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A study to assess the knowledge and attitude of school teachers regarding adjustment problems in adolescent in Blessing Public Higher Secondary School and Kuchaini Senior Secondary School, Jabalpur (M.P.)

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Abstract

This chapter includes the background of the study, need of the study, and statement of the problem, objectives on which study is based, operational definition of some of the common terminology, hypothesis of the study, assumption, delimitation and conceptual framework of the study.

Keywords: Attitude, adolescent, stress, adjustment

Introduction

“Children do not care how much you know until they know how much you care”
(Teddy Roosevelt.)

Adolescence has been described by Stanley Hall as ‘the period of storm and stress of human life’. It is a very crucial period of one’s life which covers roughly from 12-18 years. The most important fact about adolescence is that it is a period of transition from childhood to adulthood. Transition from one period to another always is associated with some problems. Adolescence is not an exception and it is also associated with some problems. By 2025, the world's population is expected to include more than 830 million people at an age of 12-18 year.

The word ‘adolescence’ comes from the Latin word ‘adolescere’ which means ‘to grow’. So the essence of the word adolescence is growth and it is in this sense that adolescence represents a period of intensive growth and change in nearly all aspects of a child’s physical, mental, social and emotional life. Adjustment is a continuous process, not fixed or static state, in fact adjustment is defined as the continuous process of satisfying one’s desires, and it involves many aspect of behaviour. Adjustment covers four specific areas which are the academic adjustment, social adjustment, personal-emotional adjustment, as well as attachment and commitment towards educational along with institutional goals. Therefore a descriptive study was conducted.

Need of the study

Currie (2012), made a cross-sectional multilevel analysis of subjective health and mental well-being of adolescents and the health promoting school. The aim of the paper was to examine the impact of the health promoting school (HPS) on adolescent well-being. Data from the 2006 Health Behavior in School-aged Children: WHO-collaborative Study in Scotland were analyzed using multilevel linear regression analyses for outcome measures: happiness, confidence, life satisfaction, feeling left out, helplessness, multiple health complaints (MHC) and self-rated health. Particularly high proportions of both boys and girls reported high life satisfaction and no MHC. For the majority of outcomes, mean proportions of young people reporting positive well-being were greater for schools that had or were working towards HPS status compared with those that did not. The odds of young people in a HPS never feeling left out were significantly greater than those in a school with no HPS status. Similarly, among girls, the odds of never feeling helpless were also significantly greater. However, the odds of excellent health were lower for girls in a HPS. The findings suggest that while achieving an atmosphere of inclusion in schools, the HPS may also have increased awareness of health McClure, *et al.*, (2011) have found a relation between

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motivation and attributions for success and failure. However, few studies have clarified the relationship of attributions to school achievement and possible cultural differences in this relationship. To investigate this issue, 5,333 secondary students (European, Asian, Maori, Pacific) were rated on four common attributions – ability, effort, difficulty of task, and luck – and three social influences (teachers, peers, and family) for their best and worst marks. Motivation orientations were also measured. Several measures were significantly related to students' GPA scores, most notably the motivation orientations among girls, but may not have had much influence on life satisfaction, confidence or happiness.

Objective of the study

- To assess the knowledge & attitude of school teachers regarding adjustment problem in adolescent.
- To correlate knowledge & attitude among school teachers regarding adjustment problems in adolescent.
- To find association of between knowledge & attitude with their selected demographical variable among school teachers.

Hypothesis

- H1: There will be significant relation between Knowledge and attitude of school teachers regarding adjustment problems in adolescent
- H2: There will be significant association between the levels of knowledge and attitude with selected demographic variable.

Review of literature

Literature review is based on an extensive summary of book, journals and international nursing indices. It provides basis for future investigations justifies the need for the reveals content of data collected and related the finding from one study top another with the hope to establish a comprehensive the study of scientific knowledge in a professional discipline, from which valid and pertinent theories may be developed.

Polit and Hungler (1999) literature review refers to an extensive, exhaustive and systematic examination of publications relevant to the research project. An extensive review of the research and the non- research literature was done to gain the maximum information.

In the present study, the research investigator has carried out different Literature review at different stages of her research process and presented under the following headings:

1. Review of literature related to adjustment problem in adolescents.
2. Review of literature related to knowledge of teachers regarding adjustment problem among adolescents.
3. Review of literature related to attitude of teachers regarding adjustment problem among adolescent.

Major findings

1. Description of demographic variables of school teachers

In the present study Distribution of teaches according to their age where 21-30 years had 19%, 31-40 years 26%, 41-50 years 41% and 51 years and above had 14%. The highest majority is 41-50 years 41%. Distribution of school teachers according gender where male teachers had 41% and female teachers had 59%. The highest

majority is female teachers 59%. Distributions of school teachers according to their marital status were single had 31%, married had 27%, widow 25 and divorced 17%. Highest majority is single 31%. Distributions of teachers according to their income per month were 5000-10000 had 21%, 10001-15000 had 33%, 15001-20000 had 24% and 20001-25000 and above had %. The highest majority is 10001-15000 33%. Distribution of school teachers according to their religion were Hindu teachers had 40%, Muslim teachers had 13%, Christian teachers had 31%, and others religion teachers had 16%. The highest majority of school teachers had Hindu 40%. Distribution of school teachers according to their place of domicile were rural had 27%, urban had 45% and suburban had 28%. The highest majority of school teachers are urban 45%. Distribution of school teachers according to their nature of job were regular teachers had 55% and guest teachers had 45%. The highest majority of teachers are regular teachers 55%.

2. Distribution of school teachers according to their nature of job was less than 1 year had 31%, 1-2 year had 15%, 3-4 year had 49% and 5-6 year and above had 5%. The highest majority of school teachers are 3-4 years 49%. Distribution of school teachers according to qualification of a teacher where 53% had graduate, post graduate 15%, and TTC (teacher training course) had 32%. The highest majority had graduate teachers. Distribution of school teachers according to previously identified adolescent with adjustment problem were 69% had yes and 31 % had 31 %. The highest majority is yes 69%.
3. Assess the level of knowledge of school teachers regarding adjustment problem among adolescent.
4. In The present study to Assess the level of knowledge of school teachers regarding adjustment problem among adolescent were poor knowledge teacher had 0% and average knowledge teacher had 48%, mean 9.167 mean % 61.113% and SD 1.714. The good knowledge teacher had 52% were mean 11.807, mean percentage 78.713% and SD 1.723.
5. Assess the Level of Attitude of School Teachers Regarding Adjustment Problem among Adolescent.
6. The present study to assess the level of attitude of school teachers regarding adjustment problem among adolescent were poor attitude teacher had 27%, mean 19.22, mean % 25.627 %, SD 10.61 and average attitude teacher had 68%, mean 37.309 mean % 49.745% and SD 10.70. The good Attitude teacher had 5% were mean 53.2, mean percentage 70.933% and SD 11.30.
7. Find out correlation between the knowledge and attitude among teachers regarding adjustment problem among adolescents.
8. Find out the correlation between the knowledge and attitude among teachers regarding adjustment problem among adolescent were knowledge mean 10.57 mean percentage 70.267 % and SD 1.714 and in the attitude Mean 33.22, mean percentage 44.293 % and SD is 10.71. The correlation between the knowledge and attitude comes 0.70 which is positive correlation between the knowledge and attitude, so here my H₁ is proved.
9. Association between knowledge of school teachers

regarding adjustment problem among whit their selected demographic variable.

10. In the present study, the association are significant demographic variable like age were $X^2=13.045$, df 6 at $P<0.05$, gender the $\chi^2=6.18$, df 2 at $P<0.05$ level. The religion $X^2=17.98$, df-6 at $P<0.05$ level. How many total years have you been employed as a teacher were association $X^2=14.533$, df 6, $P<0.05$ level. Previously identified adolescent with adjustment problem wise association $X^2=5.983$, df 2 at $P<0.05$ level. Rest of demographic variable is like marital status, Income, place of domicile, nature of job, qualification of teacher is not significant at $P<0.05$ level.
11. Association between Attitudes of School Teachers Regarding Adjustment Problem among Whit Their Selected Demographic Variable
12. In the present study, the association are significant demographic variable like age were $X^2=16.932$, df 6 at $P<0.05$, marital status the $X^2=20.8645$, df 6, $P<0.05$ level. The family income $X^2=13.427$, df-6 at $P<0.05$ level. Nature of job were association $X^2=7.488$, df 2, $P<0.05$ level. Experience wise association $X^2=13.973$, df 6 at $P<0.05$ level. Qualification wise association $X^2=13.683$, df 6 at $P<0.05$ level. Rest of demographic variable is like gender, religion, place of domicile, Previously identified adolescent with adjustment problem at $P<0.05$ level.

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