

## Personal Adjustment of the Student Trainees

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**Abstract:** Life is continuous struggle, every movement the abilities and aspirations are questioned by the environment. To prove his existence an individual has to face several obstacles and make adjustment. Even by sacrificing his desires. Thus he has to adjust. This adjustment may be either internal or external. Adjustment is crucial for everyone to cope with this world. A well adjusted person is able manage his life very well. Personal (Self) adjustment leads to adjustment to the outer world (with other and environment). These adjustments do not occur in vacuum there are different ways of interaction of individual with environment. This is an attempt to study personal adjustment of student trainees of a teacher training institute

**Key terms:** Personal – self – refers to an individual, Adjustment – adaptation, Student trainees – who study in teacher training institutes, Alienated – separation

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### I. Introduction

Adjustment is making or becoming suitable adjusting to circumstances. It is a means of adjustment. It is the act of adjusting adaptation to a particular condition, position or purpose. Adjustment in psychology the behavioral process by which humans maintain equilibrium among their various needs or between their needs and the obstacles of their environments.

Who is a balanced person? He who is able to adjust to varied life situations. There is maintaining equilibrium. So assimilation and accommodation do take place in one's life constantly. Adjustment at home, school, society is essential to be a normal being. Hence one has to adjust to oneself and to others. For this we call 'emotional intelligence' (Goleman). This is also called as 'personal adjustment' which becomes an indication of normal human behavior.

Rogers, T. B.; Kuiper, N. A. Kirker, W. S., Conducted 2 experiments with 59 undergraduates to investigate the degree to which the self is implicated in processing personal information. As an aspect of the human information-processing system, the self appears to function as a super ordinate schema that is deeply involved in the processing, interpretation, and memory of personal information.

This study intends to seek answer to personal adjustment of the selected group of B. Ed students. Students' responses are analyzed to know the pattern of personal adjustment in them.

### II. Objectives of the study

- To study the personal adjustment of student trainees of teacher training institute.
- To analyze how they have responded to positive and negative statements.
- To analyze % of responses for different items.
- To study how their personal adjustment influences their adjustment in the institution
- To analyze how their positive attitude influences their level of personal wellbeing.

**Sample:** The sample used was 92 student trainees of the present batch including both boys and girls.

### III. Tool and data

A personal adjustment inventory developed by Smt. C.B. Asha (Reader, department of psychology, university of Calicut) was used to collect data. (Only part A of it used). For the 92 students “right or wrong” responses are to be given. Student trainees were asked to be sincere. They were asked not to write their names to enhance objectivity of the responses. They were given enough time to respond.

#### *Tabulation of the responses*

Each sheet of responses was tabulated in the table by giving 1 for right response and 2 for wrong responses. Then the total right and wrong responses were calculated. And then percentage was calculated. The items, number of responses and percentage are given in the following table.

**Table showing the items number of ‘right’ and ‘wrong’ responses with percentages.**

Sl. No	Item	Sub category	Right response	%	Wrong response	%
1	Others make fun of whatever I do in the hope of winning recognition	Others	26	28	66	72
2	I feel alienated because of certain oddities in my behavior	Personal	20	22	72	78
3	For fear of criticism, I dare not do things that I would otherwise like to do	Personal	44	48	48	52
4	I feel disappointed because I do not get any help in my efforts to create or invent new things.	Other	25	27	67	73
5	The present education system is not suitable for developing my talents	Education	57	63	34	37
6	I feel bored when teacher repeat the same idea or exercise to drive it in to the minds of the children.	Teacher	70	76	22	24
7	I often have to against my wishes in my attempt to make others to say that “I am a good boy or girl”	Other	27	29	65	71
8	I fail to go to sleep because all sorts of ideas stream through my mind.	Personal	52	57	40	43
9	My parents under estimate me and expect less from me	Parent	13	14	79	86
10	I have lots to do during leisure periods	Personal	77	84	15	16
11	The members of my family do not attach any importance to what I do	Parent	18	20	74	80
12	My teachers always encourage me	Teacher	47	51	45	49
13	I skulk away from the class room whenever the instructions turn out to be monotonous	Teacher	74	80	18	20
14	I loose my temper whenever the monitor or the class leader behave dictatorially	Personal	91	99	1	1
15	My teachers make light of my problems	Teacher	39	43	51	57

16	Others make fun of me because they cannot understand what I say and do	Personal	46	50	46	50
17	My parents treat me as though I am an ignorant little child.	Parent	24	26	67	74
18	My parents restrict my freedom and have no regard for my wishes and opinions.	Parent	17	18	75	82
19	My parents have high expectations of about me	Parent	61	67	30	33
20	Anxiety about me creates all sorts of problem in the family	Personal	23	25	69	75
21	There is dispute between me and my parents over the profession that I should aim at.	Parent	68	74	24	26
22	My parents have great appreciation for me	Parent	82	90	9	10
23	My interest and my school education clash with each other.	Education	41	45	51	55
24	I am not able to take decision ever on major issues because of external interference	Personal	48	53	44	47
25	I am not permitted to operate and repair mechanical devices though I like it.	Personal	45	49	47	51
26	I lack opportunities to know more about interesting things.	Personal	36	39	56	61
27	I often envy others enjoying them selves	Personal	16	17	76	83
28	My family environment is not conducive to any serious pursuits	Parent	16	17	76	83
29	I do not get opportunities to learn the things like	Personal	27	29	65	71
30	My teacher do not seem to appreciate my inclinations to think independently	Teacher	42	48	46	52
31	I get opportunities to learn things in keeping with my own methods.	Education	81	88	11	12
32	Others laugh at my attempts to be novel in dressing and behavior	Other	45	49	47	51
33	Others discourage my ventures saying that these are 'unbecoming of a boy or a girl'.	Other	22	24	69	66

#### IV. Analysis and interpretation of the responses

By carefully observing the items it has been observed that they can be grouped in to 5 sub groups of item – personal, parents, teachers, education and other.

Let us analyze these groups one by one

##### 1) Personal

Personal adjustment is very important in bringing the other areas of the adjustment.

- Criticism by others makes one to get fear and depression. In the selected sample 48% say that they are being criticized and 52% say there is no such thing.

- Likewise 78% of the sample says that they are not being alienated where as 22% say that they are being alienated. This is not a good indication.
- Almost 57% say that they have disturbance in sleep. This indicates that they have pressure of work.
- Use of leisure time is being indicated by 77% but only 33% says no to this. Majority of them have the sense to make use of their free time properly.
- About losing temper 99% say 'right' and only one percent say 'wrong'. Authority is not tolerated by most of them. The favorable atmosphere of the class promotes learning. Teacher has to take care of it.
- For others make fun of me, the responses are fifty fifty. Which indicates that some will not bother about others?
- About anxiety created by the family about them 75% say 'wrong' and only 25% say 'right' which reveals that most of the family members are not anxious.
- About interference in the decision making 53 % say 'right' and 45% say 'wrong'. There is some sort of displeasure when there is interference.
- About permission to operate mechanical devises 49% 'right' and 51% 'wrong' responses. The selected group say that there are opportunities as well as lack of them.
- About to learn things they like 39% indicate 'right' and 61% indicates 'wrong' which means that they have opportunities to learn what is interested to them.
- About envy others enjoying themselves 83 % 'say no' and only 17% say 'yes' which is a very good indicator of adjustment.

The above personal adjustments are influencing the adjustment in other areas.

## 2) Parents :

Parents play important role in the life of individuals. There are items related to parents of students.

- Parental expectation will always be there in the selected population 86% say that their parents never under estimate them. Only 14% say that their parent under estimate them. Attitude of the parents is crucial in the development of their children.
- About importance given to them in the family, 80% say that they are given importance where as only 20% say they do not have. Love, care and affection are needed to build proper bond between the family members.
- About treating of the individuals by the parents, 74% say that they are not treated like ignorant. And only 26% feel they are treated so.
- About the freedom and respect in the family, 82% say they have whereas only 18% say they do not have it. This is again a positive indicator of personal adjustment.
- About the expectance of the parents 67% indicate it as very high where as 33% say it is not so. When the expectation of the parents reaches beyond the abilities of the children it may create problems.
- About freedom to choose the profession 74% indicate that there is dispute between them and their parents, 26% say that there is no such a thing. It is evident that individual succeeds in a profession which is of interest to him. Again it is a negative indicator.
- About the appreciation by the parents 90% agree that there is appreciation by their parents where as only 10% say that there is no such thing. This is also very good indication of adjustment.
- About the family environment 83% agrees that the family environment is highly conducive to their achievement. 17% say lack of such environment. This is contrary to the response to the item (21).

Hence the role of parents and home environment is crucial in personal adjustment.

### 3) Teachers:

Next to the parents, teachers in the institution play crucial role in helping personal adjustment of the students. Here are some items related to teachers.

- About feeling bored in the class, 76% say they are bored by the repetitions of same idea again and again by the teachers. 24% feel they are not bored even with the repetition.
- About the encouragement given by the teachers, 51% say that say 'yes' and 49% say 'no' This is a serious thing to be considered. Is it because of the apathy of the teacher.
- About monotony in the instruction, 80% say that they loose interest when it so. 20% of them say no' it is a duty of the teachers to bring activity in the class room.
- About teacher solving students' problems, 43% say that teachers solve their problems. And 57% say that they do not so. This tells about the deficiency in the teachers concern for the students.

### 4) Education:

Both parents and teacher play vital role in the education of the individuals. There are some items related to education.

- About the suitability of present education system, 63% of the student say the present education system is not suitable and 37% say that they have favorable aspects
- About the student interest and the college activity, 45% feel there is clash and no match where as 55% say there is a match. It is a positive indicator.
- About the opportunities to learn with their own methods, 88% says there are opportunities whereas 12% say that there is no such facility. This is also a positive indicator.

The above analysis indicates that students appreciate many activities in the college and are willing to be part of it. The tool administered on the student of the teacher training institute has brought out many of their feelings and opinions.

## V. Conclusion

In order to have proper personal adjustment, interest and attitude of a person play important role. So also the role of parents and teachers and their attitudes. The study reveals the importance of teachers and parents in bringing proper personal adjustment of the students, so that they will be contributive to the society. It is being by good citizens and repay what they have got from the society. Then only society grows along with growing individuals. The selected sample is pre training teachers who are the back bone of the society, who are to be prepared to become good teachers. They in turn shape the personality of their students in future.

It is an opportunity to examine the attitudes and feelings of the students with respect to teachers and education. It is clearly evident that there are favorable as well as not appreciable feelings of the students. But a teacher training institution like us should always strive to develop favorable attitudes of the students towards the education system as a whole. In this effort, all teachers like us to be optimistic to bring about desired changes in the student trainees which in turn will reflect on the quality of the teacher training we have provided to them. Our main goal is to prepare good teachers who prepare good citizen.

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