

## **A Study on Adjustmental Problem Faced by Single Girl Child**

S.Aathirai<sup>1</sup> & PL.Rani<sup>2</sup>

<sup>1</sup>Ms.S.Aathirai, II- MSW, Department of Social Work, Cauvery College for Women

<sup>2</sup>Mrs.PL.Rani, Asst.Professor, Department of Social Work, Cauvery College for Women

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**Abstract:** *An only child is a person with no siblings, either biological or adopted. Families may have an only child for variety of reasons like personal preferences, health issues and stress in family, divorce etc... Usually adolescence have adjustment problem in case of single girl child with no siblings find it difficult to mingle with others. They usually dominate others, which leads to lot of problem especially adjustmental problem. To assess the adjustmental problems of the single girl child. The researcher selected the single girl child for the study on the adjustmental problem. The researcher adopted the descriptive research design which describes all the aspects. The researcher selected the census method of sampling and the sample size is 52 single girl children. To measure the level of adjustment of the respondents Karl Pearson & T.test were applied to test the hypothesis. The study revealed that majority (69.2%) of the respondents was studying under graduation. Nearly 76% of the respondents were living in joint family. More than half (59.6%) of the respondents have high level of adjustmental problem. Based on the major findings suitable suggestions were made to improve coping and adjustmental capacities of the respondents.*

**Keywords:** *Single girl child, Adjustment, Problem.*

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### **I. Introduction**

An only child is a person with no siblings, either biological or adopted. In a family with multiple offspring's, first born may be briefly considered only children and have a similar early family environment, but the term only child is generally applied only to those individuals who never have siblings. In the last decades there has been a continuous diminishing in the mean size of families, a change in the family structure and an increase in the frequency of families with only one child. It has been suggested that the absence of siblings and the higher intimacy with adults could interfere in the intellectual development, in the personality and in the adaptation of the subject to social life. Historically, there have been reports that only-children receive excessive attention, mature precociously and, due to the absence of siblings, become selfish, demanding, dependent and moody, in comparison to children with siblings. Only-children seem to have as many friends as not-only ones, being leaders and feeling satisfied with their lives. Only-children tend to show traits similar to first-children and seem to have higher self-esteem than children with siblings.

### **II. Review of Literature**

Roberts & Blanton (2001) "Despite growing trends toward having just one child and the large body of evidence revealing the strengths of the only child, negative stereotypes about only children persist. For example, it is commonly believed that only children are spoiled, selfish, lonely, and maladjusted"

Podaras (2013) "the study have indicated that this willingness to engage in risk-taking activities results from an upbringing where the single child in a family is typically rescued financially, physically, and emotionally by others in the household if their decision leads to a negative outcome"

Gilliam & Chatterjee (2011) "The existing literature on only children is often conflicting. There are those who argue that only children are most closely aligned with older children who have siblings. As such, only children are thought to share attributes with first born, such as respect for authority"

### **III. Significance of The Study**

Girl children are the most asset of a country because they are the future generations who provide their potential for the country's development. Girl children should be brought up in protective environment to safeguard and promote the physical and psychological development in them. But today single girl children are facing problems psychologically. The physical and psychological characteristics of the girl children and the nature of developmental tasks which they are expected to perform often pose certain challenges and problems for adjustment. So the researcher felt there is a need to conduct a study on this topic.

#### IV. Objectives

- To know about the age of the respondents.
- To study about the educational status of the respondents.
- To find out the type of family of the respondents.
- To know about the father's income of the respondents.
- To study about the domicile of the respondents.
- To know about the type of family of the respondents.
- To assess the adjustmental problem of the respondents.

#### V. Hypothesis

- There is a significant difference between educational qualification of the respondents and their adjustment inventory.
- There is a significant difference between type of family of the respondents and their adjustment inventory.
- There is a significant difference relationship between liking joint family of the respondents and their adjustment inventory.

#### VI. Research Design

The research design used by the researcher is descriptive design. It describes all the aspects like age, educational qualification, type of family, domicile, etc... So the researcher used descriptive research design.

#### VII. Universe

The study was carried out in Private College in Trichy, there were 52 students belongs to single girl children from all the departments.

#### VIII. Sampling

The definite universe consists of 52 students and the researcher adopted census method of sampling.

#### IX. Tools of Data Collection

The researcher adopted self prepared interview schedule as a tool for data collection the interview schedule consisted of personal data, type of family, religion, income of family, etc... and adjustmental inventory by ASTAV & GOVIND TIWARI, 1972 was administered to assess the adjustmental problems of the respondents.

#### X. Analysis & Interpretation

##### Major Findings Related to Socio Demographic Details

Less than half (46.2%) of the respondents were found to be in age group of 18 to 20 years. Majority (69.2%) of the respondents were studying under graduation. Nearly (76%) of the respondents were living in joint family. Majority (82.7%) of the respondents are Hindu. (84.6%) of the respondents family are having monthly income in between rupees 10,000 to 15,000. More than half (61.5%) of the respondents share their feelings with their friends. An half (59.6%) of the respondents has high level of adjustment.

**Table – 1** Distribution of the Respondents by the Level of Adjustment

S.No	Particulars	No. of respondents (n=52)	Percentage (100%)
1	Low	21	40.4
2	High	31	59.6

The above table shows that the level of adjustment of the respondents. More than half (59.6%) of the respondents have high level of adjustment and less than half (40.4%) of the respondents have low level of adjustment.

**Table – 2** Difference Between Educational Qualification of the Respondents and Their Adjustment Inventory (T-Test)

S.No	Adjustment inventory	Mean	S.D	Statistical inference
1	UG (n=36)	103.69	3.823	T=1.723 0.091<0.05 Significant
2	PG (n=16)	105.63	3.500	

Df =50

The above indicates that there is a significant difference between educational qualification of the respondents and their adjustment inventory. Hence, the calculated value less than table value. So the research hypothesis accepted and the null hypothesis rejected.

**Table – 3** Difference Between Type Of Family Of The Respondents And Their Adjustment Inventory

S.No	Adjustment inventory	Mean	S.D	Statistical inference
1	Joint (n=40)	105.03	3.759	T=2.705
2	Nuclear (n=12)	101.83	2.887	-0.009<0.05 Significant

Df=50

The above table shows that there is a significant difference between type of family of the respondents and their adjustment inventory. Hence, the calculated value less than table value. So the research hypothesis accepted and the null hypothesis rejected.

**Table – 4** Relationship between Liking towards Joint Family of the Respondents and Their Adjustment Inventory.

Adjustment inventory	Correlation value	Statistical inference
Liking joint family	-0.565	P<0.01 Significant

The above table shows that there is a significant difference relationship between liking joint family of the respondents and their adjustment inventory. Hence, the calculated value less than table value. So the research hypothesis accepted and the null hypothesis rejected.

### XI. Suggestions

- The case work method can be used to bring better adjustment within family.
- Parents should spend quality time with the child by taking her outing which include entertainment and shopping.
- Teachers should identify that dominance, adamant & deviant behavior, and adjustmental problem of those students and refer her for counseling.
- The single girl children should be more concentrated on the studies as well as recreational activities & they to be involved in the cultural activities to avoid the loneliness situation.

### XII. Conclusion

Single girl children are affected by adjustmental problem due to loneliness. The single girl children should be socialized with others to avoid such problems. The quality of home environment is significant factor in determining emotional disturbance among single girl children. Over protection of parents facilitated emotional disturbance among single girl children.

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