

A Comparative Study of Adjustment Level, Parental Income and Academic Achievement of Adolescent Girls

Anwar Hussain¹, Jerina Begum²

¹Assistant Professor, Department of History, GKB College Morigaon, India

²Associate Professor- Psychology, University of Science & Technology Meghalaya, India

DOI: <https://doi.org/10.51244/IJRSI.2025.120800024>

Received: 23 July 2025; Accepted: 31 July 2025; Published: 29 August 2025

ABSTRACT

Adjustment is the behavioural process which human and other animals keep a balance among their needs and the hurdles of their environment. Progress of adjustment starts when a demand is felt and ends with the satisfaction. Adolescent is the most important and crucial periods of human life. It is a period of physical and psychological development involving cognitive, effective, social and academic changes. Most of them have incredible challenges in adjusting and coping with those challenges. These may affect on their mental state, increasing the vulnerability of mental health issues. Adjustment problems of adolescence may be the result of unhealthy home conditions, negative parental attitudes, home and family environment etc. These situations may lead to an adolescent experiencing adjustment problems. The present study was undertaken to see the differences of adjustment at home, social, health and emotional dimensions of adolescent girl students of class-XI of two districts of Middle Assam. The Bell's Adjustment Inventory by Dr. R. K. Ojha was administered to measure the adjustment of the adolescent girls. For this study 44 female adolescent students were randomly selected from government secondary school of Sonitpur and Morigaon district each. Statistics such as Mean, SD, frequencies and percentages were used. The data were further analyzed using t-test to find significant differences between adolescent girl students of two districts on the four dimensions of adjustment, and the relations between adjustment and academic achievement. Matriculation exam results of the students were considered as an academic achievement. Findings showed that there are significant differences in total adjustment as well as health and emotional adjustment level between two districts of female students and adjustment level against the academic achievement, and parental income and academic achievement. There is no significant differences between home and social adjustment of female adolescents of both districts.

Key words: Adjustment, parents, adolescent girl, secondary school, academic achievement, parental income, parental occupation

INTRODUCTION

Adjustment is a condition of an individual who is able to adapt to changes in their physical, occupational and social environment (Norman T. 1978). It can be referred to the behavioural process of balancing incompatible needs or needs challenged by obstacles in the environment. Adjustment can be defined as achievement means how efficiently an individual can perform his duties in different circumstances. Business, educational and other social activities needs efficient and well-adjusted individual for the progress of the nation. To interpret the adjustment as achievement it is needed to judge the quality of adjustment.

Adjustment is the behavioural process which human and other animals keep a balance among their multiple needs or between their needs and the hurdles of their environment. Progression of adjustment starts when a demand is felt and ends with the satisfaction. Adjustment is a continuous process in which a person varies his behavior to produce a more harmonic relationship between himself and his environment (Gates & Jersild).

Adjustment process involves four parts:

1. A need or motive in the form of a strong constant stimulus
2. The uncomfortable and non accomplishment of this need
3. Wide ranging activity accompanied by problem solving
4. Some response that removes or reduces the initiating stimulus and complete the adjustment.

Psychological adjustment refer to a young person's ability to adapt effectively to his/her environment, taking into an account of emotional, behaviour and social aspects. An unsuitable adjustment to the immediate social circumstances increases behavioural problem, such as substance abuse, aggression, hostility and delinquency.

Adolescence is usually seen as a period of susceptibility in which psychological adjustment and well being may be at danger, but also associated with greater brain plasticity. Undoubtedly young brains are easily shaped through experience, because of human brain ability to mould itself.

Therefore, adolescences are at risk in observable behaviour, as adolescence is at developmental stage with high risks in terms of psychological problems, subjective well-being, and adjustment. Adolescent is an important periods of human life. It is a period of physical and psychological development involving cognitive, effective, social and academic changes. Most of them have remarkable challenges in adjusting and coping with such challenges. These may affect on their mental status, increasing the vulnerability of mental health issues.

Adjustment as an Achievement

Explicating adjustment as an achievement involves evaluating an individual's performance based on certain parameters or expectations. Psychologists focus on effective performance in meeting societal expectations, adherence to cultural norms, and the fulfillment of responsibilities. This perspective entails judging the quality of adjustment against predefined criteria, considering it an achievement when an individual successfully aligns with these expectations.

Adjustment problems of adolescent are the results of unhealthy home atmosphere, negative parental attitudes, home and family environment. These situations may lead to adolescent experiencing adjustment problems. Social and cultural adjustment is as good as to physiological adjustment. People struggle to be easy in their environmental setting and to have their psychological needs, by making social network. When needs arise, they hurl interpersonal activity intended to satisfy those needs. In such a way, individuals enhance their network and comfort with their environment, and expect that their needs will be fulfilling in the future through their social network.

Adjustment is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment (Carter V. Good, 1959). Life is a continuous chain of changes and challenges. Hence the technique used by the individual to manage this is called adjustment. Sometimes, the efforts given by individual are successful and satisfying which is called good adjustment. But if a person faces disturbance in his/her efforts incessantly, then it might be lead to mal adjustment.

Researchers found that girls from foster home and biological families exhibited higher level of adjustment in all the domains than boys, majority of the respondents from both the family settings were found to be average or above in all the domains of adjustment. However, 25% (approx) of the students were seen to be having unsatisfactory adjustment level. (Asmita D, Ritu S: 2013)

Research finding shows that more than 50% adolescents' level of emotional adjustment was excellent. More number of respondents had good level of adjustment in social and educational adjustment, male respondents had excellent level of emotional adjustment than female.. On the other hand female respondents had excellent level of social and educational adjustments(J. Saikia:2022)

Research finding non co –education schools of Panjub, found that female adolescents studying in non co-educational schools have better levels of adjustment(Mandeep B; Manpreet K,2019)

Academic Achievement: Academic achievement can be defined as the knowledge attained or skill developed in the school subjects, usually designated by test score or marks assigned by the teachers (Good 1995). Achievement is generally used in education, industry, civil service, clinical purposes and also for guidance & counselling for various significant activities like assignment of grades, promotion to next class, classification of individuals, counselling and remedial teaching, vocational guidance, measuring the effectiveness of learning situations and selection of individuals.(R. Bhardwaj,2014)

Operational Definitions

Adjustment: adjustment refer to a young person's ability to adapt effectively to his or her environment, taking into account of emotional, behavioural and social aspects.

The adjustment refers to the capability of an individual in bringing a balance between its need and his/her circumstances. In the present study adjustment of the students have been considered in four dimensions:

Home adjustment– home adjustment refers to the balance between needs and demands and family circumstances, it refers to the adaptation and satisfaction with the family atmosphere, good relations with family members including parents and siblings, understanding and identifying with family values and norms and also feeling balanced with financial conditions of family.

Emotional Adjustment: individual is emotionally adjusted if he/she expresses emotion in a proper situation in a proper form.

Health adjustment- Health adjustment is adapting to one physical structure and conditions.

Social adjustment–the success with which an individual adjust to other people and groups. Social adjustment is explicit performances, adjustment to other social groups, productive social attitudes and personal adjustment.

Academic Achievement: In the present study the academic achievement was considered the result of matriculation examination.

P arental Income: In this study parental income refers the monthly income of the household.

Statement of the Problem

Statement of the problem is a brief description of an issue, circumstance, or difficulty that needs to be determined. In the present study the statement of the problem is “comparative study of adjustment level, parental income and academic achievement of adolescent girls of two districts of Assam”

LITERATURE RIVIEW

Sunny O et.al (2017) studied on adjustment level of adolescents of Jorhat district, Assam. Adjustment level of adolescents by Sinha & Singh (2007) was administered. Findings showed that Social and educational level was more than emotional adjustment, and adjustment level of female adolescents are excellent.

Bimla (2019) studied the adjustment with college going students with regards to their gender, area and stream on 200 college going students from rural and urban areas of district Haridwar. Study done on 100 male and 100 female students. Research findings showed the significant difference in home, health and emotional adjustment. Rural students are more adjusted in home, health, social and emotional area while urban students were more adjusted in educational area. No significant difference was found all the five areas of adjustment of college going students of science and arts stream.

Kaur H (2022) studied the adjustment and emotional maturity of adolescents boys and girls in private senior secondary schools of Patiala District. Findings showed the equal maturity level of boys and girls adolescents. Also found no significant relationship between adjustment and emotional maturity of adolescents.

S. Shah & P Shah. (2024): did on adjustment of adolescence in relation to gender. The aim of the present study was to study the emotional adjustment, social adjustment and educational adjustment of male and female adolescents in relation to gender. The sample consisted of 120 adolescents that was collected from different school of Ahmadabad city. 60 males and 60 females from age group of 14 years to 18 years were selected. Self structured questionnaire was used for the study. Result revealed the average level of adjustment.. Significant differences were found in emotional adjustment of secondary school students. No significant differences were found between male and female students in relations to social, educational and financial adjustment.

Research Gap

After review of the literature of adjustment of students of secondary school students, it has been found that adjustment are intensively explored by different researchers with male-female, rural –urban, arts-science and academic achievement . No research has been found in regards to parental income. No research has found for adolescent girls in the particular two districts. Hence the researcher got motivated to make a sincere effort for the present study.

Significance of the Present Study

Adjustment plays a vital role in the development of an individual. The school students of class XI are in the period of adolescence, which is one of the most important periods of human life. A young person's progress may be retarded by poor adjustment or lack of adjustment to learning situations that is caused by the presence of a problem which is associated with one or more personal characteristics or conditions such as physical condition or health status, intelligence level, degree of emotional control, habitual attitudes, social and vocational interest etc. Rarely does any one of these personal characteristics, of itself, function as a problem stimulus. Many of the adjustment problems of young people seem to reflect unhygienic home conditions. Ongoing difficulties in social and emotional adjustment may be accompanied by anxiety and depression. Parental attitudes and home and family situations may lead to a young person experiencing adjustment problems.

Objectives

1. To study the adjustment level of female adolescent students of two districts, Morigaon and Sonitpur.
2. To compare the home adjustment of female adolescent students of two districts.
3. To compare the social adjustment of female adolescent students of two districts.
4. To compare the health adjustment of female adolescent students of two districts.
5. To compare the emotional adjustment of female adolescent students of two districts.
6. To study the relationship between adjustment level and academic achievement, parental income and academic achievement of female adolescents of two districts.

Hypotheses

In accordance with the objectives of the study, major five null hypotheses were formulated and tested. Objective 1 is fact finding in nature. Therefore no hypothesis was formulated.

On the basis of objective 2, following null hypothesis was formulated:

Ho1: There is no significant difference between female adolescents of Morigaon and female adolescents of Sunitpur district on their home adjustment.

On the basis of objective 3, following null hypothesis was formulated:

Ho2 : There is no significant difference between female adolescents of Morigaon and female adolescents of

Sunitpur district on their social adjustment.

On the basis of objective 4, following null hypothesis was formulated:

Ho3: There is no significant difference between female adolescents of Morigaon and female adolescents of Sunitpur district on their health adjustment.

On the basis of objective 5, following null hypothesis was formulated:

Ho4: There is no significant difference between female adolescents of Morigaon and female adolescents of Sunitpur district on their emotional adjustment.

On the basis of objective 6, following null hypotheses were formulated:

Ho5: There is no significant relationships between parental income and academic achievement of female adolescent of two districts.

Ho6: There is no significant relationships between adjustment level and academic achievement of female adolescent of two districts

METHOD

The present study was undertaken to compare the adjustment on home, social, health and emotion, and relationship between parental income and academic achievement of female adolescent students of class-XI of senior secondary school of Sonitpur and Marigaon district of Assam.

Information were gathered from two schools of each district in group or individually in the period of Oct-Dec, 2024 by administering Bell's Adjustment Inventory.

The gathered data were initially analyzed by calculating the mean, SD, t-test and percentage followed by graphic representation.

Sample

A total of 88 female students of class-XI from government senior secondary schools of Morigaon, and Sonitpur districts of middle Assam were taken for the present study. Total 44 female from two schools of Sonitpur district and total 44 female students from two schools of Morigaon district were randomly selected for the present study.

Tools

The Bell's Adjustment Inventory by R.K.Ojha (1994) was administered to the students to measure their adjustment on home, social, health and emotional dimensions. A personal data sheet was developed to gather the information regarding their academic achievement, family income, and location. The matriculation results were considered as their academic achievement. Achievements were shared by participants and cross verification were done from school record.

Ethical Concern

Data were collected from students in person in school settings with prior permission from principals. Students were assured for maintaining data confidentiality, also assured the same will not be analyzed individually, will be used for research purpose and not shared with anybody.

RESULTS AND DISCUSSION

The data were analyzed statistically keeping the objectives of the study by using Mean, Standard Deviation, percentage and t-test. The results are depicted in the table as follows:

Table-1. Shows the Percentages of responses of female adolescent from Sonitpur and Morigaon District on four dimensions of adjustment

Interpretation	District	Home	Health	Social	Emotional
Excellent(EX)	Sonitpur	0%	2,27%	0%	0%
	Morigaon	0%	6.8%	2,27%	2,27%
Good(GD)	Sonitpur	2,27%	9%	2,27%	6.8%
	Morigaon	4.5%	6.8%	0%	0%
Average (AVG)	Sonitpur	25%	72.7%	38%	65.9%
	Morigaon	38.6%	56.8%	43.1%	52.2%
Unsatisfactory(US)	Sonitpur	9%	4.5%	40.9%	13,6%
	Morigaon	20.45%	6.8%	29.54%	18.18%
Very Unsatisfactory(VUS)	Sonitpur	63,63%	11.36%	18.18%	13,6%
	Morigaon	36,36%	22,72%	25%	27.27%

Fig-1 shows the differences of level of home adjustment of female adolescence from Sonitpur and Morigaon district. Results shows that the average level of adjustments highest experienced by female adolescence for both district, followed by unsatisfactory adjustment experienced by female adolescence for both districts

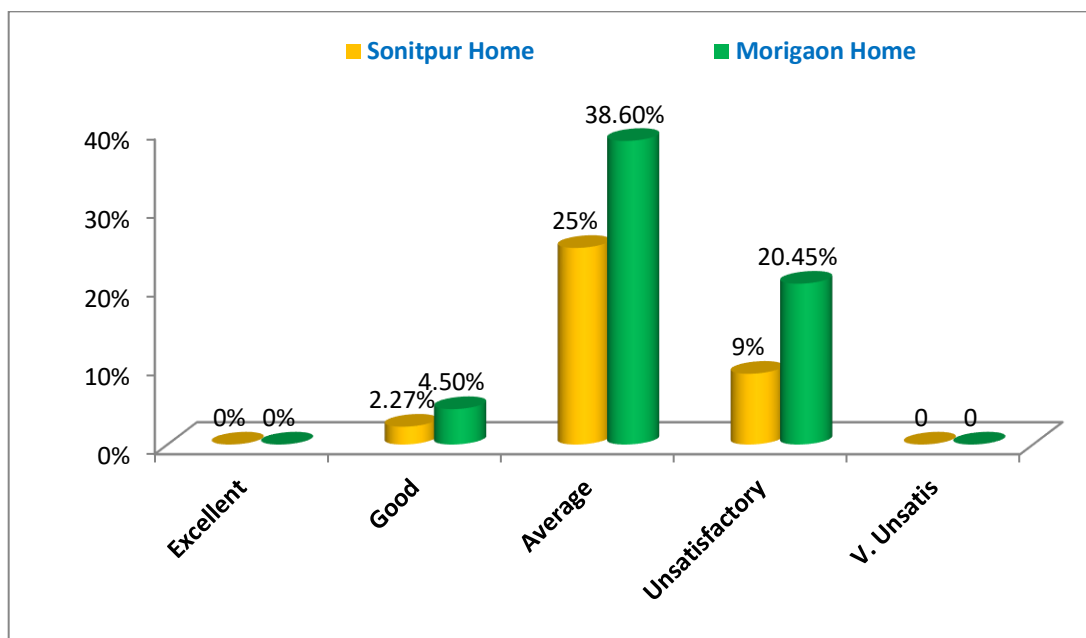


Fig-1: showing the Percentages of responses on Home adjustment of female Adolescents from Sonitpur and Morigaon District

For both the level average and unsatisfactory, adolescence female are higher from Morigaon district than Sonitpur district. No excellent adjustment and very unsatisfactory level of home adjustment are found among female adolescence from both the districts.

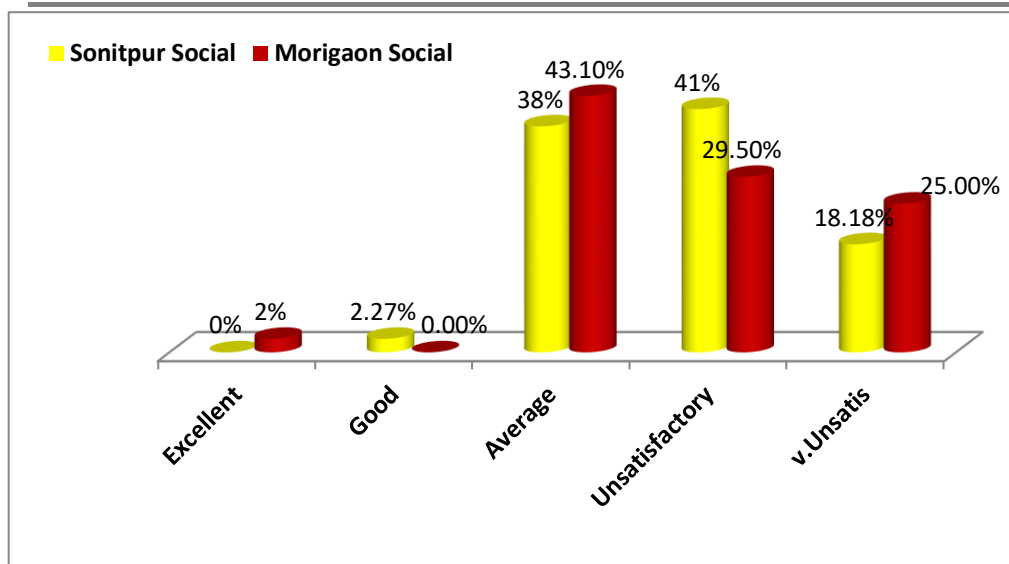


Fig-2: showing the Percentages of responses on Social adjustment of females Adolescent from Sonitpur and Morigaon District

Fig-2 showing the adjustment level of female adolescents from Sonitpur and Morigaon district on social dimension. In social adjustment experience by the female adolescents for both districts average level is highest followed by unsatisfactory and very unsatisfactory. The unsatisfactory level for adolescence from Sonitpur is higher than Morigaon district. Very unsatisfactory level in social adjustment of female adolescence from Morigaon district is higher than Sonitpur district. Average level of adjustment for adolescents of Morigaon is higher than Sonitpur. No good and excellent level of social adjustment experienced by female adolescents from both the districts.

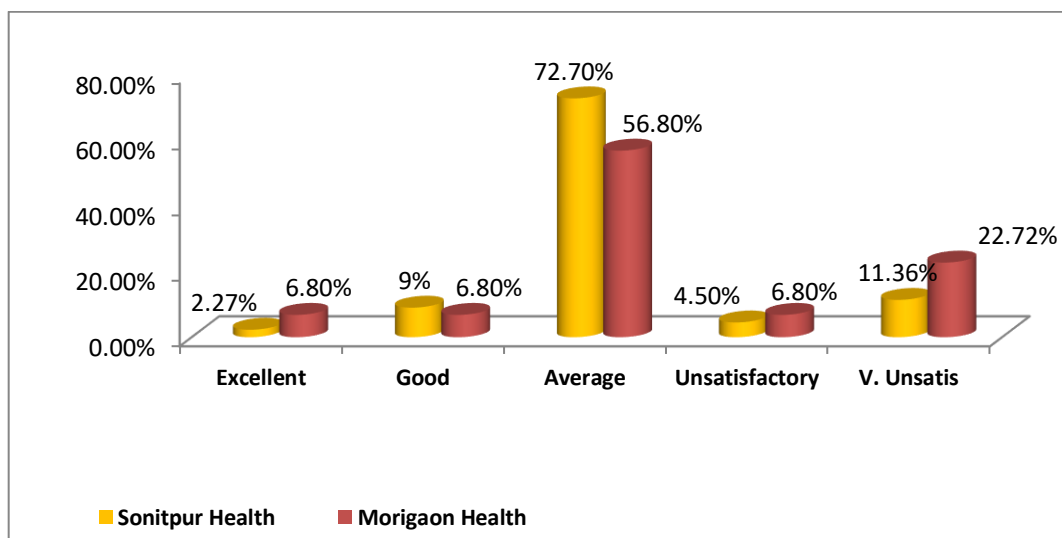


Fig-3: showing the Percentages of responses on Health adjustment of females Adolescent from Sonitpur and Morigaon District

Fig-3 indicates the health adjustment of female adolescents under Morigaon and Sonitpur district. Highest number of adolescents experiencing average level of health adjustment. Adolescents from Sonitpur district are higher than Morigaon district. Only 6.8 % adolescents are experiencing excellent level of health adjustment from Morigaon district. No adolescents are experiencing excellent health adjustment level from Sonitpur district. 11.36 % adolescents are experiencing very unsatisfactory health adjustment from Sonitpur district, but no adolescents from Morigaon district are experiencing very unsatisfactory health adjustment. Very few adolescents are falling under good and unsatisfactory level of health adjustment from both Morigaon and Sonitpur District.

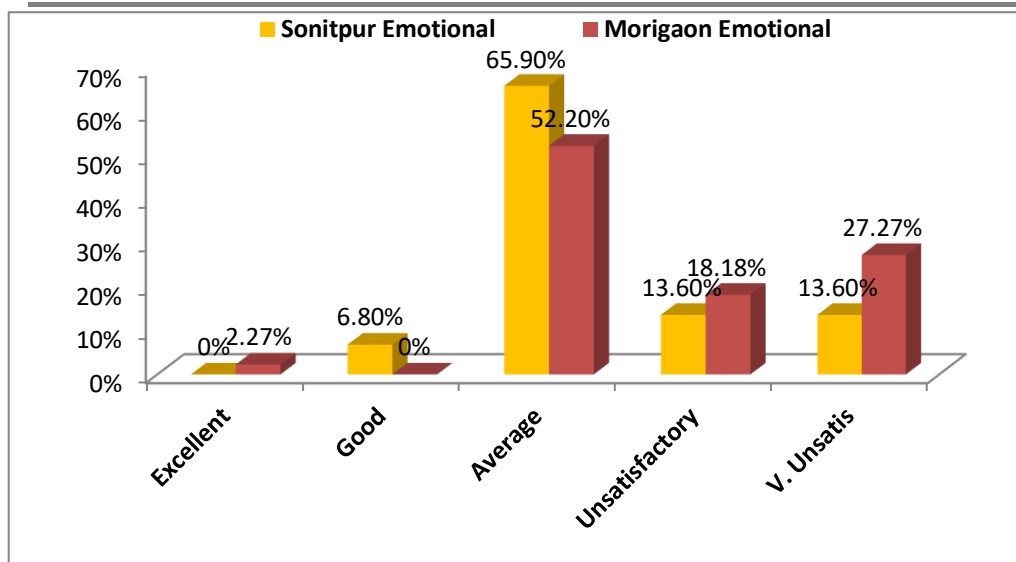


Fig-4: showing the Percentages of responses on Emotional adjustment of female Adolescents from Sonitpur and Morigaon District

Fig-4 showing the emotional adjustment was highest in average level experienced by Female Adolescents from both districts. But Emotional Adjustment is higher for adolescent from Sonitpur (66%) than Morigaon (52.2%), followed by very unsatisfactory, unsatisfactory and good level of emotional adjustment. No good adjustment from Morigaon and no excellent from Sonitpur district in emotional adjustment.

Table-2. Shows the mean, SD and t- value of adjustment of Female adolescence in total and other four Dimensions of two districts

Adjustment levels	Districts	N	Mean	Std. Deviation	Mean difference	t	df	P
Overall	Sonitpur	44	50.39	11.071	-1.909	-.710	86	.480
	Morigaon	44	52.30	13.978				
Home	Sonitpur	44	15.14	3.689	1.750	2.029	86	.046*
	Morigaon	44	13.39	4.373				
Health	Sonitpur	44	7.77	3.722	-.682	-.814	86	.418
	Morigaon	44	8.45	4.128				
Social	Sonitpur	44	16.11	3.960	.205	.250	86	.803
	Morigaon	44	15.91	3.709				
Emotional	Sonitpur	44	11.36	5.871	-3.205	-2.475	86	.015*
	Morigaon	44	14.57	6.267				

Results show that there is no significant difference between Sonitpur and Morigaon female adolescent in overall adjustment, health adjustment and social adjustment. However a significant difference between Sonitpur and Morigaon female adolescent in home and emotional adjustment. Results show that hypotheses 2 & 3 are accepted, and hypotheses 1 & 4 are rejected

Table-3 shows the parental occupation status of the adolescents:

Parental Occupation	Morigaon	Sonitpur	Total
Govt. Service	11.36%	15.9%	13.6%
Private Service	9.09%	13.6%	11.3%
Business	15.9%	29.5%	22.7%
Cultivation	56.8%	22.7%	39.7%
Wage earner	6.8%	18.1%	12.5%
	44=100%	44=100%	88=100%

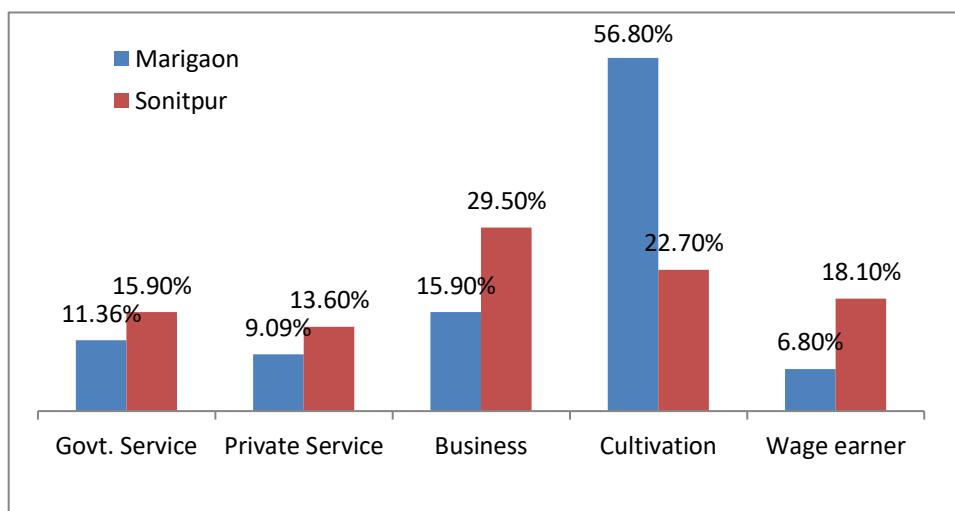


Fig-5: shows the district wise distribution of parental occupation of the female adolescents

Figure -5 shows the parental occupation of Morigaon and Sonitpur district. Highest occupation of Morigaon district is cultivation (56.8%) followed by business(15.9%), government service, private service and lowest is daily wage earner (6.8%). On the other hand highest parental occupation of Sonitpur district is business(29.5%) followed by cultivation, wage earner, govt service and lowest is private service(13.6%).

Table:4: Shows theParental Income and Academic Achievement of Female adolescents of Morigaon and Sonitpur District

Academic Achievement	Parental I District	5,000-15000	15,000-25,000	25,000-35,000	35,000-45,000
Div-III	Sonitpur	20%	30%	28%	22%
	Morigaon	30%	24%	28%	18%
Div-II	Sonitpur	56%	28%	6%	10%
	Morigaon	52%	20%	19%	9%
Div-I	Sonitpur	50%	15%	18%	17%
	Morigaon	29%	33%	24%	14%

Results show that there is no significant relationships between parental income and academic achievement of female adolescent students. It indicates that the 5th hypothesis (H05) is accepted. Parental income or occupation does not affect on their academic achievement

Table: 5 shows the adjustment and academic achievement (Adolescent **Sonitpu**—44/ Adolescent **Morigaon**—44)

	District	3 rd Division	2 nd Division	1 st division
Home	Sonitpur	No-- 8 Mean—13.25	No-- 19 Mean—15.42	No-- 17 Mean—15.705
	Morigaon	No-- 3 Mean—15.33	No-- 18 Mean—12.944	No-- 23 Mean—13.434
Health	Sonitpu	No-- 8 Mean—6.875	No-- 19 Mean—7.684	No-- 17 Mean—8.470
	Morigaon	No-- 3 Mean—8	No-- 18 Mean—8	No-- 23 Mean—8.869
Social	Sonitpu	N-- 8 Mean—17.75	N-- 19 Mean—15.210	N-- 17 Mean—16.352
	Morigaon	No-- 3 Mean—16.34	No-- 18 Mean—16.555	No-- 23 Mean—15.521
Emotional	Sonitpu	N-- -- 8 Mean—9.875	N-- 19 Mean—10.368	N-- 17 Mean—13.176
	Morigaon	No-- 3 Mean—16.66	No-- 18 Mean—12.833	No-- 23 Mean—14.782

Table-6: shows the Co-relation between Adjustment and Academic Achievement

		Academic Achievement		
Level of Adjustment		Overall	Sonitpur	Morigaon
Overall adjustment	Pearson Correlation	.374**	.384*	.359*
	Sig. (2-tailed)	.000	.010	.017
	N	88	44	44
Home	Pearson Correlation	.209	.234	.242
	Sig. (2-tailed)	.051	.127	.114

	N	88	44	44
Health	Pearson Correlation	.266*	.178	.326*
	Sig. (2-tailed)	.012	.248	.031
	N	88	44	44
Social	Pearson Correlation	.060	.094	.034
	Sig. (2-tailed)	.578	.543	.828

Table-7: shows the summary of Relationship between Adjustment and Academic Achievement

Pearson Correlation	Academic Achievement		
Level of Adjustment	Overall	Sonitpur	Morigaon
Overall adjustment	.374**	.384*	.359*
Home	.209	.234	.242
Health	.266*	.178	.326*
Social	.060	.094	.034
Emotional	.403**	.400**	.384*

*Significant at 5%, **Significant at 1% level

The result from Table-7 shows that there is a significant differences between overall adjustment and academic achievement at .05 level, there is a significant differences between adjustment and academic achievement of Sonitpur district is significant at .01 level and significant difference Morigaon district at .01 level. There is no significant differences between home adjustment and academic achievement social adjustment and academic achievement for both districts. There is no significant differences between health adjustment and academic achievement of adolescents of Sonitpur district. There is a significant differences between health adjustment and academic achievement of adolescents of Morigaon district at .01 level. There is a significant differences between overall adjustment and academic achievement of adolescents of Morigaon district at .05 level. There is a significant differences between emotional adjustment and academic achievement of adolescents of Morigaon district and Sonitpur district at .05 level. From the result it can be concluded that the hypothesis 6 is rejected.

Participants of the present study were students of class XI. First year students have to adapt to an unfamiliar environment, and have to adjust to different living arrangements, and develop new relationship with new friends. As they are still in the adolescent period, they are most vulnerable for different psychological problems seen across the developmental span. So, their adjustment level may not be excellent and most of them are falling in average or unsatisfactory level. Emotional and health adjustment are significant. Home and social adjustment are not significant.

CONCLUSION

- From the results of the present study, it can be concluded that there is no significance difference in total adjustment between female students of class-XI from Sonitpur and Morigaon District. Though one district (Sonitpur) is located at north bank of mighty Brahmaputra and other one (Morigaon) is in sounder

bank of the mighty Brahmaputra, however both are located in middle Assam. This factor may be matters of the findings.

- There is a significant differences between emotional adjustment and academic achievement of adolescents of Morigaon district and Sonitpur district at .05 level. The geographical location of the two districts are different, Morigaon district are from rural and under develop, but Sonitpur district is developed district. This facor may effects on their adjustment.
- No excellent level of adjustment is found among both the district of female students of class XI in social, emotional and health.
- Adolescents from both districts have responded as unsatisfactory and very unsatisfactory to adjustment in four dimensions of adjustment.
- Very unsatisfactory level of adjustment in home is found among female student of both districts
- The very unsatisfactory level of adjustment in health, social and emotional adjustment among female students.
- The student have average adjustment in four dimensions, no significant differences exist between the two groups.
- Study shows that there is a significant relationship between academic achievement and parental income.

Limitation

- The study was limited to female adolescents of grade XI only, Grade X & XII were not involved in this study.
- Sample size were limited to 88 numbers of adolescents only.
- Sample were selected from government school only, no students from private schools were involved.

Suggestions

1. The findings of present study exhibited that unsatisfactory level of adjustment is high in home dimension experienced by adolescents. It may be said that the relationship which parents establish with their children has a great influence on the all round development of the children. Therefore parents need to be conscious of it and understand the troubles or challenges of their children at home and outside home. Awareness program on relationship for parents at school level need to be conducted to improve their home environment.
2. It is not healthy for parent-child relationships if parents impose their attitudes and decisions upon their children. Parents need to create children friendly atmosphere or environment. Parents may create a good-nurtured environment where the children can express their feelings and emotions which may help them to be emotionally balanced and stable.
3. Since the adolescent period is very crucial and vulnerable to psychological problem, adjustment in home, health, social and emotion dimensions may be affected. So, awareness programme for adjustment level, parental attitude, parent-child relationships, health and hygiene, and particularly need to be organized mental health programme among adolescent female group is important.
4. Counselling program is very much needed in government school to handle these issues and enhance the level of adjustment at home, health, and emotional adjustment. Counsellors need to address the issues relating to health seeking behaviour.

5. The study has its implications in counselling. Counsellors can gain insight through these research findings to understand the adolescent client during counselling.

REFERENCES

1. **B. Mandeep; M Kaur: (2019)-** Adjustment Level of Female Adolescents in Relation to Types of Schools: *Journal of Advances and Scholarly Researches in Allied Education. Multidisciplinary Academic Research-* Apr, 2019, Vol:16, Issue:5
2. **Bimla (2019);** A Comparative Study of Adjustment of College Going Students with regards to their gender, area and stream ,Motherhood International Journal of Multidisciplinary Research & Development; Vol-III, Issue-II, Feb, 2019
3. Crow L. D. and Crow A (1956) Human Development And Learning: Eurasia Publishing House (Pvt. Ltd. New Delhi)
4. Dhyan A., Sing R (2013): A Study of Adjustment Level of Adolescents from Foster Home and Biological Families - Uttarakhand, India-© Kamla-Raj 2013 Stud Home Com Sci, 7(1): 7-12 (2013)
5. Ganai M.Y., Mir A. M.(2013) A comparative study of adjustment and academic achievement of college students: Journal of Educational Research and Essays. Vol 1(1) 5-8 Jan, 2013
6. H.B. Hurlock:(1995):Developmental Psychology: A Life Span Approach, 5th Edition
7. Kaur H (2022): Adjustment of Adolescents about their Emotional Maturity –International Journal of Creative Research Thoughts, vol-10, issue -9, Sept 2022, ISSN-2320-2882
8. Lalima and Sheetal P.(2019) :Study of the Adjustment of the Female and Male Students Studying at Higher Secondary Level -An International Journal of Educational Technology TechnoLEARN: 9(2): 101-109, December 2019, New Delhi Publishers
9. Mansingbhai T, Patel Y(2014).Adjustment and academic achievement of higher secondary school students: Journal of Information, Knowledge and Research in humanities and social sciences, Nov,13 Oct,14
10. Rakhi G. (2018): A Study on Social Adjustment of Adolescent - International Journal of Scientific Development and Research (IJSDR), Vol: 3, Issue-8 © August 2018
11. Sing.P, Anjali E, Dhingra. J (2017):Home, health , social, and emotional Adjustment among first year college going students-Global Journal for research analysis: Vol-6,Issue-3-2017:ISSN No 2277
12. Singh D. Jaswinder, Anil K.(2010). Study of Achievement, values and adjustment of secondary school students in relation to working status of mothers.: Ph.D. Thesis, Gurunanak Dev University.
13. Sunny O et.al(2017): A study on adjustment level of adolescents, International Journal of Current Research, Vol. 9, Issue, 02, ISSN: 0975-833X, February, 2017
14. Taviyad M., Patel. Y H (2014), Adjustment and Academic Achievement of Higher Secondary School Student, Journal of Information, Knowledge and Research in Humanities and Social Sciences. ISSN: 0975 – 6701| Oct, 14 | volume 3, Issue-1