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**“COMPARATIVE STUDY OF ONE CHILD FAMILY
AND MORE THAN ONE CHILD FAMILY IN
RELATION WITH ADJUSTMENT”**

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Abstract:

Adjustment can be defined as the individual's ability to adopt with the environment. In the present study researcher focused on the children's different environment in which they grow. The objective of the study was to find out the level of adjustment of the children who lives in one child family and more than one child family. It is found that the children from the one child family have low adjustment level in Social, Health, Family and Emotional as well as overall adjustment.

KEY WORDS:

Adjustment, One child Family, More than one child family

OBJECTIVE:-

The present study is designed to find out the difference of adjustment level between one child family and more than one child family.

INTRODUCTION:

According to Woodward & Marques “All that the individual does to or with the environments is his adjustment with the environment.”

Only children develop a different personality pattern from those who spend the formative years of their lives in a family with one or two siblings, and they differ from children who are members of large families including relatives who are a permanent fixture in the family constellation.

It is not sized that is primarily responsible for the differences, but other conditions that develop as a result of family size. When a family is large, and it becomes much more important that all family members do their share. Further more it is impossible for parents to devote as much time and attending to each child as is possible in a small family.

SIGNIFICANCE OF THE STUDY:

The present research project is designed to study the level of adjustment of the children who are living in one child family and the children who are living in more than one child family. Now researcher is able to provide some concrete solutions for the problems regarding adjustment level.

REVIEW OF LITERATURE:

Tuckman and Regan (1967) conclude that conditions for personal growth and development may be more favorable for some aspects in smaller families and for others in large families.

Aldous(1967) and Tuckman (1959) reported that, among the favorable characteristics of the only child syndrome is maturity of behaviour, especially control over the emotions. This is due to constant contact with adult and limitation of adult behavior patterns.

The loneliness of only children encourages the habit of day dreaming, which usually weakens their motivation to achieve what they are capable of achieving and almost always makes social adjustments difficult. The point is emphasized by Messer(1968).

As Stockle (1954) has pointed out, families up to six children and onto likely to overtax the physical and emotional strength of parents. Families above the number inevitably do.

According to Rogers (1959), self concept governs individuals behavior and adjustment he found that the self concept is viewed as the way an individual perceives himself and his behavior is strongly influenced by the way others perceive him.

Murthy and Bothkwar(1975), reported in a study of self Acceptance and adjustment found self ideal discrepancy was significantly more in maladjusted subjects than the normally adjusted one's'. The concepts included in this study are:-

1) Adjustment:-

Adjustment is the relationship between the individual and his environment. According to Lazarus, "Adjustment consists of the psychological processes by means of which the individual manages or copes with various demands or pressures."

2) Family:-

The home is the person's primary environment from the time he is born until the day he dies, while it may change over the years, owing to relation marriage, divorce, death and birth of new members, the family unit and the pattern of living that meets the needs of its members remain relatively constant.

3) One Child Families:-

'One child family' is one that has only one child.

4) More Than One Child Family:-

'More than one child family' is one that has more than one child.

Variables:

The variables for present study are as follows-

Independent variables

- 1)One child family
- 2)More than one child family

Dependent variables

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

Hypothesis:

- 1)The child from one child family will show high score on Home adjustment area than the child from more than one child family.

- 2)The child from one child family will show high score on Health adjustment area than the child from more than one child family.
- 3)The child from one child family will show high score on Social adjustment area than the child from more than one child family.
- 4)The child from one child family will show high score on Emotional adjustment area than the child from more than one child family.
- 5)The child from one child family will show high score on overall adjustment area than more than one child family.

SAMPLE:

A sample of 60 children is selected from 10th class. Out of 60, 30 are from one child family & 30 from more than one child family.

Tools:-

Bell's Adjustment Inventory is used for the measurement of adjustment level. The scale consists of 80 questions distributed into 4 areas of adjustment as follows.

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

Method:

The Bell's Adjustment inventory was administered on entire sample according to the specific instructions given by the author of the test.

Scoring procedures:

According to manual all the scoring procedure is followed High score indicates low level of adjustment.

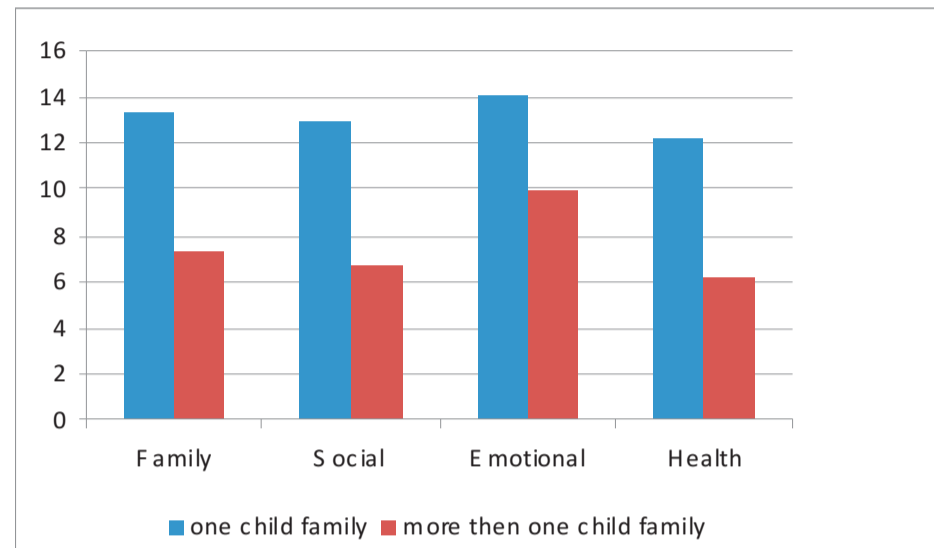
After scoring, statistical treatment is given to the data for the testing of hypothesis

RESULTS TABLE

Area of Adjustment	One child		More than one child		't' Score
	Mean	SD	Mean	SD	
Family Adjustment	13.43	2.58	7.33	2.70	5.32 *
Social Adjustment	12.96	2.12	6.73	2.33	4.27*
Health Adjustment	12.3	2.45	6.27	2.43	5.36*
Emotional Adjustment	14.6	1.50	9.97	2.57	4.24*

*Significant at 0.01 Level

Graph



1. Family adjustment 2. Social adjustment 3. Health adjustment 4. Emotional adjustment

CONCLUSIONS:-

1. The child from one child family has low level of Home adjustment than the child from more than one child family.
2. The child from one child family has low level of Social adjustment than the child from more than one child family
3. The child from one child family has low level of Health adjustment than the child from more than one child
4. The child from one child family has low level of Emotional adjustment than the child from more than one child family.
5. The child from one child family has low level of overall adjustment area than the child from more than one child family.

SCOPE AND LIMITATIONS:

As the study is conducted in Lasalgaon town it is necessary to conduct such type of studies in different areas of nation with the different variables

RECOMMENDATIONS

1. It is suggested that there is urgent need to counsel the parents who has one child family to increase the adjustment level of their child for the next generation. Researcher is quite sure that tomorrows youth will play a vital role in making INDIA as a super power in 2020
2. It is suggested that even if one child family is playing an important role in solving the major problem of INDIA i.e. population. Such type of families is observed that living in independent bungalows, worth 3000 square feet areas of the land due to more income and less expenditure. They are suggested to live in apartments. Almost 20 to 30 families are living in a apartment with their 40 to 60 children. They will help as peer group and level of adjustment may be increase. Apart from this, it will help to make available such land for agriculture and not to N.A. as well as to stop cutting the trees. Ultimately it will help to control the problem of Global Warming

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