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## Self Concept And Level Of Adjustment Among Adolescents Of Working And Non-Working Mothers

Rajpal Kaur (Assistant Professor) D.A.V. College of Education, Abohar

Contact No.:- 9888736269, Email:-brar.rpkaur@gmail.com

### ABSTRACT

*In the modern world, women are playing multidimensional roles. But at the same time, they as mothers have demanding role towards their child that is to set an example in achieving the higher goals of life and having proper adjustment with environment and again it is the mother who inculcates the values and traits in her child to meet challenges of life with tolerance and endurance. To achieve excellence in academic area, number of factors like intelligence, parental support, good mental health i.e. tension free mind and good psychological disposition contributes to large extent. Besides these factors, self concept and level of adjustment of an individual results in attainment of good achievements in life. So the present study has been initiated to find self concept and level of adjustment among adolescents of working and non-working mothers. The sample of 160 students was drawn randomly from different schools of Shri Muktsar Sahib. Data was analyzed by using descriptive statistics like the mean and standard deviation. The inferential statistics t-test was also calculated. To test the significant of relationship between self concept and adjustment Karl Pearson's product movement correlation was used. The differences found non-significant because in the present scenario many other factors also contribute towards the self concept and level of adjustment of the adolescents like socio-economic status and home environment.*

**Key words:** Self concept, Level of adjustment, Adolescents, Working and non-working mothers.

### INTRODUCTION

In the past only duty of a woman was just work as a housewife and to take care of her children but there is a remarkable change in the working of woman after independence. Constitutional equality sexes has been ensured, due to his more and more women are entering into different

fields. This has brought a change in the position of woman at home and in society also. There are various causes which have brought this type of change in the status of women. The spread of education and increasing cost of living has caused women to come out and accept jobs outside their home in order to maintain and raise their standard of living.

### **WORKING AND NON-WORKING MOTHERS**

Mothers besides, being a housewife in the changing scenario, now has to act as working women also. But we have nonworking mother also. Both have their own responsibilities, demands and duties. Nonworking mothers have only one role i.e. to perform their duties as a mothers and house wives at homes. Working women today thus refers to women who work outside her home for wages and salaries. The roles of mother as working or nonworking influence to a large extent the various aspects of child's development like physical development. Emotional development, social development, emotional maturity, personality, self concept, level of adjustment, academic achievement, intellectual development, value pattern etc.

### **SELF CONCEPT**

Self-concept is an important construct which plays a significant role in determining human behavior. An individual's self-concept is a set of inferences drawn from self-observations in many different situations. The self-concept is the internalized view of one's own personality. The individual's self-concept is his picture or image of himself-his view of himself as distinct from other persons and things. Self-concept is a dominant element in personality pattern. Self-concept is what one considers one's self to be. There are said to be three components of self-concept viz, i) Perceptual (Physical) ii) Conceptual (Psychological) and iii) Attitudinal.

### **ADJUSTMENT**

Adjustment is an important characteristic of living organism. Every organism tries to achieve some sort of working arrangement with his environment. Adjustment needs reaction to the varying demands and pressures of social environment imposed upon the individual. Man among the living organism has the higher capacity to adapt to new situations. Man as a social animal not only adapts to physical demands but he also adjusts to social pressures. Biologists used the term

adaptation strictly for physical demands of the environment but psychologists use the term adjustment for varying conditions of social or inter personal relations in society. Thus we see that adjustment means reaction to demands and pressures of social environment imposed upon the individual. The demands may be external or internal to which individual has to react. The external demands may be fulfilling the social expectations, obligations, confirming to certain values which the family follows, need for special appreciation recognition, getting deserved place in society etc. The internal demands can be cited as hunger, thirst, oxygen, sleep etc. both kind of demands are required to be met through physical comforts and social interactions with active play of personality variables. Adjustment is necessary because a better adjustment holds the promise of a better life for the individual and society.

#### **NEED OF THE PRESENT STUDY**

The radical changes in the modern era like social, economic, scientific and technological have revolutionalized our lives. No doubt, these changes have provided the materialistic comforts to our lives but at the same time, it has also made the life more complex. All the complexities of life resulted in worries, value conflicts, loneliness, disillusionment and tensions. These factors constitute the maladjustment and low self concept among the modern individuals. Adjustment and self concept are important factors of everyday life and in each activity whether in home or school, place of work. As we all know that adolescent is a period of great upheavals. Stanley Hall had aptly remarked, “Adolescent is a period of stress and strain, storm and strife.” There are different types of adjustment and self concept problems of adolescents. These problems may vary as per the nature of job of their mothers. We may assume that being working mothers and non-working mothers may play a decisive role in their self concept and level of adjustment. So the present study has been initiated to find our self concept and level of adjustment among adolescents of working and non-working mothers.

#### **STATEMENT OF THE PROBLEM**

**SELF CONCEPT AND LEVEL OF ADJUSTMENT AMONG ADOLESCENTS OF WORKING AND NON-WORKING MOTHERS.**

## **OPERATIONAL STATEMENT OF THE PROBLEM**

Self concept is measured by R.K. Saraswat self-concept scale and Level of adjustment as measured by Adjustment Inventory by V.K. Mittal for the school adolescents of working and non-working mothers.

## **OBJECTIVES OF THE PRESENT STUDY**

The problem under investigation will be done by keeping in hand the following objectives:

- To study the level of adjustment adolescents of working and non-working mothers.
- To study the self concept among adolescents of working and non-working mothers.
- To study the relationship between self concept and level of adjustment among adolescents of working and non-working mothers
- To study the level of adjustment among male adolescents of working and non working mothers.
- To study the self concept among male adolescents of working and non-working mothers.
- To study the level of adjustment among female adolescents of working and non-working mothers.
- To study the self concept among female adolescents of working and non-working mothers.

## **HYPOTHESES OF THE STUDY**

1. There exists no significant difference between the adolescent of working and non-working mothers as far as their self concept is concerned.
2. There exists no significant difference between the adolescents of working and non-working mothers as far as their level of adjustment is concerned.

3. There exists no significant difference between the male adolescents of working and non-working mothers as far as their self concept is concerned.
4. There exists no significant difference between the male adolescents of working and non-working mothers as far as their level of adjustment is concerned.
5. There exists no significant difference between the female adolescents of working and non-working mothers as far as their self concept is concerned.
6. There exists no significant different between female adolescents working and non-working mothers as far as their level adjustment is concerned.
7. There exists significant correlation between self concept and level of adjustment of adolescents of working mothers.
8. There exists significant correlation between self concept and level of adjustment of adolescents of non-working mothers.

#### **DELIMITATIONS OF THE STUDY**

1. The present study has been delimited with respected to the variables of study, sample, tools and techniques.
2. The independent variables of study are working and non working mothers.
3. The dependent variables are self concept and level of adjustment.

#### **STATISTICAL TECHNIQUES**

- K-S test has been used to check the normality of the data.
- To test the significant of difference among the means of different groups t-test has used.
- To test the significant of relationship between self concept and adjustment Karl Pearson's product movement correlation has been used.

#### **SAMPLE**

The sample of 160 students has been drawn randomly from different schools of Shri Muktsar Sahib.

#### **CONCLUSIONS**

The investigator was interested in analyzing the impact of working and non-working mothers on Self concept and Level of adjustment of adolescents. The conclusions are as follows:

**Table showing t-ratios of the means of self concept and level of adjustment scores of adolescents of working and non-working mothers**

Sr .N o.	Groups	N	Mean	S.D.	SE <sub>D</sub>	t-Value	Level of significant
1.	Self concept of adolescents of working mothers	80	185.30	14.38	2.34	1.32	Not Significant
2.	Self concept of adolescents of non- working mothers	80	182.19	15.20			
3	Level of adjustment of adolescents of working mothers	80	182.66	18.39	2.93	0.126	Not Significant
4	Level of adjustment of adolescents of non-working mothers	80	183.03	18.78			
5	Self concept of male adolescents of working mothers	40	182.95	14.79	3.32	0.822	Not significant
6	Self concept of male adolescents of non working mothers	40	180.22	15.04			
7	Level of adjustment of male adolescents of working mothers	40	181.40	20.11	4.434	0.69	Not Significant
8	Level of adjustment of male adolescents of non-working mothers	40	184.50	19.63			
9	Self concept of female adolescents of working mothers	40	187.65	13.21	3.11	1.125	Not

10	Self concept of female adolescents of non-working mothers	40	184.15	14.71			Significant
11	Level of adjustment of female adolescents of working mothers	40	183.85	16.5	3.79	0.672	Not significant
12	Level of adjustment of female adolescents of non-working mothers	40	181.57	17.46			

**Table showing co-efficient of correlation between self concept and level of adjustment of adolescents of working mothers**

Sr. No	Variables	N	R	Level of significant
1.	Self Concept	80	0.0002	Not Significant
2.	Level of adjustment	80		

**Table showing co-efficient of correlation between self concept and level of adjustment of adolescents of non- working mothers**

Sr. No	Variables	N	R	Level of significant
1.	Self Concept	80	0.31	Significant
2.	Level of adjustment	80		

1. There is no significant difference between the adolescents of working and non-working mothers as far as their self concept is concerned. Therefore there exists no significant difference between the adolescents of working and non-working mothers as far as their self concept is concerned cannot be rejected. It is therefore; clear that mother's

occupational status does not contribute significant difference in the self concept of the adolescents.

2. There is no significant difference between the adolescents of working and non-working mothers as far as their level of adjustment is concerned. Therefore, there exists no significant difference between the adolescents of working and non-working mothers as far as their level of adjustment is concerned cannot be rejected. It is therefore; clear that mother's occupational status does not contribute significant difference in the level of adjustment of the adolescents.
3. There is no significant difference between the male adolescents of working and non-working mothers as far as their self concept is concerned. Therefore there exists no significant difference between the male adolescents of working and non-working mothers as far as their self concept is concerned cannot be rejected. It is therefore, clear that mother's occupational status does not contribute and significant difference in the self concept of the male adolescents.
4. There is no significant difference between the male adolescents of working and non-working mothers as far as their level of adjustment is concerned. Therefore there exists no significant difference between the male adolescents of working and non-working mothers as far as their level of adjustment is concerned cannot be rejected. It is therefore; clear that mother's occupational status does not contribute significant difference in the level of adjustment of the male adolescents.
5. There is significant difference between the female adolescents of working non-working mothers as far as their self concept is concerned. Therefore there exists no significant difference between the female adolescents of working and non-working mothers as far as their self concept is concerned cannot be rejected. It is therefore; clear that mother's occupational status does not contribute significant difference in the self concept of the female adolescents.
6. There is no significant difference between the female adolescents of working and non-working mothers as far as their level of adjustment is concerned. Therefore there exists no significant difference between the female adolescents of working and non-working mothers as far as their level of adjustment is concerned cannot be rejected. It is therefore;



clear that mother's occupational status does not contribute any significant difference in the level of adjustment of the female adolescents.

7. The obtained results hold the opinion that self-concept does not correlates significantly with level of adjustment of adolescents of working mothers however nature of relationship obtained is positive. Hence hypothesis of significant relationship between self concept and level of adjustment of adolescents of working mother stands rejected.
8. The obtained results hold the opinion that self concept correlates significantly with level of adjustment of adolescents of non-working mothers however nature of relationship obtained is negative. Hence hypothesis of significant relationship between self concept and level of adjustment of adolescents of non-working mother stands accepted.

## **INTERPRETATION OF THE RESULTS**

In the present study we have found non-significant difference in the self-concept and level of adjustment of adolescent of working and non-working mothers. The differences may be found non-significant because in the present scenario many other factors also contribute towards the self concept and level of adjustment of the adolescents like socio-economic status and home environment. Due to high socio-economic status adolescents can avail better learning facilities through computer etc. All these contribute positively towards their self-concept. The co-operation among the family members leads to inculcate good emotional health and positive attitude towards life. So, the differences have been found non-significant.

## **SUGGESTIONS FOR FURTHER STUDIES**

- In the present study only two variables have been taken, it would be desirable to take up more variables.
- The study may be replicated on a larger sample in order to get a better understanding of variables under study.
- The study may be conducted on different variables like socio-economic status, mental health, social adjustment etc.

- The more comprehensive statistical techniques ANOVA can be used for analysis of data.

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