

## Adjustment in Terms of Ego-strength and Self-concept

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The term 'adjustment', which is defined as the mutual understanding between the inner demands of the person and his environment. It continues thought out the life. Moreover, it is very much difficult to make a balance between inner demand and demand of the environment. Hussain defined adjustment as modification in behaviour in accordance with requirement or demand of the environment. A person is said to be the adjusted to the extent that he is able to maintain a balance between the personal and environmental demand.

Ego-strength which is defined as the tolerance capacity of the individual faced with the stressful situations. It means tolerance of anxiety and group of reality. People with strong ego have high tolerance of anxiety and firm grasp of reality. On the other hand people with weak ego are found to be confused, unadaptive, rigid, stereotyped and unoriginal. The self concept which refers to the concept and perception of a person about one self.

Several studies have been conducted in abroad (Brovesman, 1960; Cattul, 1957) and even in India (Arora, et al. 1975; Choudhary, et al. 1997; De, 1984; Hussain, et al. 1996; Kumar, et al. 2001; Suleman, 1993; Suman, 2012; Singh, 2012, but without the direct linkage with the variables under reference.

### Objectives :

To examine the effect of ego-strength on adjustment and the effect of self concept on the adjustment of the respondents.

### Hypothesis :

(i) There would be significant influence of ego-strength on adjustment of the respondents.

(ii) There would be significant influence of self-concept on adjustment of the respondents.

### Methodology :

**Sample :** The study was conducted on a sample of 160 adolescent males selected from the central region of Ara town using incidental – cum- purposive sampling techniques. The subjects were matched in respect of community, inhabitation etc as far as practicable. They were selected in such a way that they must be equal in respect of high and low groups in terms of ego-strength and self concept.

**Tools used :** Adjustment inventory by Mohsin-Shamshad Hindi Adaptation of Bell's Adjustment inventory was used to measure adjustment patterns of the respondent. Ego-strength scale by Q. Hassan was used to measure the ego-strength of the respondents. Mohsin's self-concept scale was used to measure the self-concept of the respondents. A personal data sheet prepared by the researcher was used to gather necessary information about the subjects.

### Procedure :

Ego-strength scale, self-concept scale along with PDS were employed on 350 male respondents. The scoring was made as per manual's direction. There after respondents were divided in to high and low groups in respect of ego-strength and self-concept. Then the selected respondents were subjected to Bell's Adjustment Inventory. The obtained data were treated using  $\chi^2$  Test.

### Results and Interpretation :

The results based on the obtained data were recorded in the following two tables :

Table – 1

Chi-square showing the association of ego-strength with adjustment of the respondents

Variables	Group	Adjustment		X <sup>2</sup>	df	p
		Sound	Poor			
Ego-strength	High	70%	30%	33.95	1	< .01
	Low	29%	71%			

Table-1 showed superiority of the respondents belonging to high ego-strength group over low ego-strength group ( $\chi^2 = 33.95$ ,  $df = 1$  :  $p < .01$ )

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in terms of adjustment. The first hypothesis was retained. The finding was interpreted in terms of high level of self-reliance, self-disclosure and more simulating and favourable conditions on the part of respondents of high ego-strength group than their counterparts belonging to low ego-strength group leading to sound adjustment in high ego-strength group.

**Table –2**

**Chi-square showing the association of self-concept with adjustment of the respondents**

Variables	Group	Adjustment		X <sup>2</sup>	df	p
		Sound	Poor			
Self-concept	High	60%	34%	24.75	1	< .01
	Low	31%	69%			

The results of Table-2 showed significant effect of self-concept on adjustment. Respondents of high self-concept group were found possessing sound adjustment as compared to those having low self-concept ( $s^2 = 24.75$ ,  $df = 1$ ;  $p < .01$ ). Thus second hypothesis was confirmed. The finding might be interpreted on the ground that high self-concept is conducive to the tolerance capacity of stress, anxiety, leading to better adjustment pattern.

#### **Conclusions :**

High ego-strength is more conducive to sound adjustment. High self-concept is more conducive to sound adjustment.

#### **References :**

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