

Inter-Relation Between Well-Being and Adjustment: Among Adolescents

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Abstract

Well-being is linked to several aspects of health, including the psychological, spiritual, social and physical – all components of force readiness. This paper will provide a brief overview of the definition and measurement of well-being with an emphasis on its relevance to military readiness. Adjustment is the behavioral process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. Bell's Adjustment Inventory and Ryff's Psychological Well-being (PWB) is an increasingly popular consulting tool. This study examined the role of Well-being and Adjustment among adolescents. It was conducted on a sample of 60 pupils in Meerabai Institute of New Delhi. Where the students completed the Ryff's Psychological Well-being Questionnaire and Bell's Adjustment Inventory, result shows that the scores were matched and correlated different dimensions of Adjustment with Well-being scores. According to the result Well-being and Adjustment have positive correlation between them which states that effect of one will lead to impact on other.

Keywords: Well Being; Adjustment; Adolescents

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Introduction

Well-being is linked to several aspects of health, including the psychological, spiritual, social and physical – all components of force readiness. A simple measure of well-being may be a practical indicator of readiness. The Ryff's Scale was developed to measure well-being in geriatric patients who typically exhibit chronic psychological health conditions and would report low well-being using traditional measures.

Well-being is a multifaceted concept. It is often thought of as one of the hallmarks of the liberal arts experience, resulting from educational encounters that both guide students in the search for meaning and direction in life and help them realize their true potential. The Ryff is a straightforward and relatively short survey that assesses the psychological component of well-being. The concept of well-being implies more than the mere absence of negatives in one's life. It is intended to imply a

positive, well-lived, thriving life. The benefits of measuring well-being can be identified by tracing the use of SWB measures over the span of their usage from the global to the particular, from the international level to the individual. Several international efforts exist to track SWB across time, nations and cultures.

Concept of Adjustment

In psychology 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. Hungry people, for example, are stimulated by their physiological state to seek food. When they eat, they reduce the stimulating condition that impelled them to activity, and they are thereby adjusted to this particular need.

Adjustment is the relationship which comes to be established between the individual and the environment. Every individual plays

certain position in his social relations. He is trained to play his role in such a way that his maximum needs will be fulfilled. So, he should play his role properly and get maximum satisfaction. If he does not play his role according to standards and training Home Environment received his needs may not be fulfilled and he may get frustrated.

Review of Literature

Results of the development of a theoretically focused, exploratory classification scheme indicated that adolescents classified as highly securely attached reported greater satisfaction with themselves, a higher likelihood of seeking social support, and less symptomatic response to stressful life events. Moreover, a research in the past indicated that comprehensive perspectives on well-being include positive aspects of human life such as subjective wellbeing have recently been proposed. Life satisfaction is the cognitive component of subjective well-being and plays an important role in positive development as an indicator, a predictor, a mediator/moderator, and an out-come. over time, various researchers concluded the findings from a study of 935 adolescents' perceived attachments to their parents and peers, and their psychological health and well-being. In this study, adolescents' perceived attachment to peers did not appear to compensate for a low attachment to parents in regard to their mental ill-health. These findings suggest that high perceived attachment to parents may be a critical variable associated with psychological well-being in adolescence. moreover in a study entitled "The Role of Father Involvement and Mother Involvement in Adolescents' Psychological Well being", a study of 2,722 British adolescents aged 14-18 years explored whether paternal involvement can protect against low levels of well being even when maternal involvement and risk and protective factors are controlled for.

Results showed that although both father and mother involvement contributed significantly and independently to offspring happiness, father involvement had a stronger effect. A recent study showed that the sport and vigorous recreational activity index was positively associated with emotional wellbeing independently of sex, social class, health status, and use of hospital services. A recent study investigated the relationships between adolescents' online communication and compulsive Internet use, depression, and loneliness. Finally, loneliness was negatively related to instant messenger use 6 months later.

Overall, adolescents who use more approach and less avoidance coping are better adjusted. The results suggest that efforts to change, manage, or positively reappraise a problematic situation actively, are important for good long-term adjustment.

Methods

Sample

The overall sample consisted of 60 students (30 male and 30 female) of Institute (mean age= 18 years) and was collected at Meerabai Institute of Technology, Maharani Bagh, New Delhi.

Table 1.1.: Sample Table Including Number of Adolescents

S.NO	MEAN AGE (IN YEARS)	MALE STUDENTS	FEMALE STUDENTS	TOTAL NUMBER (N)
1.	18	30	30	60

TOOLS USED

Following tools have been used in the particular study:

Table 1.2: Table Describing the Psychological Tests that have been employed

S.NO	PSYCHOLOGICAL TEST AND TOOL	DEVELOPED BY	NO. OF ITEMS
1.	Ryff's Psychological Well-Being Scales (PWB), 42 items version	Carol Ryff	42
2	Bell's Adjustment Inventory (Indian Adaptation)	Hugh M. Bell	140

Statistical Analysis Used

After scoring the questionnaires (Ryff's Psychological Well-being Scales (PWB) and Bell's Adjustment Inventory), the raw scores were tabulated for each of the variables and studied. Then the correlation for each variable was put under investigation. The following statistical measures and graphs have been further employed to examine the role of well-being and adjustment among.

Results**Table 1.3: Table describing Positive/Negative correlation between different parameter and well-being.**

S. No.	Components	Correlation with Well-being	Relation (+ve/-ve)
1	Home Adjustment	0.12	Positive
2	Health Adjustment	-0.03	Negative
3	Social Adjustment	0.16	Positive
4	Emotional Adjustment	-0.06	Negative
5	Over All Adjustment	0.05	Positive

At 0 to 1 = Positive At -1 to 0 = Negative

The above table indicate positive or negative correlation between different parameter of adjustment and Well-being. Correlation between 0 to 1 is Positive and between 0 to -1 is The above table indicate positive or negative correlation between different parameter of adjustment and Well-being. Correlation between 0 to 1 is Positive and between 0 to -1 is Negative. Correlation between home adjustment and well-being is 0.12 which shows positive relation, correlation between health adjustment and well-

being is -0.03 which shows negative relation , correlation between social adjustment and well being is 0.16 which shows positive relation, correlation between emotional adjustment and well being is -0.06 which shows negative relation and over all correlation between adjustment and well-being is 0.05 which shows that adjustment and well-being have positive relation which means effect on one will lead to impact on other .

Chart 2.1: Bar-diagram showing correlation between different parameter of adjustment and well being.

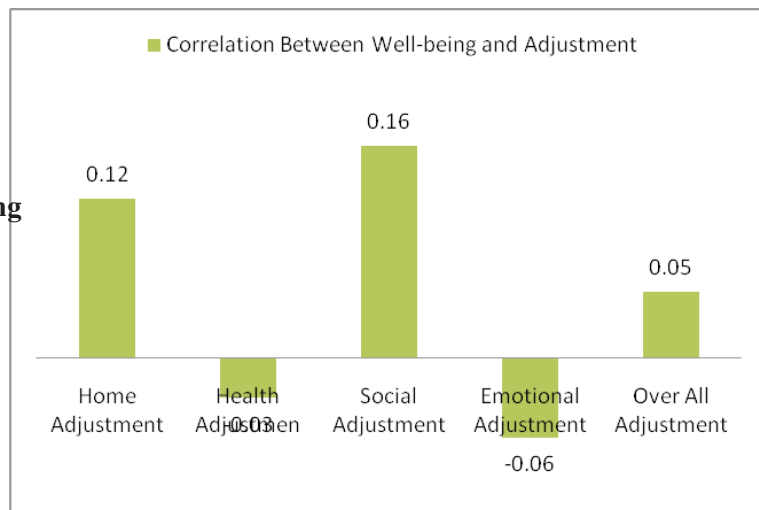
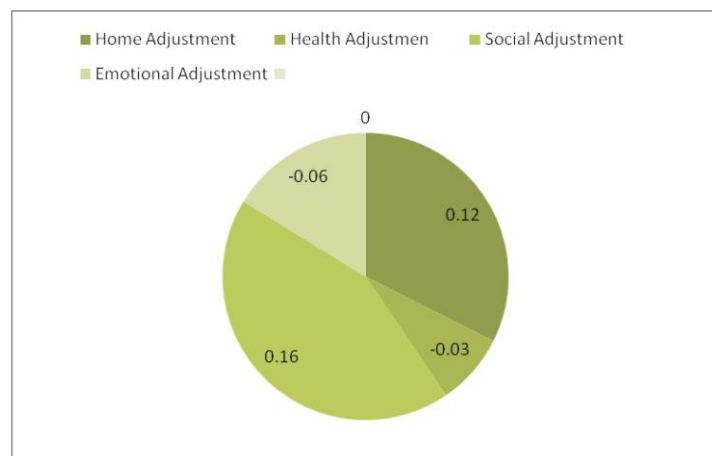


Chart 2.2: Pie-diagram showing individual correlation of different parameter with well-being



Discussions

The title of the present research is "To study the inter-relation between Well-being and Adjustment among adolescents." Well-being is linked to several aspects of health, including the psychological, spiritual, social and physical – all components of force readiness. A simple measure of well-being may be a practical indicator of readiness. This paper will first provide a brief overview of the definition and measurement of well-being with an emphasis on its relevance to military readiness.

Moreover, a research in the past indicated that comprehensive perspectives on well-being include positive aspects of human life such as subjective wellbeing have recently been proposed. Life satisfaction is the cognitive component of subjective well-being and plays an important role in positive development as an indicator, a predictor, a mediator/moderator, and an out-come. Whereas low life satisfaction is associated with psychological, social, and behavior problems, high life satisfaction is related to good adaptation and optimal mental health among youth.

In a study entitled "The Relation of Attachments and Supports to Adolescent Well-Being and School Adjustment" examined the relationship between adolescents' adjustment and their supportive relations with significant others. It linked the Bowlby concept of social attachment with that of social support (derived from social network theory) in describing the exchange content of adolescents' interactions with parents, peer-friends, and adult nonkin.

Using a sample of 60 early adolescents, researchers examined the hypothesis that family and friendship measures would moderate each other's associations with measures of children's perceptions of their adjustment and well-being.

Conclusion

According to the research conducted on "Co-relation of adjustment & wellbeing among adolescents", it can be inferred that Relation between home adjustment and wellbeing would be positive among adolescents, Relation between health adjustment and wellbeing would be negative among adolescents, Relation between social adjustment and well-being would be positive, Relation between emotional adjustment and well-being would be negative and also over all correlation between well-being and adjustment would be positive. Home adjustment and well-being is shows positive relation although correlation between health adjustment and well-being shows negative relation. Social adjustment and wellbeing has shown positive relation, and emotional adjustment and wellbeing shows negative relation. Over all correlation between adjustment and well-being shows that adjustment and well-being have positive relation which means effect on one will lead to impact on other. According to the result previously given all hypothesis have been proved so what it was given that is Well-being and Adjustment have positive correlation between them which states that effect of one will lead to impact on other.

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