

SOCIAL ADJUSTMENT OF ADOLESCENTS IN RELATION TO THEIR SOCIAL LOAFING BEHAVIOUR

**Ms. Lakhwinder Kaur*

Abstract

The present study examined the relationship of Social Adjustment and loafing behavior of adolescents of private and Government schools. Sample of 200 adolescent students was selected for the present study. For this purpose Social loafing scale by Alam and Srivastva (1971).and Deva's Social Adjustment Inventory (SAI), Deva (1990) were used. Mean ,SD and correlation were used for for the analysis of data. From the analysis it was concluded that there is insignificant relationship of social adjustment and social loafing behavior of Adolescents.

Key Words: *Social adjustment, Adolescents, Social Loafing Behaviour*

Introduction

Adjustment plays a very big role in the life of the individual. If the person is not well adjusted he cannot perform his responsibilities and duties. Today, the problem of the maladjustment among adolescents is increasing day by day. Due to this, the problems like loafing behavior are also prevailing among the adolescents. Social adjustment is also a type of adjustment which is related to society. The loafing behavior of the adolescents creates various problems in the society. The present study reveals the relationship between social adjustment and social loafing behavior of adolescents and difference between the social adjustment of adolescent boys and girls. It also studies the difference between social loafing behavior between adolescent boys and girls. In our country very few studies have been conducted in this field. No study has been done on this area in Ludhiana district. So, investigator has a keen interest to conduct a study and explore this area.

Social Adjustment

Adjustment is the process of maintaining a balance between the needs Physical, psychological and social and the circumstances that influence the satisfaction of these needs adjustment is the continuous process which produces a more harmonious relationship between the person and his environment. It is process of directing one's efforts toward modification of behavior and attitude. The word 'adjustment' means 'to fit', make suitable, adapt, arrange, modify, and harmonize, correspondence with. Whenever we make an adjustment between two things, we adapt or modify one or both of them to correspond to each other.

The views of Crow & Crow (1956)An individual's adjustment is said to. be adequate, wholesome or healthful to the extent that he has established harmonious relationship between himself and the conditions, situations and person who compromise his physical or social environment. According to Shafer (1961) Adjustment is the process by which living organism maintains a balance its need and the circumstances that influence the satisfaction of these needs.

There are many types of adjustment i.e. health adjustment, emotional adjustment, home adjustment, occupational adjustment, social. adjustment. How far social

***Assistant Professor, Sadbhavna College of Education for Women**

adjustment is concerned it is social development and adaptability to that social environment. Social adjustment requires the development of social qualities and virtues that one should enough to live in harmony with one's social being and feel responsibility and obligation towards one's fellow beings society and country. \

According to Compbell psychiatric Dictionary (1996), "Adaptation of the person to the social environment or Adjustment may take place by adapting the self to the environment or by changing the environment" By the researches of Cohn, Waxler, Yarrow (1990) are looking to the emotional and cognitive learning that taken place in the earliest attachment relationships for help in understanding later Social competence in family, poor and school settings.

The person purposefully applies efforts and energy to accommodate perfectly to the society and to the environment to fulfill individual's total need and to lead a happy social life. The social adjustment is highly selective and a specialized process. The social adjustment of a civilized man is less stable and more dynamic. However he is capable of Re-adjustment with new environment and there is remarkable mobility in the process of social adjustment.

Adolescents

Adolescence is the most important and critical period of individual's development. This stage of development plays 'very important role in the development of the personality of the individual. The various types of changes occur during this period. First of all rapid physical changes occurs during this period. The other changes are emotional changes, intellectual changes and social changes. In this period equilibrium of physical, mental and social forces is lost, and the result is that individual has to make new adjustment with own self with the family and with the society and large. The various problem of adjustment of the adolescence are adjustment to physical growth, adjustment to mental competition, adjustment to emotional disturbances, problem of home adjustment, problem of adjustment with friends, problem of sex adjustment and problem of adjustment with society. If the adolescents are not adjusted in the society they have to face various problems in their life like social loafing behaviour. There are various forms of loafing behavior like stealing, bullying, smoking, teasing, truancy and sex delinquency;

As the term is used today it has a broad meaning than it had 'in earlier year. Instead of limiting the adolescence period of the time when the individual grows to maturity sexually, it is now extended until individual is expected to be intellectually, emotionally and socially mature. The term 'adolescence' comes from the word 'Adolescere' which means to 'grow' or 'to grow to maturity'. From the biological point of View, adolescence is the stage when puberty dawns. Chronologically this is a span of life ranging from 12 to 19 years and having individual an, culture difference.

'According to the Hall (1900), "Adolescence is the period of stress and strain, storm and strife." In the words of Colmon (2006) "The period of development form the onset of puberty to the attainment of adulthood this beings with the appearance of secondary sexual characteristics: usually between the ages of 11 and 13 years of age." In this period development play very important role individual's life. The various types of changes are physically, emotionally, intellectual and social changes. The physical changes are increasing in height and weight, change in bodily proportion, change in voice, increasing size of genital organs and hair growth. The emotion changes are heightening of emotions, variations in emotional moods, development of abstract

emotions, capacity of sharing emotions and increase compassion. The intellectual changes are development of intelligence, development of memory, development of imagination and widening of interest. The social changes are sex consciousness, social consciousness, increase in friendly relationship, development of social interest and social maturity.

Social Loafing Behaviour

In the social psychology of groups, social loafing is the phenomenon of people exerting less effort to achieve a goal when they work in a group than when they work alone. This is seen as one of the main reasons groups are sometimes less productive than the combined performance of their members working as individual, but should be distinguished from the coordination problems that groups sometime experience. Social loafing is also associated with two concepts that are typically used to explain why it occurs: the “free-rider” theory and resulting “sucker effect”, which is an individual's reduction in effort in order to avoid pulling the weight of a fellow group member. Research on social loafing began with rope pulling experiments by Ringelmann (1913), who found that members of a group tended to exert less effort into pulling a rope than did individuals alone. In more recent research, a study involving modern technology, such as online and distributed groups, has also shown clear evidence of social loafing. Many of the causes of social loafing stem from an individual feeling that his or her effort will not matter to the group.

As the number of people in the group increase, people tend to feel de-individuation. This term defines both the dissociation from individual achievement and the decrease of personal accountability, resulting in lower People could simply feel “lost in the crowd”, so they feel that their effort would not be rewarded even if they put it forth. This idea can also cause people to feel as though they can simply “hide in the crowd” and avoid the verse effects of not applying themselves.

Jackson and Harkins (1985) proposed that if someone feels that others in the group are slacking or that others will slack, he will lower his effort to match that of the others. This can occur whether it is apparent that others are slacking or if someone simply believes that the group is slacking.

By setting a goal that is based on maximization, people may feel that there is a level that group needs to be achieved. Because of this, they feel that can work less hard for the overall desired effect.

Social loafing or “lurkers”, greatly affect the development and growth of online communities. The term social loafing refers to the tendency for individuals to the expend less effort when working collectively than when working individually. This phenomenon is much like people's tendency to be part of a group project, but rely heavily on lust a few individuals to complete the work. Generally, social loafers regularly follow the discussions and content of online communities, but choose not expand on posts or add to the knowledge of the community.

Objectives

1. To study the relationship between social adjustment and social loafing behavior of adolescents
2. To find out the difference in social adjustment of adolescent boys and girls.
3. To find out the difference in social loafing behavior of adolescent boys and girls.

Hypothesis

1. There will be significant relationship between social adjustment and social loafing behavior of adolescents
2. There exist significant difference in social adjustment of adolescent boys and girls.
3. There exist significant differences in social loafing behavior of adolescent boys and girls.

Review of Related Literature:

Graham, Allison, Coplan & Robert (2012) moderating role of sibling relationship quality in the associations between shyness and indices of socio emotional adjustment. Andrea, Ellison, Nicole & Larose (2012) social support played an integral role in determining student's successful adjustment to college. Kagnici & Yelda (2012): while demographic variables did not significantly predict the university adjustment of international students. Keung, Hongyi, Fong (2012) social adjustment had positive impact on academic adjustment and psychological adjustment. Yau, Keung, Cheng & Alison there was no significant difference in the relationship between social adjustment for both female and male. Bradly, Grahaml, Inglis & Bradc(2012) evidence was obtained of gender differentiated effects of leisure on adjustment with social leisure predicting adjustment more strongly in girls and boys of adolescents. Derosier, Melissa, Lioyd & Stacey(2012) whether social adjustment added to the prediction of academic outcomes above and beyond prior academic functions. Fan's, Alexander, Brown & Janice (2003): over implementing individually-based interventions in group settings without making necessary adjustments. Zhang, Douglas, Zhou & Zongyum (2012): Knowledge sharing Visibility (KSV) was a critical environmental factor which can reduce social locating in knowledge Sharing (KS). That was especially true in ICT [information and CommUnication technology]-based KS in learning organizations.

Arnold, Nike, Ducate, Lara, Kost& Claudia (2012) the study demonstrates wikis'great potential for collaborative and autonomous work, but "it also underlines the need for clear tasks, teacher guidance and possibly even intervention. Suggestions to mitigate social loafing and free riding in group work were discussed. Aggarwal, Praveen, Obrien & Conniel They found that having multiple peer evaluations during the course of the project reduce social loafing. They study the impact of social loafing on studerits' satisfaction with group members' contribution and the perceived fairness of the project grade.

Methodology

In the present study is descriptive survey method of research was used by the investigator. The present study is preliminary design to see the difference between private and government school students of Ludhiana district on variables of social adjustment and social loafing behavior. Random sampling technique was employed in the study. The sample here chosen consisted of 100 adolescents from Ludhiana district only. 100 adolescents were comprised of 50 adolescent boys and 50 adolescent girls. Social loafing scale by Alam and Srivastva (2008), Deva's Social Adjustment Inventory (SAI), Deva (1990) were used. Efforts were made to establish rapport with the adolescents before administering the tool. The subject was asked to fill the preliminaries given at the top of the information sheet like name, sex, age, name of the school etc. After administering the tools the response sheet were scored. Statistical techniques like mean, SD and correlation were used to analysis of data.

Result

Table 1 : Showing Descriptive Statistics

VARIABLE STATISTICS	Social adjustment	Social loafing behaviour
NUMBER OF STUDENTS	100	100
MEAN	9.21	51.32
MEDIAN	9.00	53.00
STANDARD DEVIATION	4.89	17.94
STANDARD ERROR OF MEAN	0.489	1.79
SKEWNESS	0.613	0.189
KURTOSIS	0.282	0.709

Table 1 presents the Mean, Median, Standard deviation, Standard error of mean; Skewness and Kurtosis of total sample for the variables under study i.e. social adjustment and social loafing behaviour.

Social adjustment

The value of Mean and Median for the variable social adjustment is 9.21 and 9.00 respectively. The small difference in these values depicts that the distribution is nearly normal. The value of Skewness for the variable social adjustment is 0.613, which is approximately 0, yet the score distribution for the same variable is tended to be near normal (for normal distribution Skewness = 0). Further the value of the kurtosis 0.282 is slightly more than 0.263, but it does not indicate marked departure from normal distribution as the value of kurtosis was close to 0.263 which is the value of kurtosis for normal distribution. Therefore the distribution is treated as normal.

Social loafing behavior

The values of Mean and Median for the variable social loafing behavior are 51.32 and 53.00 respectively. The small difference in these values depicts that the distribution is nearly normal. The value of Skewness for the variable social loafing behavior is 0.189, which is approximately 0, yet the score distribution for the same variable is tended to be near normal (for normal distribution Skewness = 0). Further the value of the kurtosis 0.709 is slightly more than 0.263, but it does not indicate marked departure from normal distribution as the value of kurtosis was close to 0.263 which is the value of kurtosis for normal distribution. Therefore the distribution is treated as normal.

INFERENTIAL STATISTICS

(a) Analysis of correlation between variables under study i.e. social adjustment and social loafing behavior

This section deals with the Product Moment Coefficient of Correlation among the different variables i.e. social adjustment and social loafing behavior.

Table 2: Product Moment Coefficient of Correlation between variables social adjustment and social loafing behavior.

Variables	Social adjustment	Social loafing behavior
Social adjustment	1	-0.886**
Social loafing behavior	-0.886**	1

*Significant at 0.05 level

**Significant at 0.01 level

HYPOTHESIS 1: There exists a significant relation between social adjustment and social loafing behavior of adolescent.

Coefficient of correlation between social adjustment and social loafing behaviour of adolescents is 0.886. This value of coefficient of correlation is found to be significant at 0.01 level of confidence as it is more than the table value i.e. 0.254 for degree of freedom 93, Comparison between calculated & tabulated value shows that there exists a negative significant correlation between social adjustment and social loafing behavior of adolescents. So Hypothesis no. 1 which states "There exists a significant relation between social adjustment and social loafing behavior of adolescent's student" is accepted.

HYPOTHESIS 2: There exist a significant difference in social adjustment of adolescent's boys and girls

Table -3: Showing difference between adolescents boys and girls on the variable of social adjustment

Social adjustment	Adolescents students	Number of students	mean	SD	SEm	Df	t- ratio
	Boys	50	9.08	5.43	0.76	98	0.264(NS)
	Girls	50	9.34	4.33	0.61		

(NS) not significant

*Significant at 0.05 level

**Significant at 0.01 level

Table3 reveals that the mean scores of adolescents students on the variable of social adjustment are 9.08 of boys and 9.34 of girls respectively whereas the standard deviation of those for the same variable are 5.43 and 4.33. Further t ratio between adolescents on the variable of social adjustment found to be 0.264, which is less than the table value of t- ratio i.e. 1.98 even at 0.05 level of confidence for 98 degree of freedom. Hypothesis 2 There exist a significant difference in social adjustment of adolescents boys and girls is not accepted".

HYPOTHESIS 3 There exist a significant difference in social loafing behavior of adolescent boys and girls

Table 4: showing difference between adolescents boys and girls on the variable of social loafing behavior

Social loafing behavior	Adolescents students	Number of students	mean	SD	SEm	Df	t- ratio
	Boys	50	51.00	18.54	2.62	98	0.177(NS)
	Girls	50	51.64	17.50	2.47		

(NS) not significant

*Significant at 0.05 level

**Significant at 0.01 level

Table 4 reveals that the mean scores of adolescents students on the variable of social loafing behavior are 51.00 of boys and 51.64 of girls respectively whereas the standard deviation of those for the same variable are 18.54 and 17.50. Further t ratio between adolescents on the variable of social adjustment found to be 0.177, which is less than the table value of t- ratio i.e. 1.98 even at 0.05 level of confidence for 98 degree of freedom. Hypothesis 3 "There exist a significant difference in social loafing behavior of adolescents boys and girls" is not accepted.

Conclusion

- There was found an insignificant difference between adolescent girls and boys on the variable of social adjustment.
- There was found an insignificant difference between adolescent girls and boys on the variable of social loafing behavior.

References

- Aggarwal, P & Obrien, C. L(2012) Social loafing on Group Projects: Structural Antecedents and Effect on Student Satisfaction. *Journal of Marketing Education*, 30 (3) 255-264
- Aindrea, D. C., Ellison, N. B & Larose(2012) Serious social Media: On the Use of Social Media for Improving Student's adjustment to
- Aristotale (1941) Theory of adolescent, <http://www.kilvington.schnet.edu.au/> construct College. *Internet and Higher Education*, 15(1), 15-23.
- Rosseau (1911). *The psychology of Adolescence*, Prentice Hall of Indian PVT. Ltd, new Delhi
- Colman, L. (2006) Academic and voluntary sector collaboration to facilitate relationship support for mixed couples and families ' *Family, relationship and society*, 1(2), 255-261.
- Deva, RC. (2010). *Social adjustment inventory*, National Psychology corporation, kacheri ghat, Agra.
- Dineen, B. R. (2005) Team X change: A Team Project Experience Involving Virtual Teams and Fluid Team Membership. *Journal of Management Education*, 29 (4)593-616.