



A Comparative Study of Adjustment of Extroversion and Introversion Adolescent Students

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Abstract

Present studied was conducted to know adjustment level of extrovert and introvert adolescent students studying in Govt. and Non Govt. Senior Secondary Schools of South Haryana. Data were collected from 600 adolescent students of Govt. and Non Govt. Senior Secondary Schools. Adjustment level was measured with the help of Adjustment Inventory developed by Dr. A.K.P. Sinha and Dr. R.P.Singh. Introvert and Extrovert Inventory developed by Aziz and Rekha Gupta Agnihotri was used to access personality. Results indicated that there is no significant difference between the adjustment of extrovert and introvert students of Govt. Schools but it was found that there is a significant difference between adjustment of extrovert and introvert students of Non Govt. Senior Secondary Schools. So this study may help in understanding the reasons for poor performance and maladjustment of students having various types of personalities and also it may help the teachers and parents to understand the student's needs and solve the problems in a better way.

Introduction

Life is full of stress and challenges. We have to face many problems with childhood. A person, who wins this battle with life of challenges properly, will get success definitely. Every person wants luxurious life. For this luxurious life, he struggles with his surroundings and tries to maintain balance between himself and society.

There are different types of stages in human life such as infancy period, childhood, adolescence period and adult period. In all these periods, adolescence stages play vital the role in his life. Adolescence stages a critical period of the human life because at this stage emotion becomes unstable. Many internal changes have been taken place in an adolescent. During this period the person is neither a child nor a grown up. They become very ambitious, their needs and desires are endless. They try to fulfill their desire but sometimes they failed to attain thei



r all desires and needs. This leads a tension, an anxiety in them. As a result that they react to these situations emotionally.

At this stage he struggles with their inner conflicts. He tries to overcome these difficulties and attempts various adjustments.

Adjustment involves effective adaptation. It helps to reduce stress, inner conflicts and strains. In this way, adjustment would be a unique structure based on the personality. A person who can control tension and difficult situations properly, known to be as person posses good personality and it is assumed that a person with good personality can adjust properly to environment. So adjustment would be a harmonious relationship of an individual to this environment. We know that modern eras is full of stress and tension. Adolescent have to face many problems to adjust themselves to this competitive eras. Sometimes they cannot achieve their goals properly so they get frustrated. This leads to develop negative traits like anxiety, jealousy and stress. All these factors impact the personality of adolescents. Every person has unique pattern of personality. Psychologists Allport Catell and Karljung have been classified the personality into two main categories, Introvert and Extrovert types. Aim of the researcher is to know the difference in adjustment level of extrovert and Introvert type of adolescents studying in Senior Secondary Schools. Researcher wants to know, how introvert type and extrovert type of adolescent adjust themselves in society. Is there any difference in adjustment level of extrovert and introvert type of adolescents? So aim of present research is to study the adjustment level of extrovert and introvert adolescents of Senior Secondary Schools.

Objectives of the Study:-

1. To find the number of Extrovert and Introvert adolescent students studying in Govt. and Non Govt. Senior Secondary Schools of South Haryana.
2. To compare Adjustment of the adolescent students studying in Govt. and non Govt. Senior Secondary Schools of South Haryana.
3. To compare the adjustment of Extrovert and Introvert adolescent students of Govt.Senior Secondary Schools of South Haryana.
4. To compare the adjustment of Extrovert and Introvert adolescent students of Non Govt.Senior Secondary Schools of South Haryana.



Hypotheses of the Study:-

There is no significant difference between Adjustment of adolescent students studying in Govt. and non Govt. Senior secondary schools of South Haryana.

There is no significance difference between the adjustment of extrovert and introvert students of Govt. Senior Secondary Schools of South Haryana.

There is no significance difference between the adjustment of extrovert and introvert students of Non Govt. Senior Secondary Schools of South Haryana.

Work Plan:-

Methodology:- Descriptive survey method was used for the present to study.

Sample:- A sample of 600 Adolescents (300 Govt. Students and 300 Non Govt. Students) were selected from 10+1 stages studying in senior secondary schools of South Haryana. The random sampling technique will be used for the present study.

Tools:- The following Tools were used for the collection of data for the present to study.

Introvert- Extrovert:- Introversion and Extroversion Inventory developed and standardized by Aziz and Rekha Gupta was used to access personality.

Adjustment Inventory Standardized by Dr. A.K.P. Sinha was used. The adjustment Inventory comprises 60 statements which cover three areas of adjustment, namely Emotional adjustment, Social adjustment and Educational adjustment.

Statistical techniques to be used: -

The following statistical techniques were used for analysis of data :-

1. Mean, S.D. was used to analyze the data.
2. The 't' test, was worked out to find out the significance of difference between means & Interaction among different variables.
3. Line diagrams were used to depict the results pictorially.

Delimitations of the Study:-



1. The study was restricted to 600 adolescent students studying in senior secondary schools of South Haryana.
2. The sample was selected from Gurgaon, Mahendergarh, Rewari and Faridabad.
3. The data was restricted to 10+1 students studying in secondary schools.
4. Only two aspects of personality i.e. Introversion/Extroversion were taken into consideration.
5. Only two types of schools, i.e. (Govt. and Non Govt. Senior Secondary) was selected to collect the data.

Analysis and Interpretation of Data

Table – 1 Type, number and percentage of adolescent students as per their personality traits

Sr. No.	Personality	Govt. School		Total Students	%	Non Govt. School		Total	% Value
		Male	Female			Male	Female		
1.	Extrovert	35	26	61	20.33%	38	68	68	22.67%
2.	Introvert	12	18	30	10%	10	11	21	7%
3.	Ambiverts	103	106	209	69.67%	102	109	211	70.33%
	Total	150	150	300	100%	150	150	300	100%

The Table No. 1 shows that distribution of total students of Govt. and non Govt. Senior Secondary Schools on the basis of three types of personality traits (Extrovert, Introvert and Ambiverts). In this study, two types of personality traits (Extroversion and Introversion) considered for research work. It clearly indicates that no. of extrovert students in non Govt. Schools are more than that of Govt. schools. Also percentages value of introversion students in Govt. School (10%) was found slightly more than non Govt. schools.



A pie chart showing the Percentage of type of Personality of Govt. and Non Govt. Senior Secondary Schools respectively

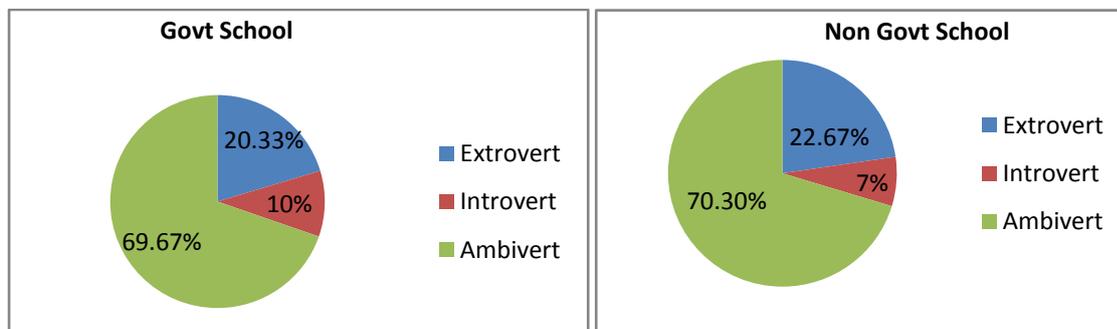


Table – 2 Significance of Difference in Mean Scores of Adjustment level of adolescent students of Govt. and Non Govt. Senior Secondary School.

Type of School	N	Mean	S.D.	df	t -Value	Result
Govt. School	300	17.50	8.59	598	1.77	N.S.
Non Govt. School	300	18.79	9.23			
df = 598				Value of significance at level 0.05= 1.96		
				Value of Significance at level 0.01 = 2.58		

Table – 2 . Shows the mean scores of Govt. and Non Govt. Schools are 17.50 and 18.79 respectively, and S.Ds are 8.59 and 9.23 respectively. The t value between mean scores of adjustment of adolescent students of Govt. and Non Govt. school is 1.77, which is less than the table value of ‘t’ at both significance level 0.05 and 0.01 Hence it is not -significant. Thus the hypothesis “There is no significant difference between adolescent students of Govt. and Non Govt.” is accepted.

Table – 3 . Significance of difference in mean scores of Adjustment of Extrovert and Introvert students of Govt. schools.



Variable	Type of Personality	N	M	S.D.	df	t - Value	Result
Adjustment of Govt. School Student	Extrovert	61	18.18	10.12	89	0.24	N.S.
	Introvert	30	17.7	8.58			
df = 89		Value of significance at level 0.05= 1.96					
		Value of Significance at level 0.01 = 2.58					

Table – 3 . Show that the mean scores of introvert adjustment of extrovert and students of Govt. schools are 18.18 and 17.7 with S.D. 10.12 and 8.58 respectively. Calculated t- value are 0.24 which is less than the table value of ‘t’ at both significance levels, i.e. on 0.05 & 0.01 respectively hence it is not significant. Thus the hypothesis, “There is no significant difference between the adjustment of Extroverts and Introverts students of Govt. Schools” are accepted”

Table – 4 . Significance of Difference in Mean Scores of Adjustment of Extroverts and Introverts students of Non Govt. Schools.

Variable	Type of Personality	N	M	S.D.	df	t -Value	Result
Adjustment of Non Govt. School Student	Extrovert	68	16.26	9.51	87	2.97	Significant
	Introvert	21	22.71	8.40			
df = 87		Value of significance at level 0.05= 1.96					
		Value of Significance at level 0.01 = 2.58					

Table – 4 Show that the mean scores of adjustment of extroverts and introvert students of Non Govt. schools are 16.26 and 22.71 with S.D. 9.51 and 8.40 respectively. The ‘t’ values is 2.97 which greater than table value of ‘t’ at significance level 0.01. Hence it is significant at level 0.01. So the null hypothesis, “There is no significant difference between the adjustment of



extrovert and introvert students of Non Govt. school” is rejected. It means there exists a significant difference between the adjustment of extrovert and introvert students of Non govt. schools.

Conclusions

- 20.33% Govt. adolescent students and 22.67% adolescent students of non govt. are extrovert. There are 10% of adolescent students of govt. and 7% of adolescent students of non govt. lie in introvert categories.
- On the basis of the above discussion, it can be concluded that there is number of extrovert adolescent students of the non govt. school are slightly higher than govt. schools.
- There is no significant difference between the adjustment of adolescent students of govt. and the non govt. senior secondary schools.
- There is no significant difference between the adjustment of extrovert and introvert students in govt. schools.
- There is a significant difference between the adjustment of extrovert and introvert students of non govt. schools.

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