

SOCIO-PSYCHO-PHYSICAL ADJUSTMENT AND PROFESSIONAL RELATIONSHIP ADJUSTMENT OF SECONDARY SCHOOL TEACHERS OF AURANGABAD CITY - A STUDY

Shaikh Mohammadi,
Research Scholar,
Marathwada college of Education,
Aurangabad.

Abstract :-

In the present study an attempt has been made to study comparatively the level of different type of adjustment of high school male and female teachers. Dr. S.K Mangals teachers adjustment inventory was administered to a sample of 70 teachers. The finding of the study showed that the male and female teachers of high school do not differ significantly in socio-psycho-physical adjustment and professional relationship adjustment .

Keywords :- socio-psycho-physical adjustment, professional relationship adjustment.

Introduction:-

The term adjustment refers to the extent to which an individual personality functions effectively in the world of people.

It refers the harmonious relationship between the person and the environment, In other words, it is the relationship that comes among the organisms, the environment and the personality. A well adjusted teachers is well prepared to play he roles which are expected of the status assigned to him within given environment.

Life may be looked as long series of adjustment in which of adjustment in which the individual is constantly adjusting himself to the demands of external environment as well as both needs of his physiological and mental constitution. The adjustment that he makes are not always healthy sound or effective from the point of view of his lifelong welfare but they are made as they seem at the moment to satisfy some of the needs. Social adjustment is an effort made by an individual to cope with standards, values and needs of a society in order to be accepted. It can be defined as a psychological process. psychological adjustment is a phrase used to denote positive mental health. Teacher's professional relationship adjustment may be considered the most important factor, which may predict the success in that profession.

Need and Importance:-

The importance of a teacher as an architect of our future generation demands that only the

best and the most intelligent and competent members of our intelligentsia be allowed to qualify for this noble profession.

A teacher carries a big responsibility in her classroom. One reason is that all student depend on her/him everything the teachers says will have an impact on the student.

Effective competencies of an teacher are directly proportional to the teachers physical and psychological adjustment in the society, institution and family, Therefore for making the education purposeful the study of the teacher is very important then the pupil.

The efficiency of the teacher is also associated with his adjustment in his personal and social field, his attitude towards profession ,self concept, achievement and values.

Symonds (1950) opines that it is common belief that only normal, well adjusted persons should be teachers. An anxious teachers failing to adjust himself into the profession may not only bring havoc to children but also to himself.

Teachers adjustment traits could substantially moderate the amount of burnout and anxiety experienced by them.

Thus only the well adjusted teacher has the dynamic personality, magnet in his heart and compass in his head.

Objectives of the study:-

The following objectives have been formulated for the present study.

- 1) To study the adjustment of secondary school teachers of Aurangabad city.
- 2) To Compare socio-psycho-physical adjustment of male and female secondary school teachers of Aurangabad city.
- 3) To Compare professional relationship adjustment of male and female secondary school teachers of Aurangabad city.

Hypotesis:-

- 1) The level of adjustment of secondary school teachers is high.
- 2) There is no significant difference between the level of socio-psycho-physical adjustment of secondary school male and female teachers of Aurangabad city.
- 3) There is no significant difference between the level of professional relationship adjustment of secondary school male and female teachers of Aurangabad city.

Review of Research:-

- 1) Dr. Surender Singh Rana and Suruchi(2014) studied the personal, professional and social adjustment of government and private secondary teachers and found that-There exists significant difference between personal, professional and social adjustment of male teachers

working in government and private secondary school. Significant difference is found between personal, professional and social adjustment of female teachers working in government and private secondary school. There exists a significant difference between personal, professional and social adjustment of female teachers working in government and private secondary school.

- 2) Goteti Himabindu(2012) Studied “Stress and adjustment of teachers of colleges of education- An empirical Study and found that - There is significance of relationship between teachers stress and adjustment among the teachers of colleges of education. There is significance of relationship between the dimension of teachers stress. There is significance of relationship between the dimension of teachers adjustment. In respect of teachers stress, there is significance of difference between the variables like sex, locality, qualification, age, experience and type of institution, Further no significance difference is found in respect of the variable age category teachers. In respect of teachers adjustment, there is significant of difference between the variable like Locality, Age, Marital Status, Experience and type of institutions, Further no significance of difference is found between the teachers in respect of sex and qualification categories. The Highest mean in respect of dimension of teachers stress is Extrinsic, The mean values obtained from highest to lowest is respect of dimension of teachers adjustment are educational adjustment, Home adjustment, Emotional adjustment and social adjustment.
- 3) Mrs Gayatry Malhotra and Dr. Suman(2012) studied: Adjustment of secondary school teacher in relation to their demographic variable and found that Significant positive relationship is found between adjustment and age of secondary school teachers. Adjustment of secondary school teachers reveals significant positive relationship with their age. Aged teachers were better role performers. Significant positive relationship between adjustment and experience of secondary school teachers. More experienced teachers were better adjusted.
- 4) Ahmed Elhassan, Ali Farah Ahmed, Aladuddin Essa (March 2014) studied the professional adjustment for the university Academic staff at the university of Zalingier-Sudan and found that Vocational adjustment of professors related to the natural and condition of work are positive sided They proud between their professions, the work duties are specific, they committed to official working hours. Negative sides:- The hall faculties are not suitable with the number of students. The promotion in their work related to efficient always they earn

their salary regularly. Negatives sides:- Salary is insufficient to their needs Not able to save. Professors felt that the official respect them. Professors always sure to form positive relationship between their colleagues. Professors help the student to solve their problem and they feel happy of any improvement in student learns task.

- 5) Randhawa Gurpreet(2011) studies adjustment among the university students and found that Male student are better adjusted than the female student.
- 6) Mishra(1984) Studied professional attitude of a teacher and his personality adjustment and found that A positive relationship was found between professional attitude and adjustment.
- 7) Agrwal, Gupta and Saxena(1980) studied a relationship between teaching efficiency and professional attitude and adjustment among teachers and found that There is no relationship between teaching efficiency and adjustment in both male and female student. Teachers Attitude towards teaching professional does not have any relationship between adjustment and irrespective of sex difference.

Methods and Procedure

Population :-

All secondary school teachers of Aurangabad city.

Sample :-

The present study was conducted upon 70 school teachers (35 male and 35 females). The sample was taken randomly from different secondary schools in Aurangabad City.

Tool :-

For data collection standard tool of Teacher adjustment inventory of Dr. S.K Mangal was used.

Procedure :-

The data was collected with the help of Dr. S.K Mangal Teacher adjustment inventory. Inventory was administered to the sample subject in the respective schools. The researcher visited various schools in order to collect the data for the present study. The Scoring was strictly done as per the manual of the test.

Statistical Treatment :-

For statistical analysis mean, S.D, and T-score were used.

Analysis and Interpretation :-

The data collected through the administration of Mangals Adjustment inventory was

statistically analyzed by applying “t” test. The analysis and Interpretation of data have been arranged in a tabular form in the following manner.

Norm Table A: Table showing nature of adjustment –description and range of scores for male and female teachers.

Factor	Description	Male	Female
socio-psycho-physical adjustment.	Very Good	165 and above	155 and above
	Good	136-164	127-154
	Average	106-135	98-126
	Poor	77-105	71-97
	Very poor	76 and below	70 and below
professional relationship adjustment	Very Good	102 and above	102 and above
	Good	84-101	87-101
	Average	64-83	72-86
	Poor	47-63	57-71
	Very poor	46 and below	56 and below

Table 1: Mean comparison of male and female secondary school teachers socio-psycho-physical adjustment (N=35)

Group	Mean	S.D	“t” value	Level of significance at 0.05
Male	94.5	17.91	0.871	Insignificant
Female	95.21	17.15		

Table No 1 shows that mean scores of socio-psycho-physical adjustment of male teachers is 94.5 which ranges in poor category and female teachers mean is 95.21 which also ranges in poor category. The table indicates that male and female teachers do not differ significantly in socio-psycho-physical adjustment at 0.05 level of significance. Hence the hypothesis “There is no significant difference in the level of socio-psycho-physical adjustment of secondary school male and female teachers is accepted.

Table2: Mean comparison of male and female secondary school teachers professional relationship adjustment

Group	Mean	S.D	“t” value	Level of significance at 0.05
Male	61.21	11.02	1.08	Insignificant
Female	64.07	10.99		

Table 2 shows that mean of scores of professional relationship adjustment of male teachers is 61.21

which ranges in poor category female teachers mean is 64.07 which also ranges in poor category. It is clear from the table that male and female teachers do not differ significantly in 0.05 level of significance, Hence the hypothesis “ There is no significant difference in the level of personal life adjustment of secondary school male and female teachers” is retained.

Conclusion:

On the basis of the statistical analysis and interpretation of data the following conclusion have been drawn.

- 1) The level of adjustment of secondary school teachers is poor.
- 2) The secondary school male and female teachers have similar socio-psycho-physical adjustment.
- 3) The secondary school male and female teachers have similar professional relationship adjustment.

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