

**Personal and social adjustment of delinquent and non-delinquent adolescents of Kashmir region of Jammu and Kashmir.**

Tasleema Jan <sup>1</sup> Nusrat Jan <sup>2</sup>.

1. Assistant Professor, Department of education, University of Kashmir.
2. Research Scholar, Department of Education, University of Kashmir.

**Abstract:** *The main purpose of this study was to study and compare the personal and social adjustment of delinquent and non-delinquent adolescents of Kashmir region of Jammu and Kashmir. The sample taken for this study consisted of 80 delinquents and 80 non-delinquent adolescents of Kashmir region of Jammu and Kashmir. The data was collected with the help of California Test of Personality adjustment by Thorpe, Liou, p., wills, w. Clark and Earnest W. Clark and W. Tiegs (1954). The analysis of data revealed that there is significant mean difference between delinquent and non-delinquent adolescents on overall components of personal adjustment.*

**Key words:** Personal adjustment, social adjustment, delinquent, non-delinquent, adolescents.

**1. Introduction**

Education being a key to upliftment of a person aids him to come in harmony with personal, biological, psychological, economical needs and with the demands of the physical environment. Besides this, it helps him to make sufficient overt and covert changes to bring about success and contentment in his life activities. Such changes are technically termed as adjustment. Adjustment is a state of life when the individual is more or less in harmony with physical, personal, biological, social and psychological needs and with demands of the physical environment. One of the primary purposes of education is to enable individuals to adjust to personal, social, and economic problems. To layman, to adjust means to make sufficient change to bring about success and contentment in any activity. To the psychologist, sociologist or educator, to adjust includes both inner and overt changes that are made by individuals as they grow and develop. Adjustment behaviour may or may not be conducive to personal or social welfare. Adjustment is a process by which an individual learns certain ways of behaviour through which we enter into a relationship of harmony with his environment. Thus/ he tried to lead a life acceptable to society. In its simplest form the term adjustment

means that we should accommodate ourselves in order to fit certain demands for our environment. It also deals with how we make such accommodation and how successful we will be in finding solutions of our problems.

The child is especially active and seems always to want something. He may continue to engage in behaviour that is consideration aggressive, impudent, non-corporative or delinquent, as he attempts to adjust to life. When a need exists and is not satisfied, the individual becomes restless, tense and motivated towards action. He sets out to do something about the inner state of affairs in order to alleviate inner tension. If a person is hungry he seeks food, if thirsty liquids; if tired, rest; if warm, coolness; if unloved, affection; if restricted by others, independence. Inner desires, wants and ambitions are expressed through overt behaviour. Both our inner compulsion towards expression and overt behaviour are influenced by environmental factors. If an individual sets for himself ego-satisfying rather than socio-satisfying goals, he may be confronted with conflict in his struggles for individual adjustment. This conflict is likely to create unhappiness, discontent, resentment, maladjustment and delinquent (Lester D. Crow 1964). An individual can be thwarted in the attainment of strong ambition. It is desirable to keep aspiration on high level, yet the individual must be prepared to make adjustment downwards if he is unable to cope. He should learn that he may experience thwarting, but not necessarily frustration, by his failure to fulfil an ambition because of unforeseen circumstances, over which he may have no control. If one goal eludes an individual, he can direct his efforts towards the achievement of one of numerous other equally worthwhile goals, success in the attainment of which may prove to be more rewarding to him. The individual who learns how to adapt himself to varying situations and who is flexible in goal selection may avoid deep frustration. If normal individuals are denied participation in activities common to others like themselves, or if they are not given adequate recognition for their accomplishment, they may be sown the seeds of discontent, resentment and frustration. Unfair competition also is a potent arouser of frustration to the individual who is interested in the attainment of goals aspired to by his peers, may come a sudden falling off frustration that he blames on forces outside himself. Self-realization in an achievable area of activity is significant as a tension-releaser to the frustrated individual. Personal and social adjustment may lie in early and practice social skills through various community-based programmes, and to experience nurturing relationships outside of the family context. Delinquency is a kind of abnormality

where an individual deviate from the course of normal social life, his behaviour is called- delinquency//.when a juvenile, below an age specified under a statute exhibits behaviour which may prove to be dangerous ton society and or to himself he may be called a - delinquent// the delinquency implies conduct that does not confirm to the legal or moral standards of society. It implies only to acts that if performed by an adult, would be termed criminal. Many western studies have proved that large percentage of criminals had their roots of crime in childhood. thefirst necessity which will conduct a well-balanced development is love and affection.If a child is denied love in this experience then he comes to maturity unable to give and take love spontaneously and his emotional development is crippled. Many of our uncertainties and difficulties are related to the variables ways in which we interpret the terms 'delinquent' isa person who breaks the laws habitually or persistently. But the term is not purely descriptive. it also connotes or implies other deviations in such areas as motivation, moraldevelopment, personality, socialclass, parenting and future risk. Therefore, what may start as a simple designation of law breaking may end up as a wide – ranging attribution of complex difficulties which warrant disproportionate intervention. The noun,'delinquency' which is abstracted from the behaviour termed 'delinquent' has, in the course of time, assumed a life of its own. It has become a thing ', a phenomenon, and feature of society; it has achieved a form of social visibility which has ensured its prominence, aided by politicians and media.

## **2. Objectives**

- i. To study the personal and social adjustment of delinquents and non-delinquent adolescents of Kashmir region.
- ii. To compare delinquent and non-delinquent adolescents of Kashmir region on personal and social adjustment.

## **3. Hypotheses**

- i. There would be difference between delinquent and non-delinquent adolescents of Kashmir region on personal and social adjustment.

## **4. Sample**

The samplecompromises of eighty delinquents and eighty non-delinquents of Kashmir region of Jammu and Kashmir.

## 5. Tool

The data for the present study was collected with the help of California test of personality adjustment by Thorpe, Louis P., Wills, W. Clark and Earnest W. Teings (1954)

## 6. Statistical Analysis

Mean, S.D., t-test and percentage was used to analysis the data.

## 7. Analysis and Interpretation

In order to achieve objective formulated for the present study the data tabulated is presented below. **Table 7.1: showing the mean comparison between delinquent and non-delinquents adolescents on composed scores of personal adjustments**

Group	N	Mean	S.D	t-value	significance
Delinquent	80	39.38	4.65	5.31	Sig. at 0.01 level
Non-delinquent	80	43.95	6.17		

The above table reveals that there is significant mean difference between delinquent and non-delinquent adolescents on over all components of personal adjustment and the difference is significant at 0.01 level. As the mean difference favours non, delinquent adolescents which confirms that non-delinquent adolescents were found to be personally well-adjusted than the 96 adolescents.

**Table 7.2; showing the mean comparison between delinquent and non-delinquents adolescents on composed score of social adjustment**

Group	N	Mean	S.D	t-value	Significance
Delinquent	80	40.13	3.71	14.08	Sig. at 0.01 level
Non-delinquent	80	50.27	5.38		

The above table reveals there is significant mean difference between delinquent and non-delinquent adolescent on overall components of social adjustment and the difference is significant at 0.01 Level. As the main difference favours non, delinquent adolescents were found to be socially well adjusted than the delinquent adolescents.

### **Conclusion**

On the basis of analysis and interpretations, the following conclusions have been drawn from the present investigations:

#### **Personal Adjustment**

- It was found that there is a significant mean difference between delinquent and non-delinquent adolescents on self-reliance dimensions of personal adjustment. The non-delinquent adolescents were found to be self-reliant, stable and responsible in their behaviour as compared to delinquent adolescents.
- On sense of personal worth component of personal adjustment, the non-delinquent adolescents were found to be more capable and reasonably attractive than delinquent adolescents.
- On sense of personal freedom component of personal adjustment, the non-delinquent adolescents were found to have better personal freedom as compared to delinquent adolescents.
- On feeling of belongingness component of personal development, the non-delinquent adolescents were found to have good relationship with their associates and feel proud of place of work as compared to their counterparts.
- On withdrawal tendencies component of personal adjustment, delinquent adolescents were found to be characteristically sensitive, they feel lonely as compared to non-delinquent adolescents.
- On nervous symptoms components of personal adjustment, the delinquent adolescents were found to have symptoms like in loss of appetite, inability to sleep tendencies were chronically tiered as compared to their counterparts.
- On overall components of personal adjustment, the non-delinquent adolescents were found to be personally well adjusted than the delinquents adolescents.

### **Social Adjustment**

- It has been found that there is a significant mean difference between delinquent and non-delinquent adolescents on social standard component of social adjustment. The non-delinquent adolescents were found to understand the rights of others as compared to delinquent adolescents.
- On social skills components of social adjustment, the non-delinquents, the delinquent adolescents were found to be socially skilled or effective as compared to delinquent adolescents.
- On antisocial tendencies component of social adjustment, the delinquent adolescents were found to be bullying, frequent- quarrelling, disobedient and destructive to property as compared to non-adolescents.
- On family relations components of social adjustment, the non-delinquent adolescents were found to have more sense of security and self-respect as compared to delinquent adolescents.
- On school relations component of social adjustment, the nondelinquent adolescents were found to be good adjusted in their school, they feel that their teachers looked them and they adopted the school work to their level of interest and maturity than delinquent adolescents.
- On community relation component of social adjustment, the non-delinquent adolescents were found to be more adjusted with their community, neighbours as compared to delinquent adolescents.
- On overall components of social adjustment, the nondelinquent adolescents were found to be socially well adjusted as compared delinquent adolescents

### **References**

- Anne Campbell (2006) intrapersonal Discrepancy among delinquent and non-delinquent girls: a research note. *Journal of child psychology and psychiatry*, vol. (29), pp 37-44
- Arunima (1998) *Aggression among children; a socio-psychological appraisal*. Ph.D. psy. Punjab university.

Bhatia, k.T. (1984) The emotional, personal and social problems of the adjustment of adolescents under Indian conditions with special reference to value of life, Ph.D., Edu.,Bom., university. 4<sup>th</sup> survey of education, vol. 1, pp 339.

Conquer and miller (1996) Personality, social class and delinquency, New York, London, Sydney (ii edition)

Denis Stott (1982) Delinquency the problem and its prevention (Batesford Academy and Edul. Ltd.) London.

[https://en.wikipedia.org/wiki/Lester\\_Crown](https://en.wikipedia.org/wiki/Lester_Crown)

Jacobson (1972) Etiology of juvenile delinquency. Temple University, Beasley School of law,1719, North Board Philadelphia-19122

Najar G.N. (2005) personal and social; adjustment of over- achievers and under achievers – A Comparative study. Unpublished M.Phil.dissertation, university of Kashmir.