

Adjustment of Hindu and Muslim villagers

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ABSTRACT

The aim of present study was to compare the adjustment of Hindu and Muslim villagers. The study was conducted on 200 adults (age range 25 to 60) of Siwan district. The sample comprised of both Hindu and Muslim respondents. To measure the proposed variables, Mohsin Shamshad Hindi Adaptation of Bell Adjustment Inventory constructed and standardized by Mohsin, S.M. and Hussain, S. (1987) and a self-made Personal Information Inventory was used to collect personal information of subjects. Application of t' test revealed that there was significant difference between Hindu and Muslim respondents on their health and social adjustment but insignificant difference on home and emotional adjustment. Hindu subjects are significantly higher than Muslim subjects on their health and social adjustment.

Keywords: *Inclusive Education, Effective, Efficient, Disabilities, Classroom Activity, Punishment Institution*

Adjustment refers to the behavioral process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. Adjustment refers to the behavioral process of balancing conflicting needs, or needs challenged by obstacles in the environment. Successful adjustment is crucial to have a high quality of life. Those who are unable to adjust well are more likely to have clinical anxiety or depression as well as experiencing feelings of hopelessness, difficulty in concentrating, sleeping problems and reckless behavior.

Adjustment refers to the ability of an individual to fit into his environment. Good (1959) stated that adjustment is a process of finding and adopting modes of behavior suitable to the environment or changes in the environment. Kulshrestha (1979) explained that the adjustment process is a way in which the individual attempts to deal with stress, tensions, conflicts etc., and meet his or her needs. In this process the individual makes effort to maintain harmonious relationships with the environment. According to Shaffer (1961) adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs.

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Objectives

- to compare home adjustment of Hindus and Muslims.
- to compare health adjustment of Hindus and Muslims.
- to compare social adjustment of Hindus and Muslims.
- to compare emotional adjustment of Hindus and Muslims.

Hypothesis

- a. There will be significant difference between Hindus and Muslims on home adjustment.
- b. There will be significant difference between Hindus and Muslims on health adjustment.
- c. There will be significant difference between Hindus and Muslims on social adjustment.
- d. There will be significant difference between Hindus and Muslims on emotional adjustment.

METHODOLOGY

The study was conducted on male and female adults of siwan district, Bihar with purposive-cum-random sampling technique. The sample comprised of 200 adults - 100 Hindu and 100 Muslim.

Tools/Instruments

1. 'Mohsin Shamshad Hindi Adaptation of Bell Adjustment Inventory constructed and standardized by Mohsin, S.M. and Hussain, S. (1987) was used to measures adjustment of Hindu and Muslims. It has 124 items with 2 alternative responses – yes and no. The inventory measures adjustment in four different areas – home, health, social and emotional. High scores on the inventory indicate low level of adjustment and low score shows high adjustment in different specific areas.
2. A self made personal datasheet was used to collect the general information like – name, age, class, gender, caste, residential area, religion and family size etc.

RESULTS AND DISCUSSION

The obtained mean home adjustment scores of Hindus and Muslim are 14.65 and 15.36 respectively. The obtained t-ratio for Hindu and Muslim compared groups is 0.64 (Table-1). The t-ratio is insignificant at .05 level. Hindus and Muslims don't significantly differ on their home adjustment. It indicates that religion doesn't influence home adjustment of adults.

Table-1 Showing Means, S.Ds. And T-Ratio of Home Adjustment Scores – Hindu And Muslim Groups

Groups	N	Means	S.Ds.	df	t-ratio	Level of significance
Hindu	100	14.65	7.56	198	0.64	N.S.
Muslim	100	15.36	8.21			

Table-2 Showing Means, S.Ds. and t-ratio of Health Adjustment Scores – Hindu and Muslim Groups

Groups	N	Means	S.Ds.	df	t-ratio	Level of significance
Hindu	100	13.56	8.95	198	2.35	.05
Muslim	100	16.55	9.02			

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The obtained mean health adjustment scores of Hindu and Muslim groups are 13.56 and 16.55 respectively. The obtained t-ratio for Hindu and Muslim compared groups is 2.35 (Table-2). The t-ratio is significant at .05 level. Hindu and Muslim groups are significantly different on their health adjustment. Higher mean adjustment score shows low level of adjustment and lower mean score shows high level of adjustment. Hindu shows high level of health adjustment than Muslim. It indicates that religion influences health adjustment of adults.

Table-3 showing means, s.ds. And t-ratio of social adjustment scores – hindu and muslim groups

Groups	N	Means	S.Ds.	df	t-ratio	Level of significance
Hindu	100	14.35	7.35	198	2.18	.05
Muslim	100	17.02	9.75			

The obtained mean social adjustment scores of Hindu and Muslim groups are 14.35 and 17.02 respectively. The obtained t-ratio for Hindu and Muslim compared groups is 2.18 (Table-3). The t-ratio is significant at .05 level. Hindu and Muslim groups are significantly different on their social adjustment. Higher mean adjustment score shows low level of adjustment and lower mean score shows high level of adjustment. Hindu groups show high level of social adjustment than Muslim. It indicates that religion influence social adjustment of respondents.

Table-4 Showing Means, S.Ds. and t-ratio of Emotional Adjustment Scores –Hindu and Muslim Groups

Groups	N	Means	S.Ds.	df	t-ratio	Level of significance
Hindu	100	15.34	7.58	198	0.9	N.S.
Muslim	100	16.35	8.25			

The obtained mean emotional adjustment scores of Hindu and Muslim groups are 15.34 and 16.35 respectively. The obtained t-ratio for Hindu and Muslim compared groups is 0.9 (Table-4). The t-ratio is insignificant at .05 level. Hindu and Muslim are insignificantly different on their emotional adjustment. It indicates that religion doesn't influence emotional adjustment of respondents.

CONCLUSIONS

The study had to the conclusions that religion influences health and social adjustment but doesn't influence home and emotional adjustment of Hindu and Muslim groups. Hindus show better health and social adjustment than Muslims.

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Conflict of Interest

The author declared no conflict of interest.

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