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Adjustments and Emotional Maturity

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Abstract

The present study was conducted the adjustment and emotional maturity of children between working and non working parents. The study was carried out on total 600 children selected randomly of 8th class from different schools of Sibsagar district, Assam. Out of 600 children, 300 children of working parents and 300 children of non working parents. The tools used for data collection were questionnaire, interview, self evaluation, observation technique etc. The investigator prepared a self structured questionnaire to collect the data from the respondents and it analysed in a tabulate form. After analysing data investigator also provides some suggestions to the working and non working parents for better adjustment of their children. Because the adjustment capabilities and emotional maturities are simultaneously differ from each other.

Key words:1 Adjustment, 2. children, 3. working and non working parents,4. Sibsagar

Introduction:

Parents play the most important role in child's life. From the period of childhood children acquire their learning behaviour and adjustments as well. Parents are the one who guide the child, make the decision and help them to face every challenge of life. Parents have the vital responsibility towards their children to move forward in life in a expected way. In infancy period of child parents have to takes care them. In every stage of life children are blessed full to their parents. As a being of working parents and non

working parents they have to treat their child. Parents have to get involved in work for their economic stability and identity. Because finance is necessary to lead a life. So the working parents have an extra role to treat their child and work simultaneously. As a being of working parents they have short of time for their child. So that it creates an obstacle to adjust in life. On the other hand as a being of non working parents they get more time for their children to treat. So that the children are given better opportunity to adjust in their life. But we cannot say that the children of working parents are maladjusted on the other hand the children of non working parents are better adjusted. It is obvious that both parents have the responsibility to their children for better adjustment and emotional maturity. Emotional maturity is one of the ways to adjust with the environment to lead a happy life. It is crucial that a quality of interaction between parents and child is very important than the amount of time spent together whether the parent is working or not, both the groups should emphasize on giving the child quality time is important. Spending a quality time between child and parents creates a bonding and attachment within them. Bernal (2008) sought to seek the relationship between working parents and cognitive development of their children the study reveals that the children of working parents would hinder in cognitive development. According to Betsie et.al,(2009) parents are important not only because of their some special skills but because they spend with their children for a much time than anyone else and their instruction reflects a very strong influence on behaviour, abilities and attitude of their children. Most of those children who are well adjusted and successful come from homes where parental behaviour is sound and a wholesome relationship is between parents and children. Zareena and Vatsale (2011) revealed that adjustment problems time management and effect of parents' socio-economic and educational status on students achievement. Mancini and Pasque (2012) have studied on parents' actual time spending with their children. The study shows that working and non working parents tend to reduce the 'basic care' time but not 'quality care' time devoted to their children. Therefore, even if working, they may be able not to reduce the time devoted to activities which are more likely to positively influence the school results of their children. So it is proved that adjustment of children of working and non- working parents is different.

Objectives of the study:

The study is mainly based on three objectives. Which are mentioned as under-

- I. To identify the children between the working parents and non working parents.
- II. To compare the adjustment and emotional maturity between the children of working and non working parents of Sibsagar District.
- III. To provide some suggestions to the parents for better adjustment and development of personality of their children.

Delimitation of the study:

It was not possible to include each and every corner of the area of study due to number of constraints. The study was delimited to the selected 10 elementary schools in the district of Sibsagar. The working

parents in the present study refer to educated parents with basic educational qualification graduation and above and are engaged in any government/semi government, or private salaried job. Non working parents in the present study refer to educated parents with educational qualification as graduation and above but not engaged in any government/semi government, and private job.

Methodology of the study:

Method:

To carry out the present study descriptive survey method has been adopted as a method of study.

Tools and techniques:

A self structured questionnaire was developed by the investigator applied for collecting the relevant data. The investigator also used observation techniques to gather related information.

Population and Sample:

As population means the totality. All the children of working parents and non working parents studying in elementary schools in Sibsagar district Assam, India. In order to ensure adequate representation of the population, there are out of 1925 elementary schools of Sibsagar districts forty (40) schools have been selected for this present study. The students (N=300) and an equal number of children belonging to non working parents (N=300) have been randomly selected from schools of this district. The sample comprised of 8th class students within age group of 13- 15 years.

Source of the study:

Both primary and secondary sources of data have been taken for the present study. The teachers and the students have been considered as the source of primary data and various books and journals were regarded as secondary data.

Significance of the study:

Children are the builder of the nation. So from the preliminary stage they should get such type of environment so that they can be able to lead the nation. When a person has leaded the nation he or she must have a happy successful life. That's why to lead a happy life better adjustment and emotional maturity is crucial for the children. Home is the first place where children can acquire all the human values, adequate knowledge and socialization process. In fact parents have a vital responsibility towards their children upbringingness. Parents either working or non working equally they have responsibility to their children for better adjustment in the society and matured of socially and emotionally. So parents should spend a quality time with their children and must interact with them so that they can be able to know their desires and problems. Parents should create such type of environment from the beginning for their children so that children can be able to better adjustment and maintain a balanced personality. This

type of study like comparative study between the children of working parents and non working parents: their adjustments and emotional maturity is crucial to show the comparison between both groups of children about their better adjustment. In present existence, parents are more focused with their job and status rather than their children. That's why children are unable to cope up with the society. So that different types of illegal circumstances are arise. So this type of study is very important for the parents to make aware about their children adjustment and to bring a change on it.

Results and Discussion:

Parents are backbone of a child's life. Parents have a vital responsibility towards their children. They mould them according to their culture and lifestyle. Parents have to treat them in such a way that children can cope up with the environment easily. It helps the children to adjust socially and emotionally. Moreover parents are also responsible to their work also specially those parents who are busy in their work or their job. Working parents have a short of time for their children due to their job or work. On the other hand non working parents have available time for their children. But it is very important that parents must interact with the children so that they can be able to know them properly. Actually adjustment of children is primarily dependent on parents in which how they treat, behaviour, values, adjusted in socially and emotionally, status of parents. Moreover adjustment of children also dependent on the school variables like the class in which they are studying, the medium of instruction present in the school and type of management of the school.

Adjustment is such type of process than help us to socialize, to face any challenges of life, to bring change in day to day life. It helps us to overcome the challenges and it helps mix up with any person or any objects. An adjusted person is one who are socially, emotionally, intellectually and financially adjusted and also he or she can adjusted in home, reduce behavioural problems and health.

TABLE NO 01: RESPONSES OF CHILDREN OF WORKING AND NON WORKING PARENTS REGARDING ADJUSTMENT/ MAL ADJUSTMENT IN DIFFERENT FACTORS

Serial no	Groups	Factors	Adjusted		Mal adjusted		Total
			Frequency Of responses	Percentage	Frequency of responses	Percentage	
1	Children of working parents	Social	130	43.33%	170	56.67%	300
	Children of non working parents		210	70%	90	30%	300
2	Children of						

	working parents		103	34.33%	197	65.67%	300
	Children of non working parents	Emotional	273	91%	27	9%	300
3	Children of working parents		285	95%	15	5%	300
	Children of non working parents	Intellectual	281	93.67%	19	6.33%	300
4	Children of working parents		293	97.67%	7	2.33%	300
	Children of non working parents	Finance	169	56.33%	131	43.67%	300
5	Children of working parents		67	22.33%	233	77.67%	300
	Children of non working parents	Behavioural problems	251	83.67%	49	16.33%	300
6	Children of working parents		261	87%	39	13%	300
	Children of non working parents	Health	176	58.67%	124	41.33%	300
7	Children of working	Home	102	34%	198	66%	300

	parents						
	Children of non working parents		228	76%	72	24%	300

(Source: Field survey)

Table no 01 covers various factors which are social, emotional, intellectual, finance, behavioural problems, health and home respectively. It categorised as adjusted and mal adjusted within the two groups i.e. children of working parents and non working parents. Table no 01 reveals in the social factor of children of working parents and non working parents. The percentage of socially adjusted is below rather than children of non working parents. The percentage of children of working parents in socially adjusted is 43.33% and the percentage of children of non working parents is 70% and mal adjusted in this factor are 56.67% and 30% respectively. This is happen due various issues like working parents don't have ample time to spend with their children, as a result these children usually remain in isolation and it hinders in their social adjustment. While as children of non working parents provide proper attention to children which is basic necessity in socialization process.

Table no 01 also depicts a vast difference on emotional factor also. The result of response and the percentage reveals that the wide difference. The percentage of children of working parents in emotionally adjusted is 34.33% and the percentage of children of non working parents is 91% and mal adjusted in this factor are 65.67% and 9% respectively. So as it clear that children of working parents are emotionally instable in comparison to children of non working parents. It is obvious that employed parents are subject to role conflict, they have to perform the dual role, as domestic duties as well as occupational duties with the result their home life is full of stress and panic full. On the other hand non working parents have played only one role towards their children; they have enough time for their children to provide emotional comfort and congenial environment at their homes. And also they provide sufficient experience how to stable emotionally. That is why these children can cope up with every situation and control their emotion easily.

In the factor of intellectual factor of adjustment it has been shown that maximum similarities exist in this factor within both the groups. The percentage of children of working parents in intellectually adjusted is 95% and the percentage of children of non working parents is 93.67% and mal adjusted in this factor are 5% and 6.33% respectively. Therefore, no conclusive decision can be drawn about this factor.

The result of the table no 01 shows that there exist difference in between the children of working and non working parents on financial factor of adjustment. The table reveals that the percentage of children of working parents in financially adjusted is 97.67% and the percentage of children of non working parents is 56.33% and mal adjusted in this factor are 2.33% and 43.67% respectively. The point is that children of working parents are financially sound and their children may not face financial issues.

They may enjoy a healthy and easy lifestyle. As both the parents engaged in work so that the children of working parents have more financial comfort. It is reverse true with children of non working parents.

Table no 01 also clarifies the difference of both groups on behavioural problem factor of adjustment. The percentage of children of working parents in adjusted behaviour is 22.33% and the percentage of children of non working parents is 83.67% and mal adjusted in this factor is 77.67% and 16.33% respectively. There exist a wide range of issues because as working parents have lack of time they are unable to interact with their children properly due to their work. As a result children may face various behavioural problems. They don't know how to behave with others. But in case of non working parents they have enough time to interact with their children so that in these families there have fewer amounts of issues regarding behavioural factor in comparison to working parents' children. As a result they are able to build a well mannered behavioural personality.

Table no 01 also reveals in the factor of health adjustment that the children of working parents are adjusted rather than children of non working parents. The percentage of adjusted children is 87% and the percentage of children of non working parents is 58.67% and mal adjusted in this factor is 13% and 41.33% respectively. It clarifies a vast difference scenario between both the groups. Because children of working parents are economically sound so that they can solve their health issues. On the other hand it is different with the children of non working parents.

The table also has shown that in the factor of home adjustment of children of working and non working parents. The percentage of children of working parents adjusted in home is 34% and the percentage of children of non working parents is 76% and mal adjusted in this factor is 66% and 24% respectively. As working parents are not much available with the children, as a result children develop a sense of loneliness and insecurity. Thus they remain under stress and depression, they don't find their parents providing the needed care, love and affection and this negligence on their part disturbs them. Whereas children of non working parents are easily available to their children whenever they need them, therefore they feel more adjusted at home.

Suggestions and conclusion:

As researcher mentioned earlier parents have a vital responsibility towards the children for their better adjustment. They have to play various roles for children's adjustment. The roles are like parents have to spend a quality time with them and interact with them like a friend. They should know what is going on their children's life and try to find out the problems faced by their children and remove them as well. Another role is that reading stories or helping them with homework. Parents should help them to solve their homework. Moreover they have taken their children to museum or to theatre. It helps them to acquire lot of information and knowledge. Travelling is also important for better adjustment of the children. Travelling learns lot of experience and helps to cope up with every situation. Parents also inculcate philosophical and moral values to their children for balanced personality. It helps them to behave with others in well mannered. Parents should also learn positive thought and positivity to their children. Every parent loves their children so it helps them to know their children properly. Love and

affection to the children is crucial for parents as well as children. These roles are very important for the parents of better adjustment of their children.

Family plays an important role in the personality development of child. Among the family members the contribution of parents is very important in shaping the personality of their children. Working parents usually place their children, which results in less attention and instruction. It may cause adjustment problem within the children. But the children of non working parents get the chance to stay at home so that they can adjust easily. As the study shown that the children of working parents is socially unadjusted rather than the children of non working parents. In the emotional factor also due to various issues the children of working parents are unadjusted in comparison to the children of non working parents. Likewise in other factors also the children of non working parents are better adjusted except finance and health in comparison to the children of working parents. So at last but not the least parents either working or non working they have a significant role towards their children for better adjustment and emotional maturity.

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