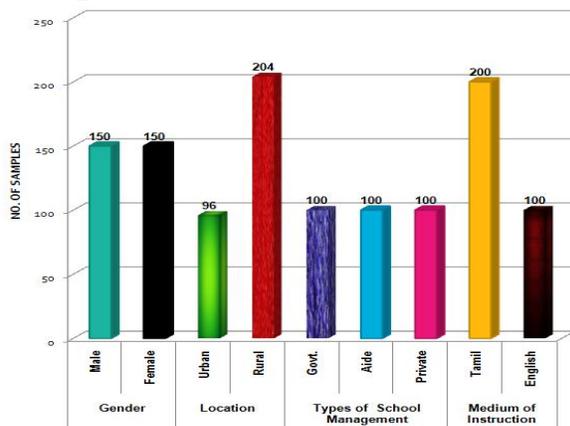
**SAMPLE**

A stratified random sampling technique was adopted for the selections of Sample 300 High School students were taken for the present study.

**Table Showing Sample distribution based on their Gender, Location, and Type of Management and Medium of instruction**

| Variables             | Categories | Sample Size |
|-----------------------|------------|-------------|
| Gender                | Male       | 150         |
|                       | Female     | 150         |
| Location              | Rural      | 96          |
|                       | Urban      | 204         |
| Type of management    | Government | 100         |
|                       | Aided      | 100         |
|                       | Private    | 100         |
| Medium of Instruction | Tamil      | 200         |
|                       | English    | 100         |

**Figure showing sampling distribution based on their Gender, Location, Type of Management and Medium of Instruction**



**RESEARCH TOOLS used in the present study**

To verify the hypothesis formulated in the study, the following tools have been used.

- ❖ Personality questionnaire developed by **S. Sathiyagirirajan in (2010)**.
- ❖ Adjustment Behaviour prepared by **Peter Robinson in (2001)**.

**STATISTICAL techniques**

Suitable descriptive and inferential statistical techniques were used in the interpretation of the data to draw more meaningful pictures of results from the collected data. In the present study the following statistical techniques were used.

- MEAN.
- STANDARD DEVIATION.
- CRITICAL RATIO.
- ANALYSIS OF VARIANCE.
- CORRELATION COEFFICIENT.

**MAJOR FINDINGS**

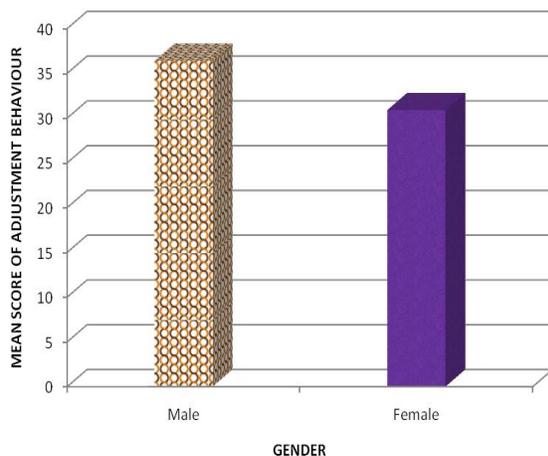
1. It is concluded that there is no significance difference between the Male and Female high school students on their Personality.
2. It is concluded that there is a significance difference between the Male and Female high school students on their Adjustment Behaviour.
3. It is concluded that there is a significance difference between the Rural and Urban high school students on their Personality.
4. It is concluded there is no significance difference between the Rural and Urban high school students on their Adjustment Behaviour.
5. It is concluded there exists a significant difference in the Personality of high school students with respect to Government, Aided and Private based on their Personality.

6. It is concluded there exists significant difference in the Adjustment Behaviour of high school students with respect to Government, Aided and Private based on their Adjustment Behaviour.
7. It is concluded there is a significance difference between the Tamil and English medium high school students on their Personality.
8. It is concluded is a significance difference between the Tamil and English medium high school students on their Adjustment Behaviour.
9. It is concluded there is a significant difference in the Personality of high school students with respect to Illiterate, School Level and College Level based on their Personality.
10. It is concluded there is a significant difference in the Adjustment Behaviour of high school students with respect to Illiterate, School Level and College Level based on their Adjustment Behaviour.
11. It is concluded there is no significant difference among the high school students with respect to Personality based on their Mothers Qualification.
12. It is concluded there is a significant difference in the Adjustment Behaviour of high school students with respect to Illiterate Vs School Level and Illiterate Vs College Level based on their Adjustment Behaviour.
13. It is concluded that there is a positive relationship between Personality and Adjustment Behaviour of high school students.

**Table shows the significant difference between the High school students with respect to Adjustment Behaviour based on their Gender using mean scores.**

| VARIABLE             | GENDER | N   | MEAN  | SD     | t - value | L.S  |
|----------------------|--------|-----|-------|--------|-----------|------|
| Adjustment Behaviour | Male   | 150 | 36.41 | 14.439 | 3.406     | 0.01 |
|                      | Female | 150 | 30.90 | 13.582 |           |      |

**Figure showing difference between the High school students with respect to Adjustment Behaviour based on their Gender**



**Table showing the relationship between the Personality and Adjustment Behaviour of High School Students.**

| Variable                            | Number | Correlation |
|-------------------------------------|--------|-------------|
| Personality Vs Adjustment Behaviour | 300    | 0.848       |

### EDUCATIONAL IMPLICATIONS

Personality is integrated organization of all the pervasive characteristics of an individual as it manifests itself in focal distinctiveness to others. The personality of the individuals are molded by the experiences provided in is environment learning of education. The personality of individuals can be visualized as extravert and introvert. It is clear that from the previous analysis and interpretation that there is a negative relationship between the personality and stress. If a person possesses a good personality trait, it always decreases his Stress level and he can emerge successful role in the field of education. The analysis clearly reveals us that the adjustment behavior of male students is better than female students. Due to the more peer relations in the society male students possess more in that behavior modification. If the personality is high, adjustment also would be better and thus it is found that the students also learn and perform better in their school subjects. Further the students are well adjusted to the school and also develop good disciplinary habits. Hence the adjustment and personality quality may be assumed as two eyes for a perfect citizen who is to become a good citizen of our nation.

### CONCLUSION

Our emotions control most of our behavior; these can be desirable behaviors or undesirable. Many of the choices we make in life from marriage to careers and education all stem from our emotions. Individuals who match this prototype are

capable of sustaining meaningful relationships characterized by genuine intimacy and caring. They are empathic and responsive to others' needs and feelings, and have the capacity to recognize alternative viewpoints, even when emotions are strong. They have moral and ethical standards, strive to live up to them, and tend to be conscientious and responsible. They appear comfortable in social situations, are able to assert themselves effectively and appropriately when necessary, tend to be energetic and outgoing, and tend to be liked by others. The study is sure find some usefulness in the field of education and findings of the study can serve as a database for further research. The purpose of the present investigation was to study Personality and adjustment behavior among high school Students. The study is sure find some usefulness in the field of education and findings of the study can serve as a database for further research.

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