

Adjustment Abilities and Environmental Knowledge among Higher Secondary School Students of Jammu and Kashmir

Mohd. Mushtaq^{1*} and Mohd. Moshahid²

¹Research Scholar, Department of Education and Training, Maulana Azad National Urdu University, Hyderabad, India

²HoD, Department of Education and Training, Maulana Azad National Urdu University, Hyderabad, India

*Corresponding author: mohdmushtaq116@gmail.com

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ABSTRACT

The main aim of study is to compare the adjustment abilities and environmental knowledge of boys and girls higher secondary school students of Jammu and Kashmir. A sample of 80 students (40 male and 40 female) was selected through simple random sampling techniques. Adjustment abilities scale by Sinha (2013) and Environmental knowledge questioner developed by the researcher used for the data collections. Average Mean, Standard Deviation, t- test and correlation used for statistical analysis. The study revealed that the boy's students have higher adjustment abilities and environmental knowledge as compared to the girl's students. And found there is a major difference of adjustment abilities among boys and girls higher secondary school students. The researcher further found that the significant difference in environmental knowledge among boys and girls students of Jammu and Kashmir. Adjustment abilities and environmental knowledge among higher secondary school students are negatively correlated to each other.

Keywords: Adjustment abilities, Environmental knowledge, Higher Secondary School Students, Jammu and Kashmir

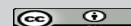
Adjustment is a continuous process. It starts from birth and goes on till death. Darwin gives the concept of adjustment that used it as an alteration to live in the physical world. All human-beings tend to differ in their behavior with respect to the conditions in their environment. Even in the same environment, an individual can differ from others e.g. when any barrier comes in the process of adjustment of individuals, some individuals repeat their trial and error activities by succeeding at last in their task whereas some choose to withdraw from their attempt and cannot face the situation thereby suffering from conflicts and frustrations. Thus, the achievement of such a level of adjustment depends on the nature of the individual. Adjustment is a person's interaction with his environment. Interaction means mutual behavior or influence and environment refers to the whole thing external to the person with whom he is in some relation.

Adjustment is a two-way process which involves both the process of fitting oneself into available circumstances and also the process of changing the conditions to fit one's needs. The well-adjusted persons have strengthened knowledge, respecting to others, sufficient level of aspirations, satisfactions towards basic needs and requirements, realistic, flexibilities in behavior, healthy habits, attitudes and interests.

Similarly, as the adjustment abilities, environmental knowledge plays a significant role in the life of students. Environment means surroundings which constitute all living and non-living components.

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Living creatures like animals, plants and non-living components like soil, air and water are elements of environment. All things are directly or indirectly depending on environment for our survival. Environment refers to the sum total of conditions which surround human beings at a given point of space and time. Environment is the combination of all of physical and living factors that act on a living being, populations, or natural society. It includes physical component, which is known as physical environment like air, water, land, atmosphere etc. but they are commonly known as natural environment. Education is the foundation to develop open-minded citizen who will lead a better and happy life by nurturing environment. Education has responsibilities to train the young minds towards sustainable development. India is facing multifarious environmental problems due to over population and unplanned industrial growth. Flood, river pollution, river erosion, deforestation, food pollution and contamination are mostly occurring environmental issues. Environmental education is one of the most active agents for increasing public environmental awareness, knowledge and attitude. They will be the decision makers. The role of the schools in the environmental training of the community is need of the hour. School education can create positive attitude among students towards environment. They can take an active role in conserving the environment and its resources.

The systematic knowledge is very important for the application of natural resources for the development and progress of manhood as given through Environmental Education. The important aim of Environmental Education is to impart knowledge and experience realizing the value of such important views:

- ❑ Enable the students in realizing the interrelationship between man and environment.
- ❑ Enable the students in obtaining knowledge about environment.
- ❑ Develop optimistic attitude towards the environment between the students.
- ❑ Develop the intellect of responsibility for the environment among the students towards the environment.
- ❑ Help the students in realizing the importance

of taking significant or instantaneous steps to solve environmental problems.

- ❑ Develop required interest and develop passionate attitude among the students for the comprehension of environmental problems so that they would be encouraged to work for the solution of such problems.

The knowledge that is related to people's life and the environment is known as environmental knowledge. Environmental knowledge can be classified as environmental awareness and environmental consciousness. Environmental awareness our environment is being increasingly degraded. Because of increasing population, industrialization, and natural resources has been rapidly utilizing. So, our environment is degraded due to human activities and we need to protect the environment. People must be aware that it is not only the duty of government people must take the important steps or take active role for protecting the environment. People must be aware regarding the threats of the environment like natural disasters, global warming harmful ultra violet radiations. Proper consciousness and awareness through mass media is necessary tool through which people will take active role in solving environmental problems.

Review of Related Literature

Surekha (1993) A comparative study between adjustment and academic performance among high school students. In this study the researcher points out that there is a major difference between the adjustment level of students in private and government secondary schools. Finding of the private school children are higher adjusted as compare to the government school students.

Birch and Ladd (1997) conducted a study on student's teacher relationship and adjustment of the children. In his study the researcher examine that how the children adjust in school environment. In this study 206 students of kindergarten were chosen for the sampling. The researcher found that the three distinct features of student's teacher's relationship (Closeness, conflict and dependency) were related to the many aspects of student's school adjustments. The researcher further found that there is a strong correlation of school adjustment and difficulties including negative attitudes toward

school and poor academic performance and fewer engagements with the school environment.

Sarsani (2007) conducted a correlation study between self concept and adjustment among secondary school students in Warangal of Hyderabad. In this research the investigator found that 120 high school children of wrangal district were chosen as a sampling. Simple random sampling of probability sampling was used under the normative survey for the study. Finding of the study reveals that no significant difference between the self concept and adjustment among secondary school of students of Warangal.

Hussain (2008) adjustment and academic stress among 9th standard students belonging to the two different backgrounds (Private and government schools). In his research the researcher reveals that the total 100 students (50 from private school and 50 from government) of 9th class were selected under purposive sampling for the data collection of the study. Finding of the study reveals that the government school students are well adjusted than the private school students.

Paliwal *et al.* (2008) adjustment and stress among school students belonging to the rural and urban. In this study the investigator found that there exist major differences between the adjustment among urban and rural students. In present study the researcher further found that urban students are much adjusted than the rural students and found that girl's students have less adjusted as compared to the boy's students.

Panth (2015) conducted a study on the role of attitude in environmental knowledge among UG Boys and girls' students. In this study the researcher used standardized tool on 100 (50 boys and 50 girls) students as a sampling. The data were collected by using Mean standard deviation and ANOVAs as a statistical analysis. Finding of the study show that girl's student has much awareness as compare to the boys' students. The researcher further concludes that positive attitudes toward the environmental awareness among boys and girls are differing significantly.

Katoch (2016) conducted a study on attitude and attentiveness in school students toward environment. In this research the investigator found that awareness toward environment among

male and female students of Shimla of Himachal Pradesh. 160 students (80 boy's students and 80 girl's students) were selected under survey method of research; simple random samplings were used for the study. The study reveals that both the male and female students having equal level of awareness among school students and female students having better attitudes toward environment as compared to the male students. The researcher concludes that no major difference found between the awareness of boys and girl's students of Himachal Pradesh.

Bordhan (2017) conducted a study on the knowledge toward environment in high school students of Kamrup (Metro) District, Assam. The study reveals that the girl's students of Kamrup District have higher level of environmental awareness as compared to the boy's students. The researcher further found that the urban students have higher awareness on environment.

Mushtaq *et al.* (2021) conducted a study on sustainable development of elementary school children with differential level of critical thinking. In this study the researcher found that data were collected by simple random sampling under descriptive study. 100 primary school students were selected for the sampling. The data were analyzed by suitable statistical analysis such as Mean, Standard Deviation and ANOVAs. Finding of the research reveals that there is no major difference found in participatory behavior on sustainable development of elementary school students of Jammu and Kashmir.

Significance of the Study

Adjustment is a person's interaction with his environment. Interaction means mutual behavior or influence and environment refers to the whole thing external to the person with whom he is in some relation. Similarly, the adjustment abilities environmental education plays a significant role in environmental protection and its development. The main purpose is to make people competent to the scientific work and to make the people able to find the solution of the current environmental problem. First important thing which is important for the excellence of education is student adjustment. The secondary level of education is a stage where the rapid growth and development of child takes place. At the secondary level, children pass through the

adolescent stage which is considered as a period of stress and strain. At this stage, different types of question come to the minds of children. Adjustment means goodness of individual in exams, discipline, adopting rule and regulation, punctual, good in learning, part of co-curricular activities, and well in behavior and socially adjustable. Hence the present study felt need under the title: Adjustment abilities and environmental knowledge among senior secondary school students of Jammu and Kashmir.

Statement of the Problem

The purpose of the study is to build up student's knowledge and understanding about the environment and to suggest adequate knowledge and inculcate the right environmental attitude and values among young students specifically. Hence the study is entitled as, "*Adjustment Abilities and Environmental Knowledge among Higher Secondary School Students of Jammu and Kashmir*".

Operational Definition

Adjustment abilities

Adjustment means goodness of individual at homes at school's exams, discipline, adopting rule and regulation, punctual, good in learning, part of co-curricular activities, and well in behavior and socially adjustable.

Environmental knowledge

Environmental knowledge is a continuous process and plays an important role in day-to-day life. Environmental knowledge is necessary for setting up in the society. The students must be aware regarding the threats of the environment like natural disasters, global warming harmful ultra violet radiations.

Higher Secondary school students

Senior Secondary school students are those individuals whose studies in 9th to 12th class in different government and private schools. In the present study student means those individuals who are studying in 10th class in higher secondary school Mankote of district Poonch in Jammu and Kashmir.

Objectives

1. To compare the adjustment abilities between boys and girls higher secondary school students of Jammu and Kashmir.
2. To compare the environmental knowledge between boys and girls higher secondary school students of Jammu and Kashmir.
3. To study the relationship between adjustment abilities and environmental knowledge between higher secondary school students of Jammu and Kashmir.

Hypothesis

H_{01} : There is no major difference in adjustment abilities between boys and girls higher secondary school students of Jammu and Kashmir.

H_{02} : There is no major difference in environmental knowledge between boys and girls higher secondary school students of Jammu and Kashmir.

H_{03} : There is no major relationship in adjustment abilities and environmental knowledge between boys and girls higher secondary school students of Jammu and Kashmir.

Methods

Descriptive research describes, explain and interpret the present phenomenon. In this study survey method under descriptive type was conducted on Adjustment Abilities and Environmental knowledge in higher secondary school students of Jammu and Kashmir. 80 participants both male and female students belonging to government Higher secondary School Mankote were taken as the sampling. In this study the researcher selected the 10th standard students under simple random sampling of probability types belonging to the government higher secondary school Mankote from Poonch district of Jammu and Kashmir. The researcher used one standardized tool of adjustment abilities by Sinha (2013) and environmental knowledge scale developed by the researcher for the study. For analyzing the collected data the researcher used some suitable statistical technique such as, Arithmetic means, Standard Deviations, 't' test and correlation were used.

RESULTS AND DISCUSSION

1. To comparison in the adjustment abilities between boys and girls higher secondary school students of Jammu and Kashmir.

H₀₁: There is a no major difference in adjustment abilities between boys and girls higher secondary school students of Jammu and Kashmir.

Table 1 shows the Average Mean, S.D, (*t*) values and level of significance of adjustment abilities among higher secondary school students of Mankote. In this table it is found that the mean values of adjustment abilities of boys and girls is 48.5 and 45.45 and standard deviation is 6.95 and 6.64 respectively, the *t*-value of both the group is 2.0. Degree of freedom is 78. The mean scores of boys are highest as compared to the girls score. The researcher found that there is a significant difference at 0.05 levels. In this context the null hypothesis i.e. there will be no major difference in adjustment abilities among boys and girls higher secondary school students of Mankote is rejected. It can be interpreted that there is a major difference of adjustment abilities among boys and girl’s students of Jammu and Kashmir.

2. To comparison in the environmental knowledge among boys and girls higher secondary school students of Jammu and Kashmir.

H₀₂: There is no major difference in environmental knowledge between boys and girls higher secondary school students of Jammu and Kashmir.

Table 2 shows the Average Mean, S.D, (*t*) values and level of significance of Environmental knowledge among higher secondary school students of Mankote. In this table it is found that the mean values of environmental knowledge of boys is 14.5 and girls is 13.37 and standard deviation 1.87 and 2.02 respectively, the *t*-value of both the group is 2.03. Degree of freedom is 78. The mean scores of boys are highest as compared to the girls score. In this context the null hypothesis i.e. there will be no major difference in environmental knowledge between boys and girls higher secondary school students of Mankote is rejected. It can be interpreted that there is a major difference in environmental knowledge between boys and girls students of Mankote in Poonch district of Jammu and Kashmir.

3. Correlation between adjustment abilities and environmental knowledge among higher secondary school students of Jammu and Kashmir.

H₀₃: There is no significant relationship in adjustment abilities and environmental knowledge between boys and girls higher secondary school students of Jammu and Kashmir.

To test the null hypothesis, Pearson Product Moments Correlation was used for analysis to know the relationship between adjustment abilities and environmental knowledge among higher secondary school students of Mankote.

Table 1: Comparison adjustment abilities between boys and girls senior secondary school students

Category	Gender	N	Mean Average	S. D	S.E.D	Degree of freedom	t- value	Level of Significance
Adjustment Abilities	Boys Students	40	48.5	6.95	1.51	78	2.01	Significant at 0.05 level
	Girls Students	40	45.45	6.64				

Table 2: Comparison of environmental knowledge among boys and girls senior secondary school students

Category	Gender	N	Mean	S. D	S.E. D	Degree of freedom	t- value	Level of Significance
Environmental Knowledge	Boys Students	40	14.25	1.87	0.433	78	2.03	Significant at 0.05 level
	Girls Students	40	13.37	2.02				

Table 3: Relationship between adjustment abilities and environmental knowledge among senior secondary school students of Mankote

State	Tool used	N	Mean	S. D	‘r’ Value	Remarks
Jammu and Kashmir	Adjustment abilities	80	46.91	6.93	-0.164	Negative correlation
	Environmental knowledge	80	13.81	1.98		

Table 3 show that the relationship between adjustment abilities and environmental knowledge among higher secondary school students of Mankote. Table 3 indicate that the mean score of adjustment abilities and environmental knowledge is 46.91 and 13.81 and the standard deviation of higher secondary school students of both the variable is 6.93 and 1.98 respectively,

It can be interpreted that there is a negative correlation between adjustment abilities and environmental knowledge among higher secondary school students.

CONCLUSION

Adjustment abilities among boys and girls higher secondary school students of Mankote are differ significantly at 0.05. Level of significance and there is a major difference in environmental knowledge among boys and girl's students of Mankote in Poonch district of Jammu and Kashmir. The study revealed that the boy's students have higher adjustment abilities and environmental knowledge as compared to the girl's students. Comparison between the adjustment abilities and environmental knowledge is negative correlated to each other. Mean scores and 'r' values indicate that there is a negative correlation of adjustment abilities and environmental knowledge among higher secondary school students of Mankote in Poonch district of Jammu and Kashmir.

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