

## Adjustment among Elder Siblings

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**Abstract:** Adjustment is defined as a process wherein one builds variations in the behaviour to achieve harmony with an aim to maintain the state of equilibrium between the individual and the environment. The research focus on adjustment of elder siblings in their day to day life. The order of birth also influences the adjustment of the children. The elder child of the family is always expected to be a responsible child than the younger one. The children express various feelings and undergo many changes on arrival of a younger one. The problems among siblings start right from their childhood for playthings. Young children become jealous when the parental interest shift from one to another. The pleasant relationship between siblings deteriorate during the second year of life. Older siblings serve as role model to imitate for younger ones. The study aims to find out the adjustment level of the respondents and other problems associated with it. The study was conducted with 30 respondents using disproportionate random sampling

**Keywords:** Adjustment, changes, environment, individual, siblings.

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### I. Introduction

The first born child is always expected to be responsible child. It is a transition period from a single child to a sibling hood. Many children are not prepared for the sibling hood as they have to share their play objects, snacks and their parents. They also face problems like decreased interaction time with their parents, Mother always holding the new born sibling, so many guests and relatives to see and great the new born where the elderly born or first child may feel neglected by others and that is where the competition starts. The elder child starts to compete with the new born as it grows. It reflects in the form of jealousy lack of adjustment, anger etc.

#### 1.1 Relationship with parents

The great change in family relationship is between the child and the parents. There are number of reason for this changes. The major blame for the worsening of parent-child relationship reset with the parents. It is closely related to the children are harder to handle than helpless babies. They often do things that anger or embarrass their parents but these things are hardly even done on purpose and parents is closely related to the children's level of development and stages they are going through.

Young children are upset by any breakdown in the parent child relationship. This can be seen by the fact the most children try to win back their parents affection. They want to get back the security they once enjoyed to do this. They use unsocial forms of behaviour more often than social forms.

#### 1.2 Relationship with brothers and sister

The relationships young children have with brothers and sisters change as the older one's attitudes toward the young child change, while children were babies older brothers and sisters could play with them as they played with toys. The older ones were free of any responsibility for the younger one's care. However young children out grew responsibility for the younger one's care. However young children out grew their baby cuteness and become exploring toddlers. Then the older child may come to think of them as posts exploring toddlers. Then the older child may come to think of them as posts and treat them as such.

Also older children may be expected to use some of their playtime to do things for the younger child. They have to take the younger child out to play with their friends. The older child will show anger by trying to get rid of the younger one, If younger children complain to parents about this ,they are called tattletales ,this widens the gap between older and younger children.

In families with traditional sex roles the relationships with the most tension are usually those between brothers and sisters, because of double standards boys are given more rights and at the earlier age them their sisters, Also they may not be expected to taken on home responsibilities as often as their sister are the girls begin to be angered by this un equal treatment of their brothers.

## II. Aim

1. To find out the social- demographic data
2. To study the adjustment level of elder siblings.
3. To suggest measures to improve the relationship among siblings.

### Research design

The researcher had adopted descriptive design as the study aim at describing the adjustment level of elder siblings.

## III. Hypotheses

1. There is a significant relationship between Age and overall adjustment of the respondents
2. There is a significant relationship between Number of siblings and overall adjustment of the respondents
3. There is significant association between frequent Quarrelling of siblings and overall adjustment of the respondents
4. There is significant association between Comparison of siblings and overall adjustment of the respondents

## IV. Sampling

The researcher had used stratified random sampling-disproportionate sampling to collect data from the respondents.

Class	Respondents	Sampling
I – BSW	14	10
II- BSW	18	10
III- BSW	20	10

### 5.1 Inclusion Criteria:

Students who were elder siblings in the Department of social work were only included in the study.

### 5.2 Exclusion Criteria:

Children who were 2<sup>nd</sup> born 3<sup>rd</sup> born and elder children from other departments were not included for study.

## V. Tools for data collection

The researcher used interview schedule to collect socio-demographic profile of the respondents. The researcher also used adjustment inventory –Jagdish and srivastav Rao to find out the level of adjustment.

**Table-1: Age of the respondents**

S.no	Particulars	No of respondents	Percentage
1	19 yrs	10	33.3
2	20 yrs	10	33.3
3	21 yrs	10	33.3

**Table-2: Educational Qualification of the respondents**

S.no	Particulars	No of respondents	Percentage
1	I yr	10	33.3
2	II yr	10	33.3
3	III yr	10	33.3

**Table-3: No. of siblings**

S.no	Particulars	No of respondents	Percentage
1	One	17	57
2	Two	12	40
3	Three	1	3

**Table-4: Inferiority complex of the respondents**

S.no	Particulars	No of respondents	Percentage
1	Yes	9	30
2	No	21	70

**Table-5:** Angry with the younger siblings

S.no	Particulars	No of respondents	Percentage
1	Yes	14	47
2	No	16	53

**Table-6:** Distribution of respondents based on quarreling with the younger sibling

S.no	Particulars	No of respondents	Percentage
1	Yes	22	73
2	No	8	27

**Table-7:** Distribution of respondents based on overall adjustment

S.no	Particulars	No of respondents	Percentage
1	Low	16	53
2	High	14	47

**Table-8:** Karl Pearson's co-efficient of correlation between Age and overall adjustment of the respondents

s.no	Particulars	Correlation value	Statistical Inference
1	Age	-.196	P>0.05 Not significant

**Table-9:** Karl Pearson's co-efficient of correlation between Number of siblings and overall adjustment of the respondents

S.no	Particulars	Correlation value	Statistical Inference
1	No. of siblings	-.063	P>0.05 Not significant

**Table-10:** Association between frequent Quarrelling between siblings and overall adjustment of the respondents

S.no	Frequent Quarrelling	Overall adjustment		Statistical Inference
		Low	High	
1	Yes	10	8	X <sup>2</sup> =3.519 P<0.05 Significant
2	No	6	6	

**Table-11:** Association between Comparison of siblings and overall adjustment of the respondents

S.no	Comparison	Overall adjustment		Statistical Inference
		Low	High	
1	Yes	11	5	X <sup>2</sup> =3.519 P<0.05 Significant
2	No	5	9	

**Major findings**

1. More than half of the respondents (57percent) have one siblings
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3. Majority of the respondents (70 percent) do not have Inferiority
4. More than half of the respondents(53 percent) do not get angry with their siblings
5. Majority of the respondents(73 percent) quarrel with their siblings
6. More than half of the respondents (53 percent) have low level of adjustment.

**Hypotheses findings**

1. There is no significant relationship between Age and overall adjustment of the respondents
2. There is no significant relationship between Number of siblings and overall adjustment of the respondents
3. There is a significant association between frequent Quarrelling of siblings and overall adjustment of the respondents
4. There is a significant association between Comparison of siblings and overall adjustment of the respondents

**Suggestions**

Childhood is the stage and age where the behaviour can be moulded and shaped the parents do not have adequate time to spend with the children preferences of parents also create a gap between the siblings social;

workers can deal with these situations through counselling so that the child may be directed in the right path by adjusting with their siblings

1. Parents should given equal preference to the children.
2. Parents should not compare their children or insult them in front of other .
3. Moral values can be given in school to avoid anti social activities..

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