

Self Concept and Adjustment of Adolescents

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Abstract

The society in which adolescents grow up has an important influence on their development, relationships, adjustments, and problems. The expectations of the society mould their personalities, influence their roles and guide their future. Social conditions help to create or solve their problems or influence the adjustments they must make in solving them. In the present study an attempt is made to see whether self concept is related to adjustment among adolescents. A total of 150 adolescent students studying in sirsa city were randomly selected. They were administered High school Adjustment Inventory by A.K.Singh & A.Sen Gupta (which measured adjustment of an individual in various areas-Home, health, social, school and emotional) and Self concept inventory developed by Dr. Raj Kumar Saraswat, The study is based on the measure of self concept of an individual in 6 areas- physical, social, temperamental, educational, moral and intellectual. The data was analyzed by Pearson's Product Moment method of correlation, and Stepwise Regression Analysis. The results revealed that (i) significant relationship found between the dimensions of self-concept and adjustment of adolescents and (ii) stepwise regression analysis indicated two predictors of Adjustment i.e., educational & intellectual. These results support the idea that the self-concept is a basic theoretical construct closely related to the psychosocial adjustment in adolescence.

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