



Family Adjustment and Social Adjustment among Male and Female

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Abstract

Family adjustment refers to the process undergone when a profound stressor, such as an illness, disability, or injury occurs within the family system. Social adjustment is the psychological process of adapting to societal demands, norms, and expectations to function effectively, build relationships, and feel accepted within a community or new environment, involving coping skills, emotional control, and integrating personal needs with social realities. The present study aims to examine the differences in family adjustment and social adjustment among male and female individuals. Adjustment is an important psychological factor that influences an individual's ability to maintain harmonious relationships within the family as well as in Society. A sample of male and female were urban and rural areas participants was selected using a random sampling. The research instrument was used for family adjustment Bell Inventory and this inventory was revised by Dr.D.J.Bhatt. The social adjustment scale was developed by R.C. Deva. Here 't'-test was applied to analyze the difference of the male and female and Correlation techniques was used. The result revealed significances between male and female participants in family adjustment and social adjustment. And there is a positive correlation indicates between family adjustment and social adjustment, that means family adjustment is better so social adjustment also better. The findings indicate that gender plays a meaningful role in influencing adjustment patterns. It's about finding a balance between your own desires and the requirements of your social world, whether that's at school, work, or in broader culture.

Key words : Family Adjustment, social Adjustment, Areas, Male and Female

Family adjustment refers to the process undergone when a profound stressor, such as an illness, disability, or injury occurs within the family system. The predominant theoretical foundation of family adjustment in the research literature was the Hill (1949) ABCX Model Social adjustment is the psychological process of adapting to societal demands, norms, and expectations to function effectively, build relationships, and feel accepted within a community or new environment, involving coping skills, emotional control, and integrating personal needs with social realities. It's about finding a balance between your own desires and the requirements of your social world, whether that's at school, work, or in broader culture. Two general basic types of adjustment are the physiological with its process of substitution of another function, and the psychological with its substitution in kind. Specific types, based upon the " organ " theory and types of defect, are the physical, mental, social and moral. Socio-personal factors like age, gender, sibling number, and birth order influence social



adjustment. Additionally, family structure (e.g., nuclear vs. single-parent families) also impacts students' social and emotional development.

Adjustment is an important psychological process through which individuals manage the demands of their internal needs and external environment. Successful adjustment helps individuals maintain emotional balance, effective relationships, and overall well-being. Among the various forms of adjustment, family adjustment and social adjustment are especially significant, as they influence personality development, mental health, and interpersonal functioning.

Family adjustment refers to an individual's ability to adapt to family roles, responsibilities, emotional relationships, communication patterns, and expectations within the family system. A well-adjusted family environment provides emotional support, security, and stability, enabling individuals to cope effectively with stress and life challenges. Social adjustment involves the ability to adapt to social situations, build and maintain relationships, follow social norms, and interact effectively with peers and society. It reflects how comfortably and competently an individual functions within their social environment, including friendships, school or workplace relationships, and community interactions.

Gender plays an important role in adjustment patterns. Due to biological factors, cultural norms, and socialization practices, males and females often differ in how they experience, express, and manage family and social relationships. Females are generally encouraged to be emotionally expressive, nurturing, and relationship-oriented, which may influence their family and social adjustment. Males, on the other hand, are often socialized to be independent, assertive, and problem-focused, which can shape their adjustment in different ways. Understanding family and social adjustment among males and females is essential for identifying gender-specific needs, promoting healthy relationships, and designing effective psychological and educational interventions. The present study seeks to examine differences in family and social adjustment between male and female individuals, contributing to a better understanding of gender-related adjustment patterns.

The adjustment of a child into a family is a complicated and continuing process that incorporates numerous factors, interactions, and family dynamics (Giannotti et al., 2022; Trute, 1990). When stability, communication, and support are lacking in a home setting, children frequently face a variety of obstacles that prevent them from succeeding academically. A family's emotional turmoil may provide a distracting environment that makes it difficult for a child to focus on his academics (Xu and Zheng, 2023). In academic activities, a loss of motivation and a weakened sense of purpose may result from unclear expectations and the absence of positive reinforcement. Pupils with low levels of family adjustment may also have trouble managing their time and being organized since their lack of regular home routines might affect how they approach their academic work (Calatrava et



al., 2023). Pupils who have poor communication within their families may feel alone and unsupported, which might worsen their academic performance (Orem et al., 2022). Additionally, pupils who live in unstable or crisis-ridden homes may experience elevated stress levels, which can have a negative impact on their general mental health and cognitive abilities (Gannett et al., 2022).

Social adjustment refers to the ability of university students to adapt to the new social, academic, and emotional challenges that come with transitioning to higher education. It encompasses forming meaningful relationships, participating in campus activities, and adjusting to the social International Journal of Agriculture Extension and Social Development <https://www.extensionjournal.com> www.extensionjournal.com 548 and academic expectations of university life (Smith et al., 2024). Studies have highlighted that social adjustment is not only important for academic success but also for emotional and psychological well-being (Brown & Lee,(2023).

Empirical studies conducted in adolescent social development supports the attributes of such personal and contextual attributes. Dornbusch and colleagues found independent decision making to be related to a maladaptive pattern of psychosocial functioning and to problem behaviour in particular (Dornbusch et al 1985, Dornbusch et al 1990). Joint decision making was consistently associated with more adaptive functioning (Brown et al 1993).

Objectives :

The main objectives of Study were as under:

- (1) To check the mean difference of Family Adjustment and Social Adjustment among Urban Area's male and female.
- (2) To check the mean difference of Family Adjustment and Social Adjustment among Rural Area's male and female.
- (3) To check the correlation between Family Adjustment and Social Adjustment.

Null-Hypothesis :

The main Null Hypothesis of Study were as under:

- (1) There will be no Significant difference of Family Adjustment among Urban Area's male and female.
- (2) There will be no Significant difference of Family Adjustment among Rural Area's male and female.
- (3) There will be no Significant difference of Social Adjustment among Urban Area's male and female.
- (4) There will be no Significant difference of Social Adjustment among Rural Area's male and female.
- (5) There will be no correlation between Family Adjustment and Social Adjustment.



METHODOLOGY

Participants

According to the purpose of present study total 120 samples has been selected. There were 60 male and Female (30 male and 30 female) Rural Areas And 60 male and female (30 male and 30 female) Urban Areas were taken as a sample from different areas in Patan City. In present study two inventories used in research.

Instruments:

Bell Adjustment Inventory (1963): In Present research for measure family adjustment Bell (Hugh M. Bell) Adjustment Inventory was used. Inventory was revised by Dr. D.J. Bhatt. This is a 3 point inventory. In this inventory sub adjustment were measured.

- (1) Family Adjustment
- (2) Health Adjustment
- (3) Social Adjustment
- (4) Emotional Adjustment

There are total 128 sentences in this inventory. Which is measured family adjustment, Health Adjustment, Social Adjustment and Emotional Adjustment. There are 32 Sentences in every adjustment. Here only Family Adjustment was measured. The internal reliability coefficient for each subscale when corrected by the Spearman – Brown Prophecy, ranged from 0.80 to 0.93.

Reliability of this inventory Gujarati Version was search by Dr. D.J. Bhatt by two methods.(1) Split half method and (2) Test – Retest. Reliability by split half was 0.85 and by test – retest method was 0.89 Reliability of all adjustment are as follow:

Types of Adjustment	Reliability Score
(1) Family Adjustment	0.74
(2) Health Adjustment	0.76
(3) Social Adjustment	0.70
(4) Emotional Adjustment	0.73

In this research Gujarati Adoption was used. There are some positive and some negative sentences. It is a 3 point inventory, With the option (Responses) ‘Yes’,? And ‘No’. Scoring is 2,1 and 0 respectively.

In Family adjustment Scale there are 32 sentences, Interpretation of Scoring is When Scores are high. It means poor family adjustment and when score is low means good family adjustment.



(2) Social Adjustment Scale (developed by R.C. Deva,1990): The social adjustment scale was considered as a five point Likert type (score 5 was given to all the time,4 for most of the time, 3 for sometimes,2 for rarely and 1 for never) measuring the social adjustment of the subjects. High score is to be interpreted as good social adjustment and low score as poor social adjustment(Deva,1990).This Scale's reliability and validity is very High.

Scoring Scheme of Social Adjustment Scale:

Item	SA	A	U	D	SD
Negative	5	4	3	2	1
Positive	1	2	3	4	5

Arrangements of Items in the Social Adjustment Scale:

Sr. no.	Type of Items	Location of Items in scale	Total No. of Items
1	Positive Items	1,2,4,5,7,9,11,13,15,17,19,21,22,23,25,27,29,31,33,37,39,41,42,43,45,47,49,51,53,55,56,57,59	33
2	Negative Items	3,6,8,10,12,14,16,18,20,24,26,28,30,32,34,35,36,38,40,44,46,48,50,52,54,58,60	27
Total			60

Procedure:-

According to Purpose of Present study, investigator explained the purpose of the study subjects. The whole procedure of fill the inventory was explained to them fully and clearly. The instruction given on the inventory was explained to them. It was Checked that none of the subjects left any questions unanswered or that no subject encircled both the answers given against a question.

Research Designed :

The aim of present research was to a study of The aim of this study is Family Adjustment and Social Adjustment among Male and Female. For these total 120 Peoples were taken as a sample. In the study total 120 people were taken out of 120 sample, 60 Male and 60 Female. Out of this date 60 sample 30 Urban Areas male and 30 Female and 30 Rural areas male and 30 Female. That was designed with students of perform significantly better on the test of



attention. That was designed with an intention to obtain qualities information from teachers about participant’s sense of effect. Present studies designed which as under. Data collections were analyzed by appropriated statistical technique. ‘t’ test method and Correlation has been used.

Result and Discussion:

The main objective of present study of aim of this study is Family adjustment and social adjustment among male and female. In it ‘t’ test method was used. Result and Discussion of present study is as under:

RESULT TABLE-1

Showing the Mean, SD and t- Value of Family Adjustment among Urban Areas male and female

Variable	N	Mean	t
Male	30	28.93	4.28
Female	30	42.63	

0.05=2.04

0.01=2.75

NS=not sig.

The Result obtained on the basic area of Family Adjustment reveals significant difference between urban areas male and female. The male received mean score is 28.93 and female received mean score is 42.63. Male SD score is 13.28 and Female SD score is 19.41. The‘t’ value is 4.28. Which are significant. There was significant difference between male and female. So we can say that first hypothesis was not accepted. Women often play central roles in household management, care giving, and emotional support, which increase their involvement and adjustment within the family system. Females are often more flexible and willing to compromise, which supports smoother family relationships and better adjustment. Females tend to use emotion focused and social support based coping strategies, which are effective in maintaining family balance and adjustment.

RESULT TABLE-2

Showing the Mean, SD and t- Value of Family Adjustment among rural Areas male and female

Variable	N	Mean	t
Male	30	23.06	2.75
Female	30	21.60	

0.05=2.04



0.01=2.75

NS=not sig.

The Result obtained on the basic area of Family Adjustment reveals significant difference between Rural areas male and female. The male received mean score is 23.06 and female received mean score is 21.60. The 't' value is 2.75. Which are 0.01 level significant. There was significant difference between male and female. So we can say that second hypothesis was not accepted. More family adjustment in males than females – possible reason : In many families, males are given a dominant or decision making role, so family rules and expectations are often aligned with their needs. This makes adjustment easier for males. May be traditional gender roles, Fewer domestic responsibilities, greater freedom and autonomy for males, Lower emotional expectations from males, Social support, Higher workload for rural females, Acceptance of authority by males. If studies show more adjustment among males than females in rural areas, some possible reasons include social, cultural, and environmental factors. Males in rural areas usually have more opportunities to travel, work outside the home, and interact with different people, improving social and emotional adjustment.

RESULT TABLE-3

Showing the Mean, SD and t- Value of Social Adjustment among Urban Areas male and female

Variable	N	Mean	t
Male	30	13.13	3.67
Female	30	21.23	

0.05=2.04

0.01=2.75

NS=not sig.

The Result obtained on the basic area of Social Adjustment reveals significant difference between urban areas male and female. The male received mean score is 13.13 and female received mean score is 21.23. The 't' value is 2.75. Which are significant. There was significant difference between urban areas male and female. So we can say that Third hypothesis was not accepted. If research shows greater social adjustment among females than males in urban areas, some possible reasons are Females often develop stronger communication, empathy, and relationship-building skills, which help them adjust well in diverse urban social settings. Urban environments provide clubs, colleges, workplaces, and community groups where females can actively participate and build social networks. Urban areas usually promote more equal treatment, independence, and freedom for females, improving confidence and social adjustment. Urban females often have better access to education, which enhances social awareness, adaptability, and interpersonal competence.



Females are generally more open to sharing feelings and seeking social support, which helps them manage social challenges effectively. Urban families tend to be more liberal, allowing females to interact freely, express opinions, and make decisions, aiding adjustment. These factors may explain higher social adjustment among females compared to males in urban areas.

RESULT TABLE-4

Showing the Mean, SD and t- Value of Social Adjustment Rural Areas male and female

Variable	N	Mean	t
Male	30	21.06	2.03
Female	30	27.26	

0.05=2.04

0.01=2.75

NS=not sig.

The Result obtained on the basic area of Social adjustment reveals significant difference of between male and female .The male received mean score is 21.06 and female received mean score is 27.26. Male SD score is 8.89 and female SD score is 17.64. The ‘t’ value is 1.72. which are not significant. There was significant difference between male and female. So we can say that first hypothesis was accepted. Female social adjustment mean score being higher than male social adjustment can be explained through psychological, social and cultural factors. Female generally develop stronger interpersonal and social skills, which help them form and maintain relationships more effectively. Women tend to have greater emotional awareness and empathy, enabling smoother social interaction and better understanding of other’s feelings. Female are often more expressive and open in communication, which improves social bonding and adjustment in group situation. Females are usually more people oriented, valuing cooperation, sharing and social harmony, which enhances social adjustment.

RESULT TABLE-5

Showing the mean and correlation between Family Adjustment and Social Adjustment

Variable	N	R
Family Adjustment	60	0.86
Social Adjustment	60	

According to table No.5 the results obtain the negative correlation between Family Adjustment and Social Adjustment. That is 0.86 Positive correlation between Family



Adjustment and Social Adjustment among male and female. That indicates Family Adjustment is better so Social Adjustment is very better among male and female. Very strong and consistent positive relationship between family adjustment and social adjustment. Hence, the null hypothesis stating relationship is rejected and the research hypothesis is accepted.

Conclusion :

We can conclude by data analysis as follows:

Family adjustment is often higher in females because of emotional maturity, social conditioning, communication skills and culturally reinforced family roles. Therefore higher social adjustment mean score among female reflect stronger interpersonal skills, emotional intelligence, supportive coping strategies and socialization patterns compared to male. Overall, the findings suggest that gender differences exist in adjustment patterns. Females demonstrate higher adjustment within the family domain, while males exhibit stronger adjustment in social contexts. These differences largely arise from socialization practice, cultural expectations, and gender specific roles rather than inherent abilities. Rural communities often give males more freedom, authority, and decision-making power, which can help them adapt more easily to social and environmental demands. Urban males may experience higher competition, stress, and performance pressure, which can negatively affect social adjustment. Urban society increasingly supports female leadership and participation in social activities, strengthening their adjustment.

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