

A STUDY ON EMOTIONAL ADJUSTMENT OF ADOLESCENT SCHOOL STUDENTS

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ABSTRACT

Adolescence is a period of stress and storm that makes the adolescent to face many challenges in their life. It is a transition period during which they learn many new habits, behaviours and give up some old habits. They become an easy prey to emotional instability and may exhibit violent behaviours at home and at school due to lack of control in expressing views and opinions, lack of understanding their parents and teachers etc., . All these pose a major threat to the positive development in adolescent school students. Hence the present study aims to study the emotional adjustment of the adolescent school students and suggests suitable life skill measures to enhance emotional stability and positive development of adolescent school students.

The researcher has used descriptive research design by adopting disproportionate random sampling method and collected data from 200 adolescent students which constitute 107 girls and 93 boys. Adolescent's Emotional Adjustment Inventory developed by Dr. R. V. Patil (1989) was adopted and the reliability co-efficient under split half method is 0.82. The findings of the study revealed that there exists low level of emotional adjustment ability among the adolescent school students.

KEYWORDS: Adolescent School Students, Emotional Adjustment, Life Skills