

CHAPTER - IV

INTERPRETATION AND DISCUSSION

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CHAPTER - IVINTERPRETATION AND DISCUSSION

The aim of the present investigation was to study the effects of sex, I-E locus of control, and purpose-in-life of the Bangladesh adolescents on their adjustment to different areas of life as well as on their total adjustment.

4.1. Home Adjustment:

Home is the centre around which all the members interact and grow. A healthy interaction within the home environment depends upon healthy intra-parental, parent-child, and sibling relations. Parental attitude towards the sex of the child and child-rearing practices also play a significant role in the child's adjustment to home-setting. Healthy adjustment also depends upon the adolescents' personality make-up, their attitude toward home and its members.

4.1.a. Effect of sex on home adjustment:

A significant effect of sex (Table 11), indicating that adolescent girls are better adjusted than boys, could be due to; (i) Change in identification model with increase in age: during infancy and childhood, identification model for both boys and girls is the same i.e., mother. As the child

grows older, due to social pressure on sex-appropriate behaviour, the identification model for boys shifts from the mother to the father whereas for girls, the model for sex-role identification remains relatively unchanged. The prevalence of this practice in Bangladesh could have been one of the possible reasons behind the Bangladesh adolescent girls' stronger feelings of affiliation and security in the home-setting. (ii) Increased need for independence and interest in peer group: peer-group involvement often draws the adolescent boys away from the home-setting which still imposes some restrictions on them. On the other hand, under the prevailing social and religious settings, girls in Bangladesh, from puberty onwards, are neither encouraged nor allowed to remain outside their home except for educational purposes. Their participation in home activities increases with the advent of adolescence; for, they have to share their mother's responsibilities in house-hold work and look after their younger siblings. Thus, the girls usually become more emotionally attached to the other members of their families than the boys do.

Chi-square analysis (Table 6) and graphical presentation of the percentage distributions (Figure 4, p.162) of adolescent boys and girls under different categories of home adjustment supports the findings. Figure 4 shows that under "excellent" and "good" categories, girls are higher in proportion. Under

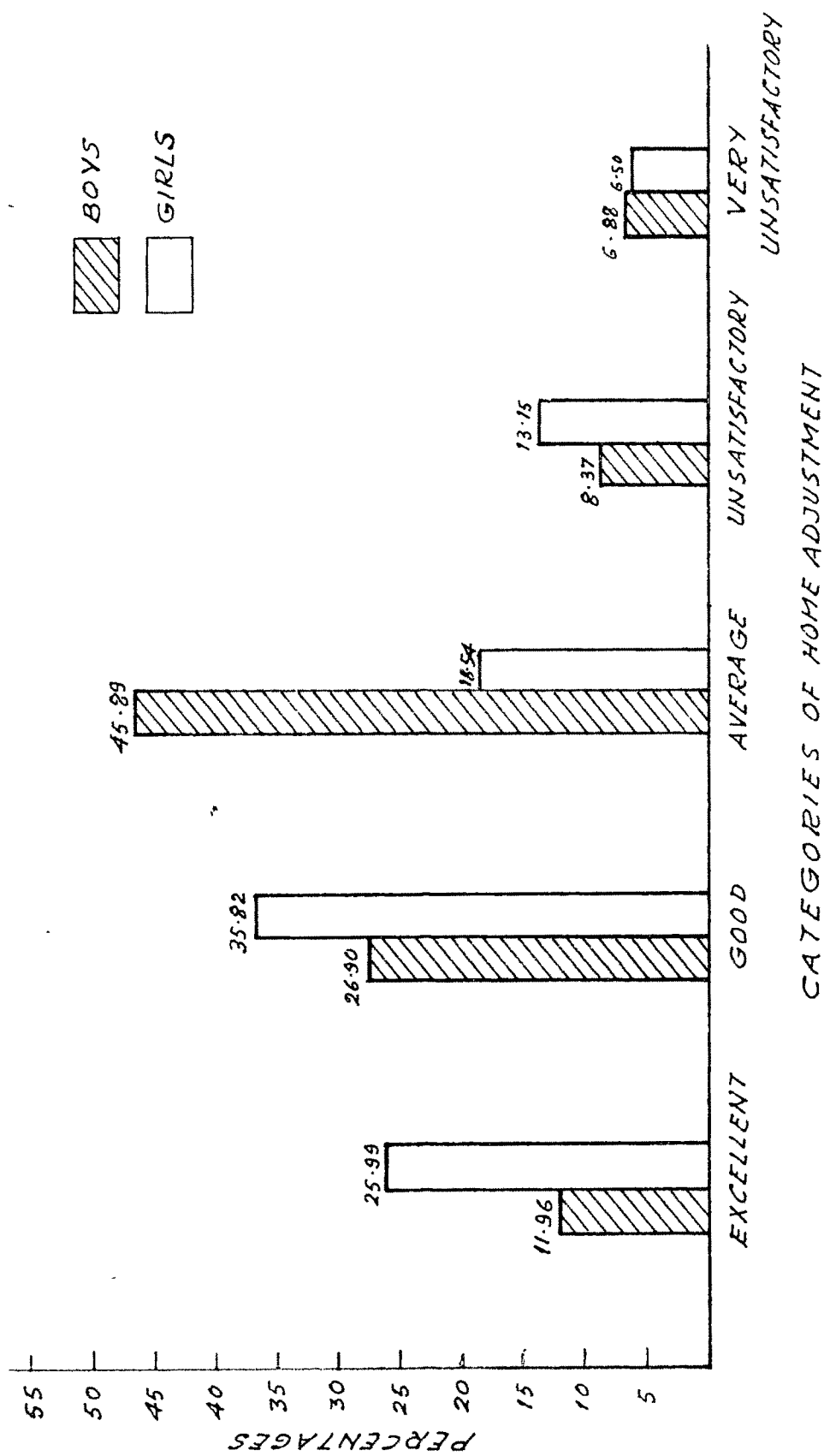


FIGURE 4. HISTOGRAM SHOWING PERCENTAGES OF BOYS AND GIRLS UNDER DIFFERENT CATEGORIES OF HOME ADJUSTMENT

"average" category, boys are more than double in percentage. Presence of more boys under "average" category of home adjustment indicates that increased interest in peer-group make them less interested and less active member in the home setting. A similar finding (girls better adjusted than boys) was also reported by Mehratra (1966).

Comparing the mean home adjustment scores of the present investigation with that of Indian findings (Boys = 4.95; Girls = 4.25 : Sinha and Singh, 1977), it can be said that Bangladesh adolescents, both boys (M = 4.65) and girls (M = 3.49), seem to be comparatively better adjusted to their home than their Indian counterparts.

4.1.b. Effect of locus of control on home adjustment:

A significant difference between ILC and ELC indicates that internally oriented Bangladesh adolescents are better adjusted to their home than their externally oriented counterparts (Table 7, 8, 11). This difference could be due to the following reasons: (i) Since development of internality is dependent upon healthy child-rearing attitudes and practices, it can be assumed that adolescents with ILC would be better adjusted than adolescents with ELC. Case studies, conducted in connection with the present investigation, reveal a tendency amongst internally oriented adolescents toward harmonious relationship with other members of their families. In case

studies, some adolescents with ILC beliefs described their parents as affectionate, and the home as the centre where they could feel secure and loved. This feeling of security and affiliation might have helped the adolescents to be more internally oriented and thus better adjusted. Research evidences (Chance, 1965; Katkovsky et. al, 1967), supporting the present findings, showed that parental warmth, calm and stable temperament, support, flexibility and consistency in discipline are important factors in the development of internality which, in turn, helps the adolescents to interact with parents, and siblings in a healthier way than is the case with 'external' adolescents. (ii) Parental relationship : Since LC beliefs develop out of family relationship, an unhealthy intra-parental relationship and parental separation may induce externality in adolescents. In case studies, one subject (Sr. no. 430, female, age 17), during the test administration session, described her father as dead. But during the interview session she told that her parents were separated and her father was still alive. Her mother was a school teacher and was struggling with her four daughters for survival. The subject's I-E score identified her as 'external', and her adjustment scores showed that she was "unsatisfactorily" adjusted to her home. (iii) Ego development : The 'internals' with firmly developed ego-identity seemed to perform their roles successfully in the family and the 'externals', with role confusion,

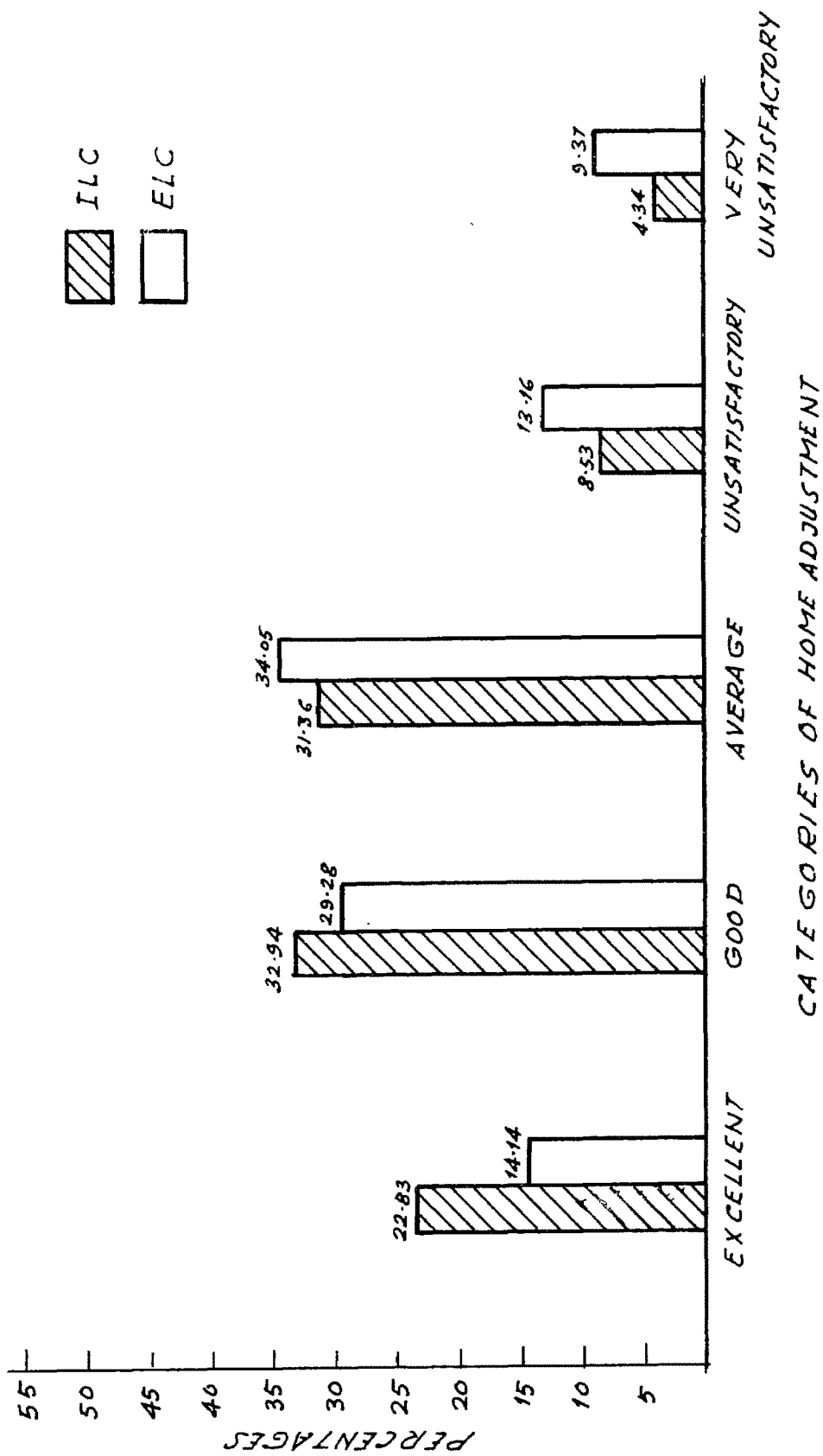


FIGURE 5. HISTOGRAM SHOWING PERCENTAGES OF ILC AND ELC GROUPS UNDER DIFFERENT CATEGORIES OF HOME ADJUSTMENT

seemed to have adjustment problems. There is evidence (Baldo et. al., 1975), supporting the present finding, that internality is related to successful and positive development of Erikson's psycho-social stages.

Percentage distributions (Table 8) and its graphical presentation (Figure 5, p.165) show that under "excellent" category, the ILC group was higher in percentage (22.83) than the ELC group (14.14). Under "good" category also, the ILC group was higher in proportion (32.94) than the ELC group. From "average", down toward "unsatisfactory" and "very unsatisfactory" category, proportions of ELC were higher than ILC. Presence of highest percentage of adolescents with internal orientation under "good" category, and adolescents with external orientation under "average" category confirms that internality helps adolescents in their healthy transactive behaviour in the home settings.

4.1.c. Effect of purpose-in-life on home adjustment:

A significant difference (Table 11) between different PIL groups with regard to home adjustment indicates that high PIL (HPIL) group is better adjusted to the home than the moderately high (MHPIL), moderately low (MLPIL), and the low PIL (LPIL) groups. And within each PIL group, adolescent girls, in terms of their mean problem scores, seem to be better adjusted than boys (Table 9).

Adolescents with high PIL tend to strive more for the actualization of values and fulfilment of commitments (Frankl, 1967). Life becomes meaningful when an individual realizes that he has some responsibilities toward others and that he is a person who can offer something to life. This realization helps a person to discharge his duties towards the family members more meaningfully.

The findings of the present study (Table 10) and the histogram showing the percentage distributions of different PIL groups under different categories of home adjustment (Figure 6, p.168) confirmed this assumption. Figure 6 shows that under "excellent" category, HPIL group seemed to be highest in percentage (30.50), followed by the MHPIL (19.00), MLPIL (15.50), and the LPIL (10.54). Under "good" category, MHPIL group seemed to be highest in percentage (39.56) followed by the HPIL (34.59), MLPIL (30.39), and the LPIL (20.78). Under "average" category, MLPIL group seemed to be highest in percentage (36.17), followed by the LPIL (34.63), MHPIL (31.78), and the HPIL (27.67). Under "unsatisfactory" category LPIL group was highest in percentage (18.68), followed by MLPIL (11.25), MHPIL (7.79), and HPIL (4.72). Under the extreme negative category, i.e., "very unsatisfactory", the trend seemed to be more or less same as the "unsatisfactory" category. Highest percentages of HPIL and MHPIL groups under "good" category and MLPIL and LPIL groups under "average" category of home adjustment (Table 10) indicate

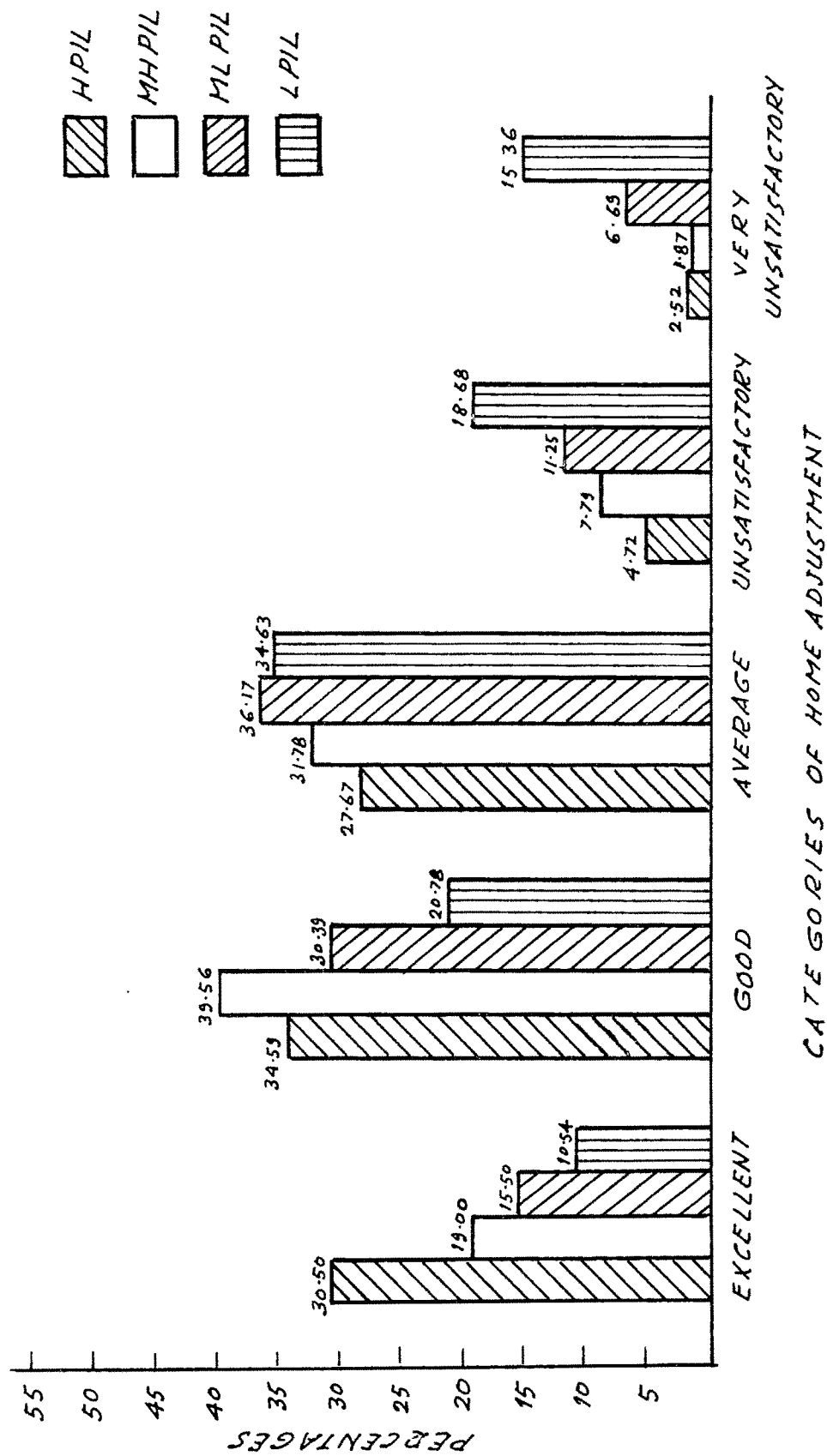


FIGURE 6. HISTOGRAM SHOWING PERCENTAGES OF DIFFERENT PIL GROUPS UNDER DIFFERENT CATEGORIES OF HOME ADJUSTMENT

that adolescents with higher PIL are active participants in the transactive interaction with family members. This makes them better adjusted than the lower PIL groups in the home-setting. In contrast to this, in the absence of adequate awareness and realization of their values and commitments, the lower PIL groups tend to become non-active and non-participative members of their family. This could be one of the reasons for the higher incidence of "unsatisfactory" adjustment amongst the lower PIL groups.

4.1.d. Interaction effects of sex, locus of control, and purpose-in-life on home adjustment:

Home adjustment is the process where the adolescent transacts with other members of the family. In the present study, it was planned to see whether or not sex of the adolescent, his locus of control beliefs, and purpose-in-life orientation have any combined effect on emotional adjustment.

The evidenced non-significant sex x locus of control (A x B) interaction (Table 11) indicates that LC beliefs is not dependent upon the sex of the adolescent. Hence, these jointly do not produce any interaction effect on home adjustment of Bangladesh adolescents. Similarly, the non-significant sex x purpose-in-life (A x C) interaction indicates that PIL which represents value orientation is independent of the sex of the adolescent. And the non-significant LC x PIL (B x C) interaction

indicates that LC and PIL are independent of each other in effecting the home adjustment of Bangladesh adolescents.

Non-significant three factor interaction i.e., sex x LC x PIL (A x B x C) indicates that home adjustment of Bangladesh adolescents is not dependent upon the interactive functioning of the sex, LC beliefs, and PIL. It is interesting to note that while, independently each of these factors has a significant effect, jointly they did not produce any effect on home adjustment of Bangladesh adolescents.

An important reason for non-significant two-factor and three-factor interaction in the present study could be the further categorization of variables in terms of their levels, thus reducing the sample size in each group (see Appendix F).

4.2. Health Adjustment:

Adjustment means harmonious relationship between the person and his environment. It is desirable to have a sound knowledge of one's own health status since disturbances in the functioning of the organismic systems may have adverse effects on the person's adjustive transactions.

4.2.a. Effect of sex on health adjustment:

A non-significant difference between adolescent boys and girls on health adjustment (Table 12, 18) indicates that

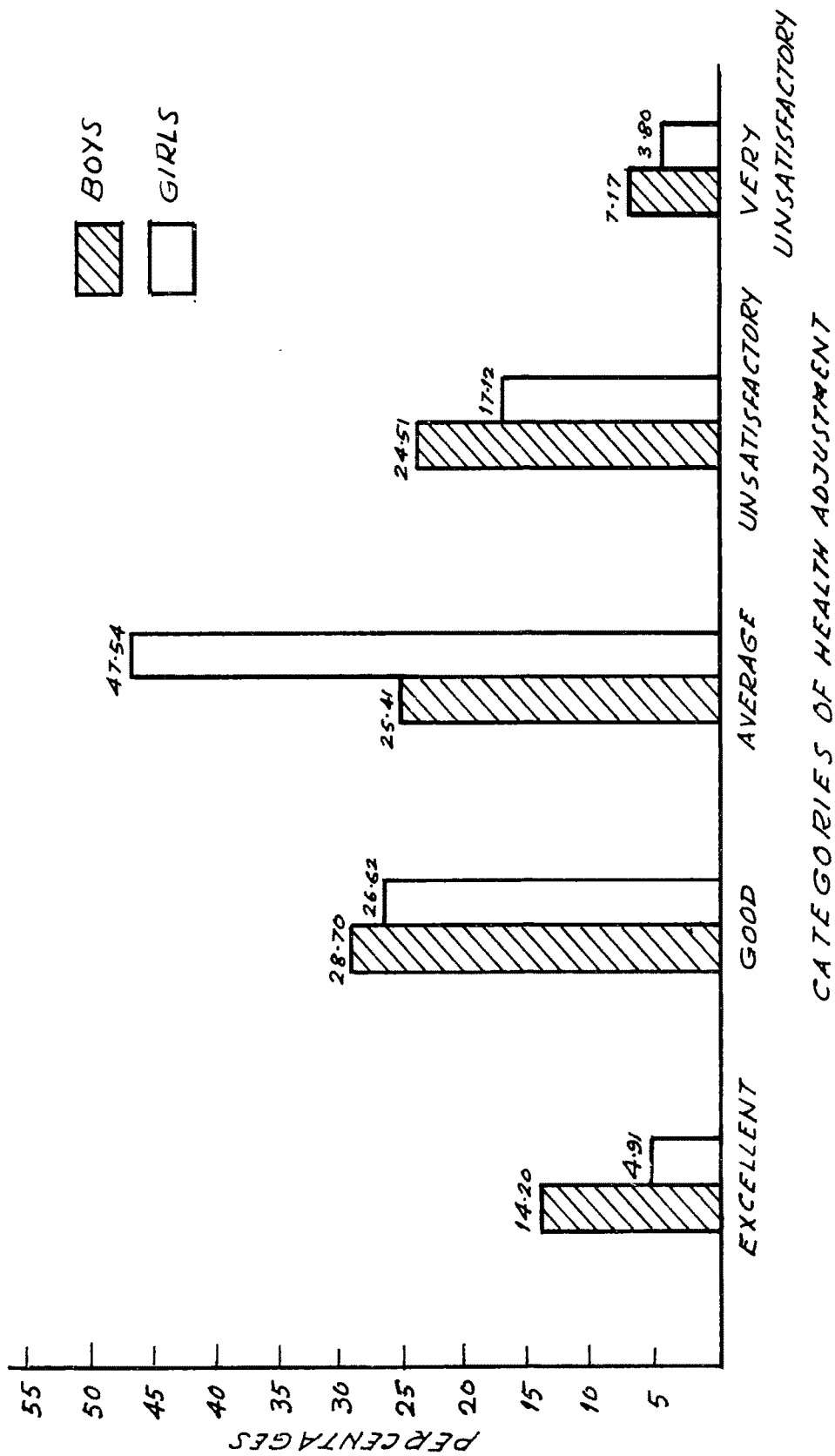


FIGURE 7. HISTOGRAM SHOWING PERCENTAGES OF BOYS AND GIRLS UNDER DIFFERENT CATEGORIES OF HEALTH ADJUSTMENT

the observed mean difference (Boys = 4.31; Girls = 4.19) is negligible. Health adjustment is related to one's history of health problems. Graphical presentation of percentage distributions of boys and girls under different categories of health adjustment (Figure 7, p.171) shows that under both positive and negative categories i.e., "excellent", "good", "unsatisfactory" and "very unsatisfactory", boys seem to be higher in proportions whereas under "average" category girls seem to be almost double in proportion. The highest percentage of girls under "average" and boys under "good" category (Table 13) indicates that though adolescent boys and girls do not differ significantly in terms of their mean problem scores, adolescent boys, in terms of percentage distribution, seem to be more sensitive than the adolescent girls to their physical state.

The observed health adjustment pattern for Bangladesh adolescent boys ($M = 4.31$) and girls ($M = 4.19$), when compared with Indian sample (boys = 4.26; girls = 4.05; Sinha and Singh, 1977), shows that Indian adolescents are more aware and sensitive to their health problems than Bangladesh adolescents.

4.2.b. Effect of locus of control on health adjustment:

A non-significant difference between the 'internal' and the 'external' locus of control groups (Table 14, 18) indicates that both groups show similar type of problems regarding health adjustment. According to Strickland (1978), I-E expac-

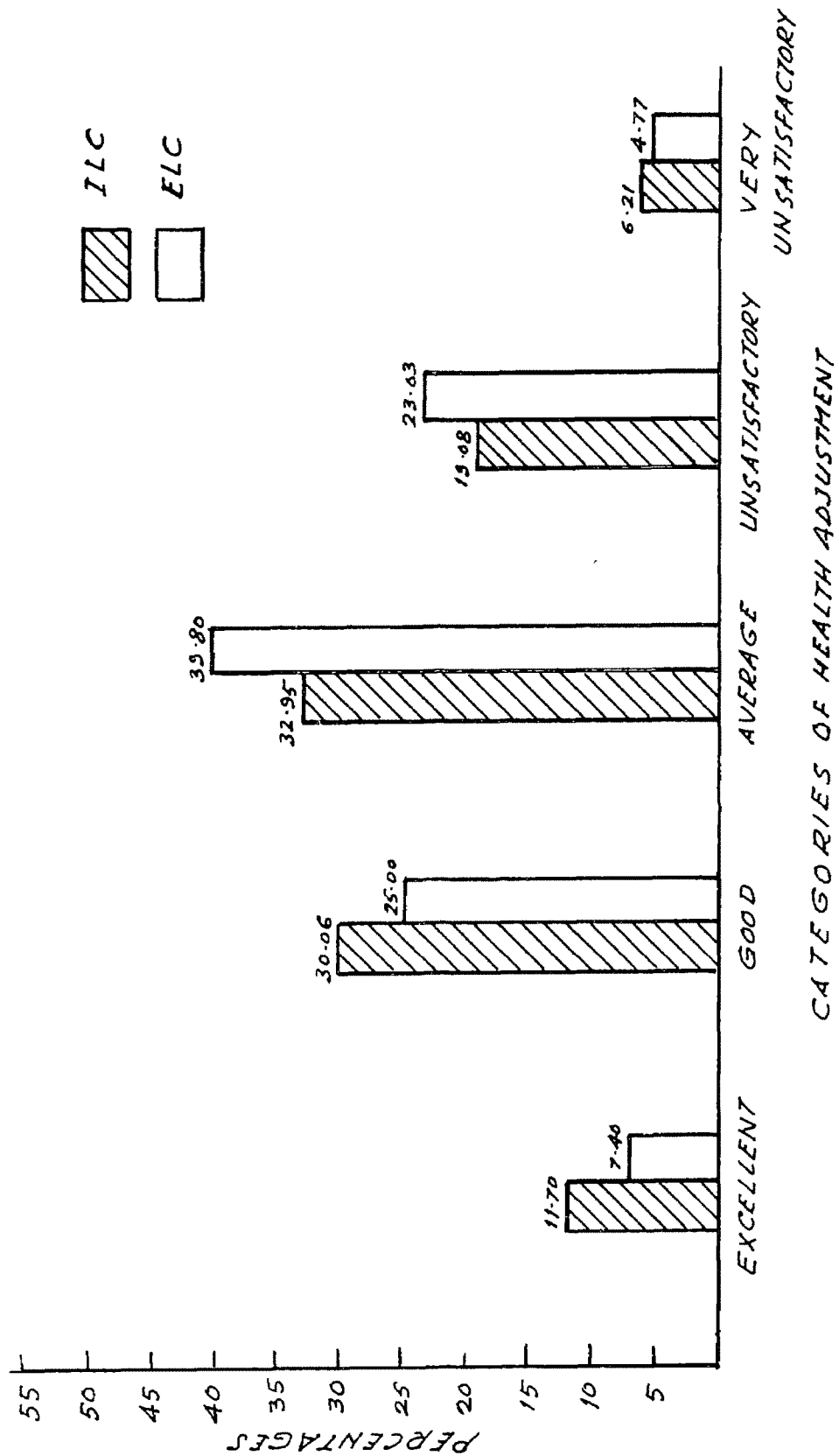


FIGURE 8. HISTOGRAM SHOWING PERCENTAGES OF ILC AND ELC GROUPS UNDER DIFFERENT CATEGORIES OF HEALTH ADJUSTMENT

tancies have significant impact upon health maintenance. 'Internals' are more likely to take responsibilities for their actions and to take steps to change aversive life situations. According to Rotter (1966), 'internals' who value their health (reinforcement value) seem to seek more information about health maintenance, and when stricken with a disorder, seem to learn more about the disease that afflicts them.

Contrary to all these assumptions and theories, the present findings show an "average" type of health adjustment for a majority of 'internal' and 'external' Bangladesh adolescents (Table 15). This "average" type of adjustment could be due to lack of sufficient knowledge about the integrative function of the total psycho-biological systems. The findings (Table 15; Figure 8, p.173) further show that under "excellent" and "good" categories, the proportion of ILC adolescents seems to be higher than that of ELC. Starting from "average" down toward "unsatisfactory" and "very unsatisfactory" categories, adolescents with ELC seem to be higher in proportions than that of adolescents with ILC. Thus, in terms of percentage distribution, the present findings can be supported by the findings of Strickland (1978)

4.2.c. Effect of purpose-in-life on health adjustment:

Results (Table 16, 18) indicate that in regard to health adjustment, the HPIL group seems to be better adjusted than the other PIL groups. This could be due to the fact that

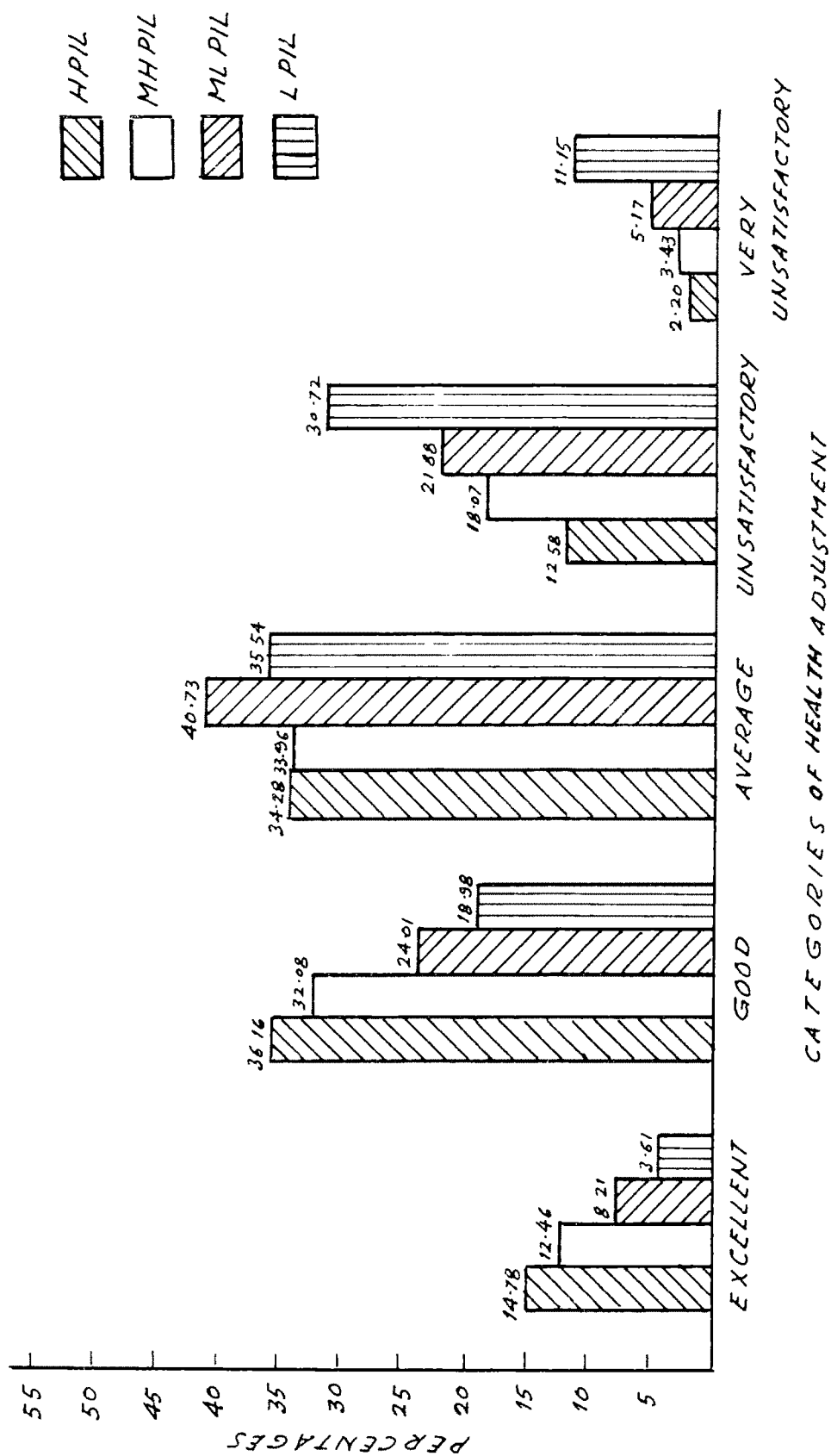


FIGURE 9. HISTOGRAM SHOWING PERCENTAGES OF DIFFERENT PIL GROUPS UNDER DIFFERENT CATEGORIES OF HEALTH ADJUSTMENT

high PIL tends to make adolescents more aware of their potentialities. This self-awareness involves awareness of their own physiological functioning and ailments, and their readiness to take preventive and curative measures, if needed. This awareness and attitude also help them to be comparatively better adjusted to their health than the other PIL groups.

Percentage distributions of different PIL groups under different categories of health adjustment (Table 17) and their graphical presentation (Figure 9, p.175) also confirm the present findings. Figure 9 shows that under "excellent" and "good" categories, the HPIL group seems to be highest in percentage followed by the MHPIL, MLPIL and the LPIL groups. Under "average" category, the MLPIL group seems to be highest in percentage followed by the LPIL, HPIL, and the MHPIL groups. Under the "unsatisfactory" and "very unsatisfactory" categories, the trend seems to be reverse i.e., LPIL group seems to be highest in percentage followed by MLPIL, MHPIL, and HPIL. The findings (Table 17) further show that highest percentage of HPIL group fall under "good" category and highest percentages of other PIL groups fall under "average" category of health adjustment.

4.2.d. Interaction effect of sex, locus of control, and purpose-in-life on health adjustment:

Health adjustment is the adjustment of the self with one's physiological potentials. It involves awareness of one's

present health state and sensitivity to any malfunctioning within the internal systems. In the present study an attempt was made to see the combined effects of sex of the adolescents, their locus of control beliefs, and purpose-in-life on health adjustment of Bangladesh adolescents.

A non-significant interaction (Table 18) indicates that a combination of sex of the adolescents and their LC beliefs (A x B) do not produce significant effect on health adjustment. Sex and PIL of the Bangladesh adolescents (A x C) was also found to produce a non-significant interaction effect on health adjustment, though the PIL was found to effect independently on health adjustment. Similar non-significant interactive effect on health adjustment was observed while PIL was combined with LC of the adolescents (B x C).

Combination of all three variables (A x B x C) also failed to produce any significant interaction effect on health adjustment. A probable reason for a non-significant interaction could be the decrease in the sample size due to their grouping in terms of different levels of three variables (see Appendix F).

4.3. Social Adjustment:

Man is social by nature. He needs communication and interaction with others. Adolescence is the period when an individual concentrates on social affiliation with his peer group.

4.3.a. Effect of sex on social adjustment:

Non-significant effect of sex on social adjustment (Table 19, 25) indicates that Bangladesh adolescent boys and girls tend to show similar types of adjustment to their society. It is generally suggested that girls are better at establishing friendly interpersonal relations, are more sensitive to the needs and feelings of others, and are also more effective nurturers, than boys. But it would probably be an over generalization to conclude that women are generally superior to men in terms of social skills. In situations that require direct, assertive interaction with other people, women often do not do very well. It is likely that adolescent boys and girls excel in different types of social skills that might have resulted in non-significant difference in their social adjustment. There are evidences both supporting (Kakkar, 1967; and Joshi, Patel, 1977) and contradicting (Adams, 1964; Mehratra, 1966; Pathak, 1970) the present findings.

The distributions of boys and girls, in terms of percentages, under different categories of social adjustment (Table 20) and their graphical presentation (Figure 10, p.179) indicate that under "good" category, the proportion of adolescent boys seems to be higher than that of adolescent girls. Comparatively higher degree of adjustment problems among girls, though not significantly higher, could be due to the fact that, in Bangladesh, as the child grows, the scope for interpersonal

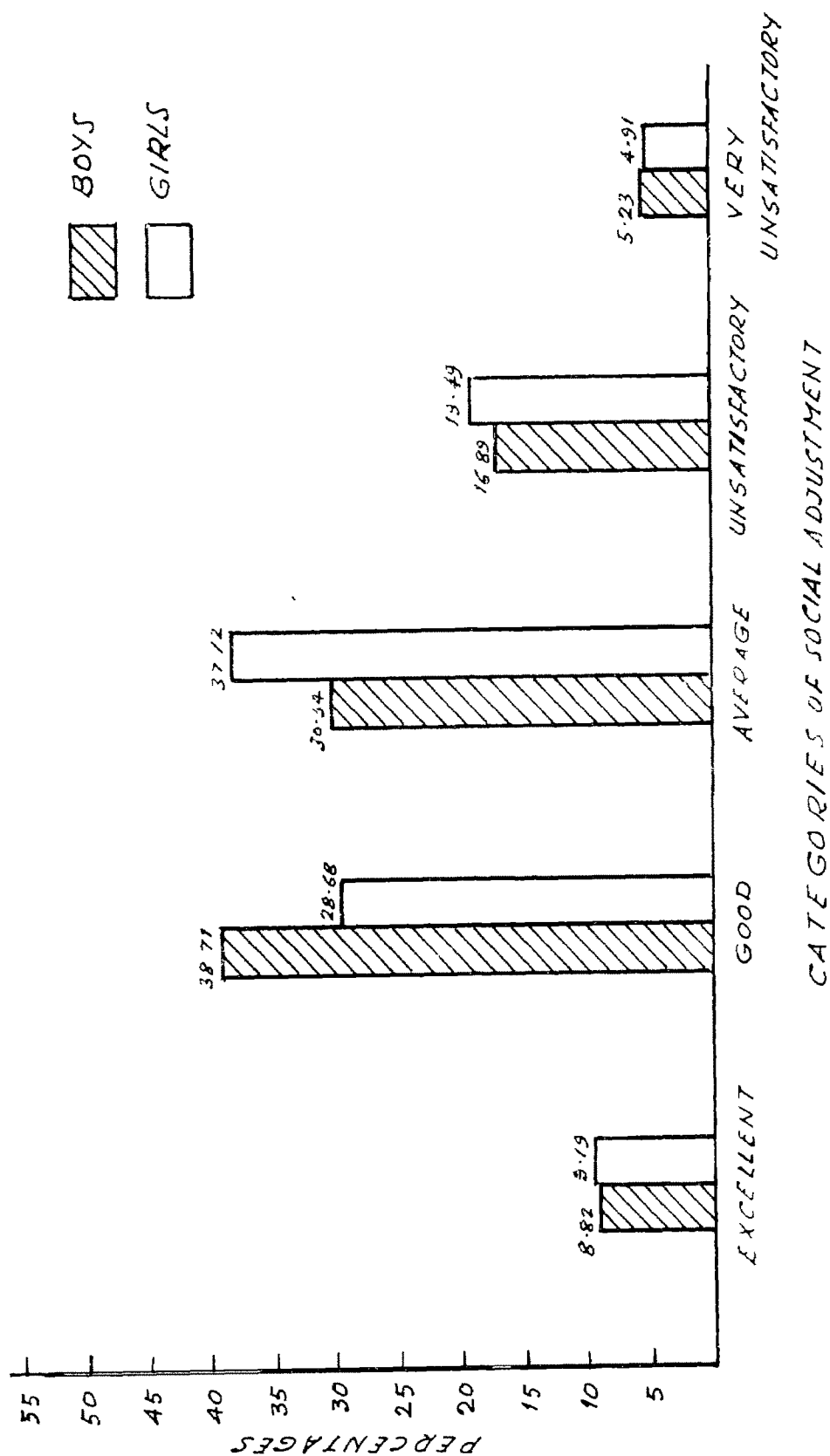


FIGURE 10. HISTOGRAM SHOWING PERCENTAGES OF BOYS AND GIRLS UNDER DIFFERENT CATEGORIES OF SOCIAL ADJUSTMENT

relations becomes restricted for girls whereas it widens for boys. In case studies, many of the boys (e.g. Sr. No. 767, males, age: 17 years) said that they enjoyed friends' company, participated and played active roles in group activities, which are indicative of healthy social adjustment.

A comparison of the mean problem scores for Bangladesh adolescent boys ($M = 6.92$) and girls ($M = 7.45$) with that of Patna and Magadh University students (boys = 8.14; girls = 8.14; Sinha and Singh, 1977) shows that Bangladesh adolescents seemed to experience less adjustment problems in relation to their society.

4.3.b. Effect of locus of control on social adjustment:

A significant difference between internally and externally oriented Bangladesh adolescents (Table 21, 25) indicates that adolescents with ILC are better adjusted to their society than their 'external' counterparts. Since adolescents with ILC tend to put a great emphasis on interpersonal relations and since they have the ability to accommodate and interpret events from other than their own points of references, this ability could have been one of the factors helping 'internal' adolescents of the present study to communicate and interact with others in a better way than the 'external' adolescents.

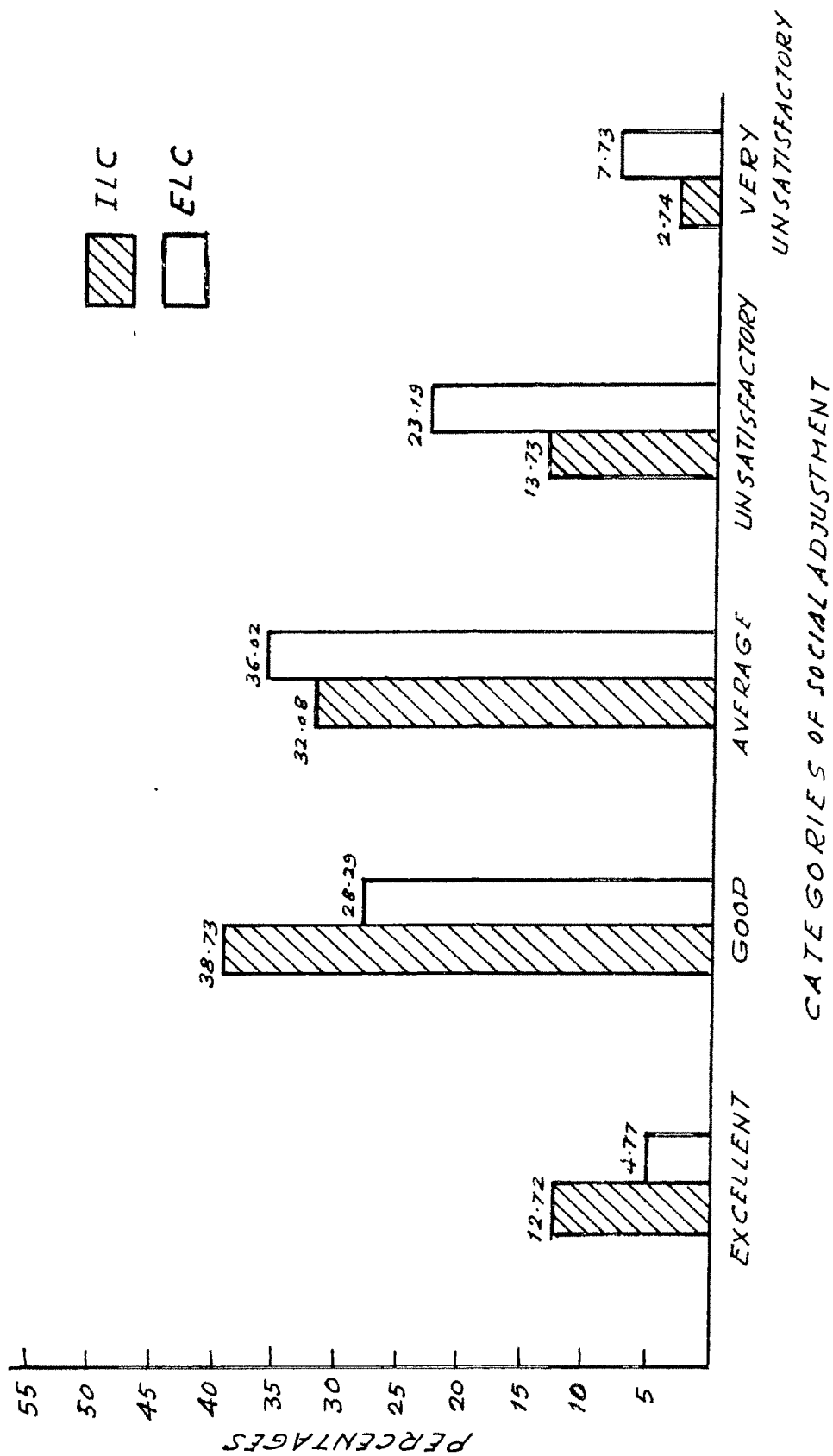


FIGURE 11. HISTOGRAM SHOWING PERCENTAGES OF ILC AND ELC GROUPS UNDER DIFFERENT CATEGORIES OF SOCIAL ADJUSTMENT

Chi-square analysis (Table 22) and the histogram (Figure 11, p.181) showing the percentage distributions of the ILC and the ELC groups under different categories of social adjustment, also support the conclusion. Higher percentages of the ILC group under "excellent" and "good" categories and ELC group under "average", "unsatisfactory", and "very unsatisfactory" categories, confirm that 'internals' have confidence in their roles in different social settings. They are in a better position than the 'externals' to participate in group activities and to take a definite role in decision-making behaviour of the group.

4.3.c. Effect of purpose-in-life on social adjustment:

A significant difference between different PIL groups (Table 23, 25) indicates that higher PIL groups are better adjusted to their society than the lower PIL groups. According to Frankl (1967), PIL involves actualization of experiential and attitudinal values, which means having healthy interpersonal relations and more affinity with others. A person with high PIL is more objective, and can take a stand against any condition and event that interferes in the actualization process. The adolescents with HPIL are not only concerned with the self but can see others' view also. Thus, the HPIL adolescents are more interactive, and more expressive in their social settings.

The percentage distributions of the PIL groups under different categories of social adjustment (Table 24) and their

graphical presentation (Figure 12, p.184) confirmed the conclusion. Figure 12 shows that under "excellent" category, HPIL group seems to be highest in percentage (16.35), followed by MHPIL (11.53), MLPIL (6.08), and LPIL (2.41). Under "good" category also HPIL group seems to be highest in percentage (46.54) followed by MHPIL (40.19), MLPIL (34.35), and LPIL (15.06). Under "average" category, MLPIL group seems to be highest in percentage (36.17), followed by MHPIL (35.82), LPIL (34.64), and HPIL (28.93). Under "unsatisfactory" and "very unsatisfactory" categories, the trend seems to be reverse i.e., LPIL group seem to be highest in percentage under both the negative categories, followed by MLPIL, MHPIL, and HPIL groups. Chi-square analysis (Table 24) shows that a majority of higher PIL groups (HPIL, MHPIL) falls under "good" category whereas majority of lower PIL groups (MLPIL, LPIL) falls under "average" category of social adjustment. The presence of a high percentage of LPIL group under "unsatisfactory" category of social adjustment could be due to the fact that their setting of a high valued goal and its actualization is blocked by the present political condition in Bangladesh. They do not have freedom of choices. The adolescents with LPIL seemed to lack the capacity to take stand against such conditions and this makes them less active in maintaining healthy interpersonal relations and in actualizing experiential values.

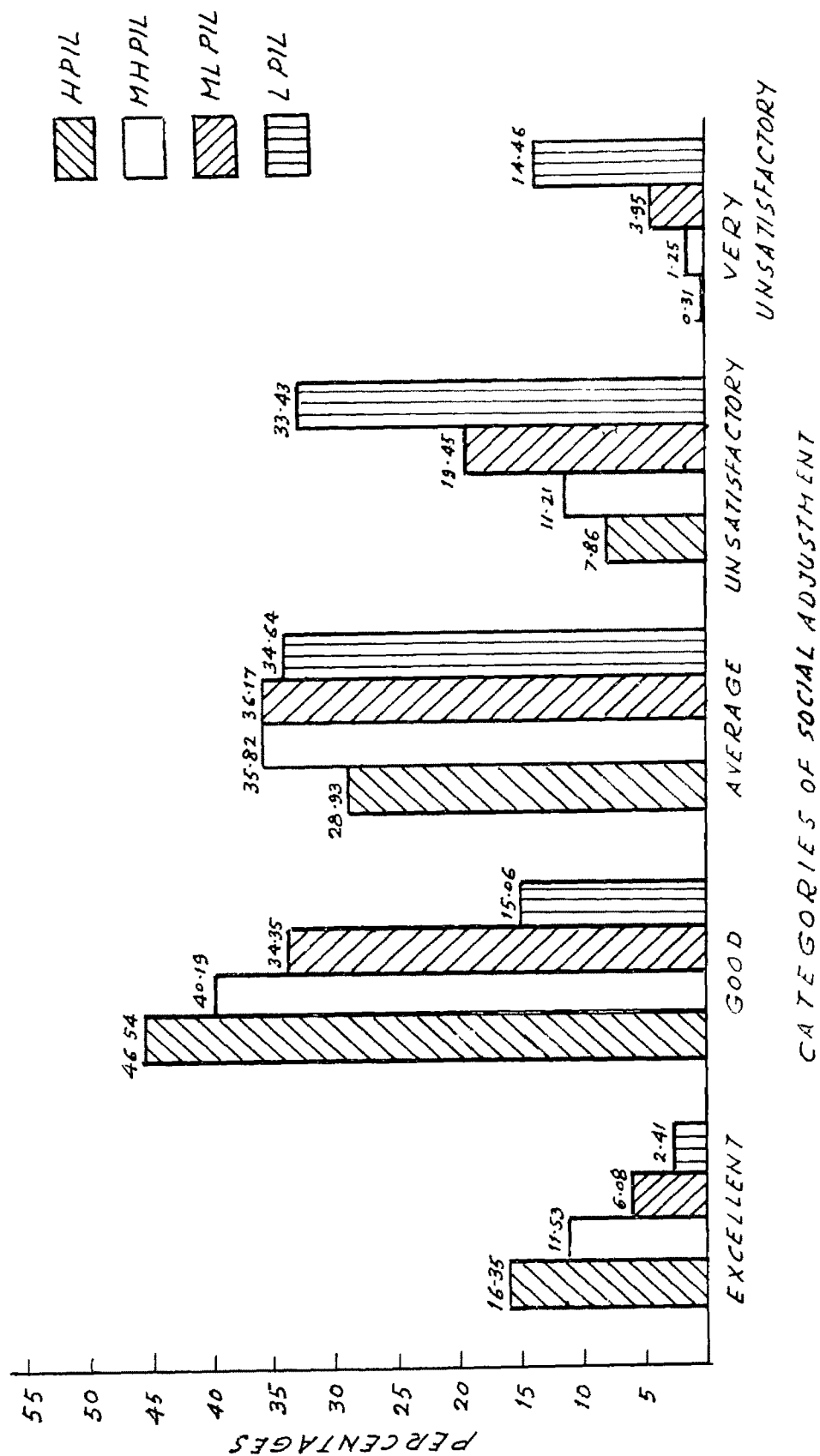


FIGURE 12 HISTOGRAM SHOWING PERCENTAGES OF DIFFERENT PIL GROUPS UNDER DIFFERENT CATEGORIES OF SOCIAL ADJUSTMENT

4.3.d. Interaction effects of sex, locus of control, and purpose-in-life on social adjustment:

Social adjustment is the process in which the adolescent strives for more authentic relationships. In different social settings, the adolescent, with his capacity for relating to others, wants to communicate and express his potentialities. In the present study, an attempt was made to see how far an adolescent's social adjustment was dependent upon the combined effects of sex of the adolescent, his locus of control beliefs, and his purpose-in-life orientation.

Interaction effect of sex x LC (A x B) on social adjustment was found to be non-significant (Table 25). This indicates that though LC beliefs independently effect the adolescent's social adjustment, when combined with sex of the adolescent, these do not exert any effect on social adjustment. Similarly the non-interactive sex x PIL (A x C) effect indicated that these two variables were not dependent upon each other in producing any significant effect. While, independently, PIL had significant effect, jointly with sex of the adolescent, it failed to produce any effect on social adjustment. Again, the non-significant interaction between LC and PIL (B x C) indicated that social adjustment of the Bangladesh adolescents was not dependent upon the joint function of LC and PIL. While, independently, LC and PIL were found to effect social adjustment, jointly, they did not exert any significant effect on social

adjustment.

Interaction between sex of the adolescent, his LC beliefs and PIL (A x B x C) was found to be non-significant, indicating that jointly these variables were not effective in producing any significant effect on social adjustment of the Bangladesh adolescents.

A probable reason for non-significant two-factor and three-factor interaction could be the decrease in sample size due to their grouping in terms of different levels of three variables (see Appendix F).

4.4. Emotional Adjustment:

Though adolescence is a period of heightened emotionality, late adolescence is expected to be a period of matured and stable emotional expressions. 'Adolescents' emotional adjustment depends sometimes on their learning of 'how', 'what', 'when' and 'where' to express emotions.

4.4.a. Effect of sex on emotional adjustment:

A non-significant effect of sex on emotional adjustment (Table 32) indicates that Bangladesh adolescent boys and girls experience more or less the same degree of emotional problems. The results (Table 26) further show that, compared to other areas of their adjustment, Bangladesh adolescents experience

higher degree of problems in their adjustment to emotions. This higher degree of problems could be due to the fact that, with the onset of puberty, adolescents go through both internal (changes in the functioning of hormones) and external (development of secondary sex characteristics) changes which make them feel awkward. This feeling might be a contributing factor in generating heightened emotionality. Furthermore, during this period of "marginality" (Muuss, 1975), they are expected by the parents and the society to behave in a way very different from that in the childhood period. But due to lack of standard norms, adolescents are often confused as to which behaviour will be appreciated and which will not be appreciated. This confusion tends to generate more emotional problems.

Parental domination could be one of the reasons for heightened emotionality. Bangladesh adolescents are guided and, sometimes, dictated by parents in their selection of educational line. Parents, sometimes, ignoring the adolescents' interest and aptitude, select such educational streams in which their children have little or no interest.

In Bangladesh, adolescent students are active participants in political activities of the country. The political history of Bangladesh shows that almost all the political movements were initiated by the student community (e.g., language movement in 1952; movement for provincial autonomy in 1966, 1969; and, finally, struggle for independence in 1971).

Now, students participation in political activity is blocked by the frequent Government changes in political settings (e.g., changes in Government in 1975 and 1981). These changes often impose restrictions on the freedom of speech and expression of thoughts which might have caused heightened emotionality among Bangladesh adolescents.

Family size also may be an important reason for heightened emotionality. In Bangladesh, the cost of living is very high. In these days of economic crisis, maintaining a big family is a difficult job for the head of the family. The struggle for family maintenance may be a contributing factor in making the emotional climate of the home unhealthy.

Percentage distributions of adolescent boys and girls under different categories of emotional adjustment (Table 27) and their graphical presentation (Figure 13, p.189) show that under "good" and "average" categories, adolescent boys seem to be higher in percentage than adolescent girls. Under negative category like "unsatisfactory", adolescent girls seem to be higher in percentage than adolescent boys. Under "excellent" category, absence of both the groups indicates that they are not free from emotional problems. Thus, in terms of percentage distribution, adolescent boys seem to be emotionally better adjusted, though not significantly better, than the girls.

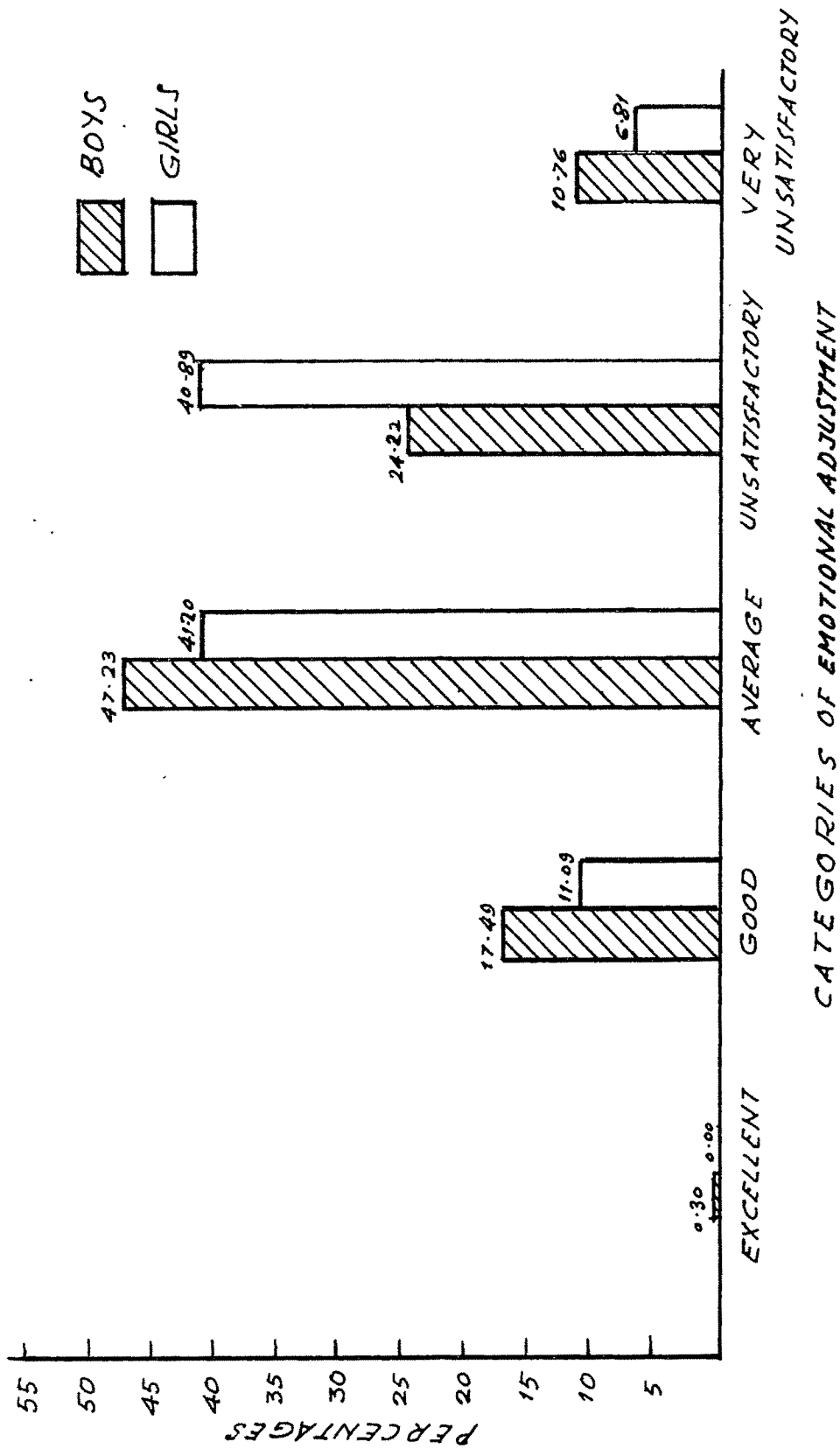


FIGURE 13. HISTOGRAM SHOWING PERCENTAGES OF BOYS AND GIRLS UNDER DIFFERENT CATEGORIES OF EMOTIONAL ADJUSTMENT

Present study, while compared with Indian study (Sinha and Singh, 1977), show that in terms of mean problem scores of emotional adjustment, Bangladesh adolescent (boys = 13.39; girls = 13.92) seemed to experience more emotional problems than the Indian sample (boys = 11.21; girls = 11.48).

4.4.b. Effect of locus of control on emotional adjustment:

Results (Table 28, 32) indicate that the 'internals' are emotionally better adjusted than the 'externals'. Since internally oriented adolescents have better control over self and the environment (Phares, 1965; Seeman and Evans, 1962; Straits and Sechrest, 1963; James et. al, 1965), they know better 'how', 'when', and 'where' to express emotions than the 'externals'. When confronted with emotion-arousing situations, 'internals' can take positive, constructive step to overcome the problems, whereas 'externals' tend to take defensive steps in the similar situations.

The distribution, in terms of percentages of internally and externally oriented Bangladesh adolescents under different categories of emotional adjustment (Table 29), and histogram (Figure 14, p.191), show that the majority of both the groups falls under "average" category with ILC group higher in proportion under "good" and "average" categories and ELC group higher under "unsatisfactory" and "very unsatisfactory" categories.

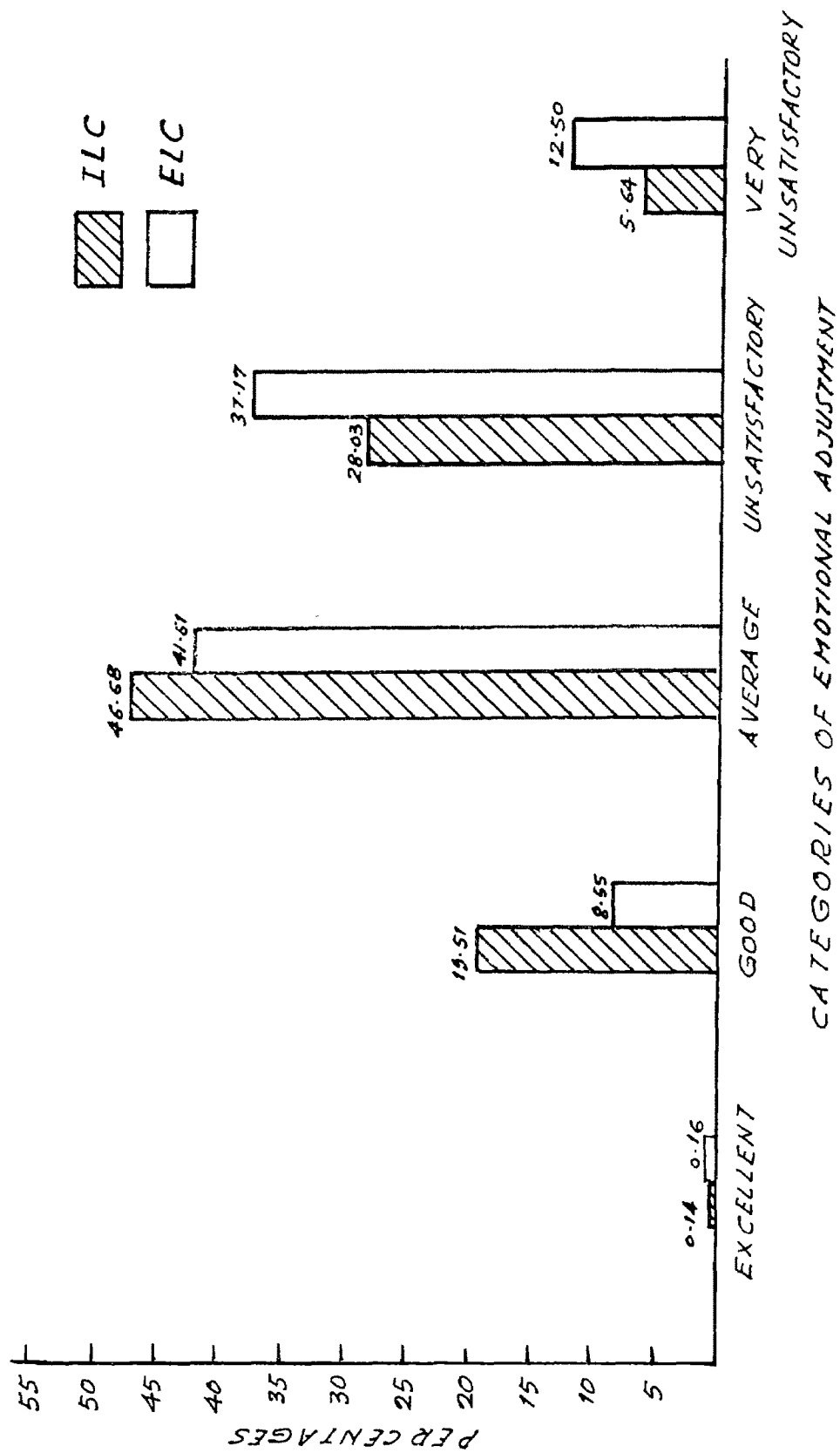


FIGURE 14. HISTOGRAM SHOWING PERCENTAGES OF ILC AND ELC GROUPS UNDER DIFFERENT CATEGORIES OF EMOTIONAL ADJUSTMENT

Neither of the groups shows "excellent" type of adjustment. The absence of the groups under "excellent" category indicates that, both the ILC and ELC groups have problem in their adjustment to emotion.

4.4.c. Effect of purpose-in-life on emotional adjustment:

Results (Table 30, 32) suggest that Bangladesh adolescents with higher PIL, were comparatively better adjusted to their emotion than adolescents with lower PIL. Adolescents with high PIL were capable of taking a stand against any unfavourable and emotion arousing situation. They were also capable of finding meaning in unavoidable situations and even of sufferings. In emotion arousing situations, adolescents with LPIL faced problems in dealing with the situation. In unavoidable and unfavourable situations, adolescents with low PIL could neither take a stand against unfavourable situation nor could they find meaning in their unavoidable situation.

The percentage distributions of different PIL groups under different categories of emotional adjustment (Table 31) show that majority of the adolescents with HPIL, MHPIL, MLPIL orientation fall under the "average" category of emotional adjustment while adolescents with LPIL fall under "unsatisfactory" category of adjustment. This "average" type of adjustment could be due to the fact that Bangladesh adolescents, under the present socio-political life-setting, did not get environmental support and encouragement to express freely what they

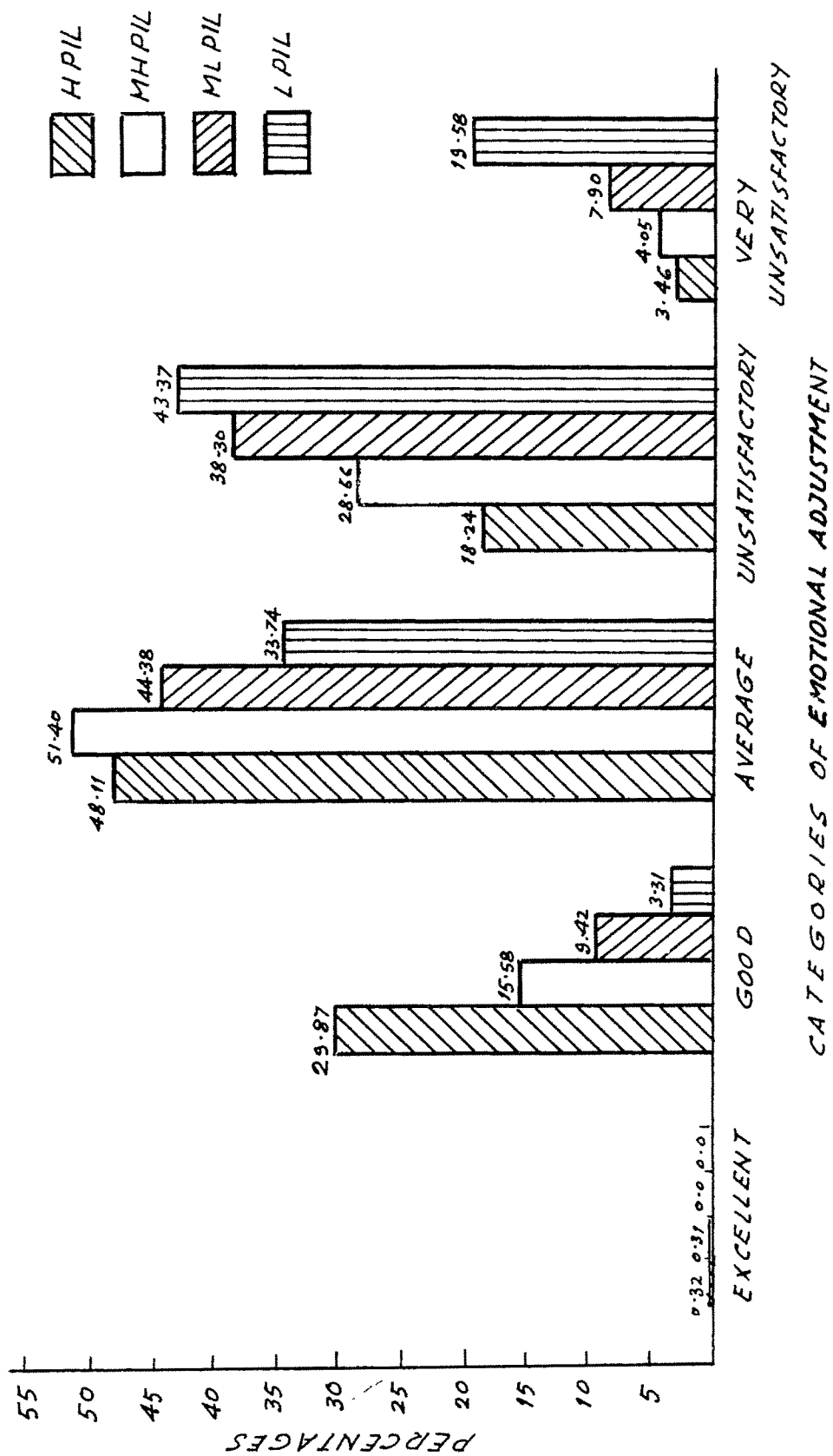


FIGURE 15. HISTOGRAM SHOWING PERCENTAGES OF DIFFERENT PIL GROUPS UNDER DIFFERENT CATEGORIES OF EMOTIONAL ADJUSTMENT

think and feel. They were rather forced to compromise with the situational demands which may be different from their personal demands. Figure 15 (p.193) shows that under "good" category, HPIL group seems to be highest in percentage (29.87) followed by MHPIL (15.58), MLPIL (9.42), and LPIL (3.31). Under "average" category, MHPIL group seems to be highest in percentage (51.40) followed by HPIL (48.11), MLPIL (44.38) and LPIL (33.74). Under both the negative categories, the trend seems to be reverse i.e., under "unsatisfactory" and "very unsatisfactory" categories, LPIL group seems to be highest in percentage, followed by MLPIL, MHPIL, and HPIL. Absence of different PIL groups under "excellent" category could be due to the fact that free expression of thoughts, feelings and emotions of the Bangladesh adolescents are blocked by the environmental constriction.

4.4.d. Interaction effects of sex, locus of control and purpose-in-life on emotional adjustment:

Emotional adjustment is the process by which the adolescent learns the modes and techniques of adequate emotional expressions. In the present study it was planned to see whether or not sex of the adolescent, his locus of control beliefs, and purpose-in-life orientation have any combined effect on emotional adjustment.

Findings (Table 32) show that all possible combinations of these three variables failed to produce any significant effect.

Non-significant interactions of sex x LC (A x B) beliefs indicates that LC is not dependent upon the sex of the adolescent in producing any significant effect. While, independently LC has significant effect, jointly it was found not to be effective in influencing the emotional adjustment of Bangladesh adolescents. Sex and PIL orientation of the adolescent (A x C) was found to be non-interactive, indicating that these two variables are independent of each other. PIL had an independent effect on emotional adjustment but, when combined with sex of the adolescent, it failed to produce any significant effect. LC beliefs and PIL orientation (B x C) interaction was also found to be non-significant. It indicates that LC and PIL variables are independent of each other in producing a significant effect on the emotional adjustment of Bangladesh adolescents.

Interaction effect of three-factors i.e., sex of the adolescent, his LC beliefs, and PIL orientation (A x B x C) on emotional adjustment was non-significant. It indicates that jointly these three variables were found to be non-interactive in effecting the emotional adjustment of Bangladesh adolescents.

A probable reason for these two-factor and three-factor non-significant interactions, may be the categorization of

variables in terms of their levels, thus reducing the sample size in each groups (see Appendix F).

4.5. Educational Adjustment:

Educational adjustment is the process by which the adolescent interacts with the classroom situation, classmates, and teachers. Healthy adjustment to this area depends upon the ability, aptitude, interest, motivation of the student, subjects taught in the class, and the teacher concerned.

4.5.a. Effect of sex on educational adjustment:

Findings (Table 33, 39) indicate that Bangladesh adolescent girls ($M = 6.00$) are better adjusted to their educational settings than adolescent boys ($M = 7.36$). The observed sex difference could be due to the fact that, in Bangladesh, education is seen as a vehicle for the formation of future career and profession. Moreover, society and parents also want male to be achievement oriented and professionally successful. Adolescent boys, to meet these expectations, have to strive more in the educational settings and thus, experience more problems. On the other hand, adolescent girls are less concerned and less worried about their future career and profession. Case studies also revealed that adolescent boys are more anxious about the utility and applicability of the present education system to the formation of their future

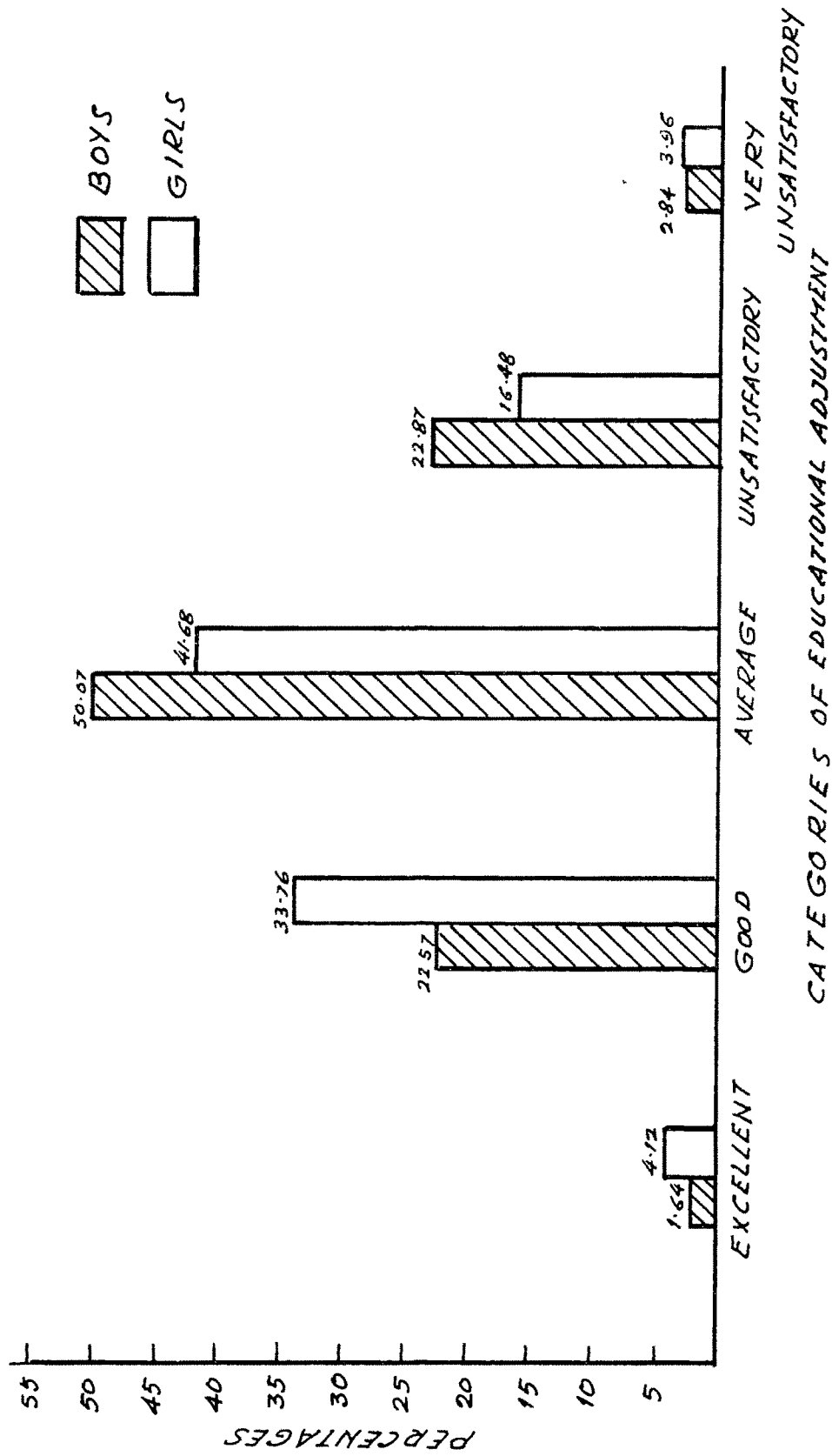


FIGURE 16. HISTOGRAM SHOWING PERCENTAGES OF BOYS AND GIRLS UNDER DIFFERENT CATEGORIES OF EDUCATIONAL ADJUSTMENT

career. Similar finding (girls better adjusted than boys) was reported by Adams (1964).

The distributions of adolescent boys and girls, in terms of percentages (Table 34) and histogram (Figure 16, p.197), under different categories of educational adjustment, show an "average" type of adjustment. The highest percentages of both boys and girls seem to fall under "average" category with girls higher in proportion under "excellent" and "good" categories, and boys higher in proportion under "unsatisfactory" category of educational adjustment. "Average" type of educational adjustment indicates that Bangladesh adolescents' participation in the educational activities and their interaction with teachers and students are neither blocked nor encouraged.

A comparison of the present findings with that of Indian findings (Boys = 7.25; Girls = 6.69 : Sinha and Singh, 1977) shows that Bangladesh adolescent girls seem to experience less problems in their educational settings than the Indian girls. And adolescent boys, both Bangladesh and Indian, seem to experience equal degree of educational adjustment problems.

4.5.b. Effect of locus of control on educational adjustment:

A significant difference (Table 35, 39) shows that Bangladesh adolescents with ILC are better adjusted to their education than adolescents with ELC beliefs. Healthy academic

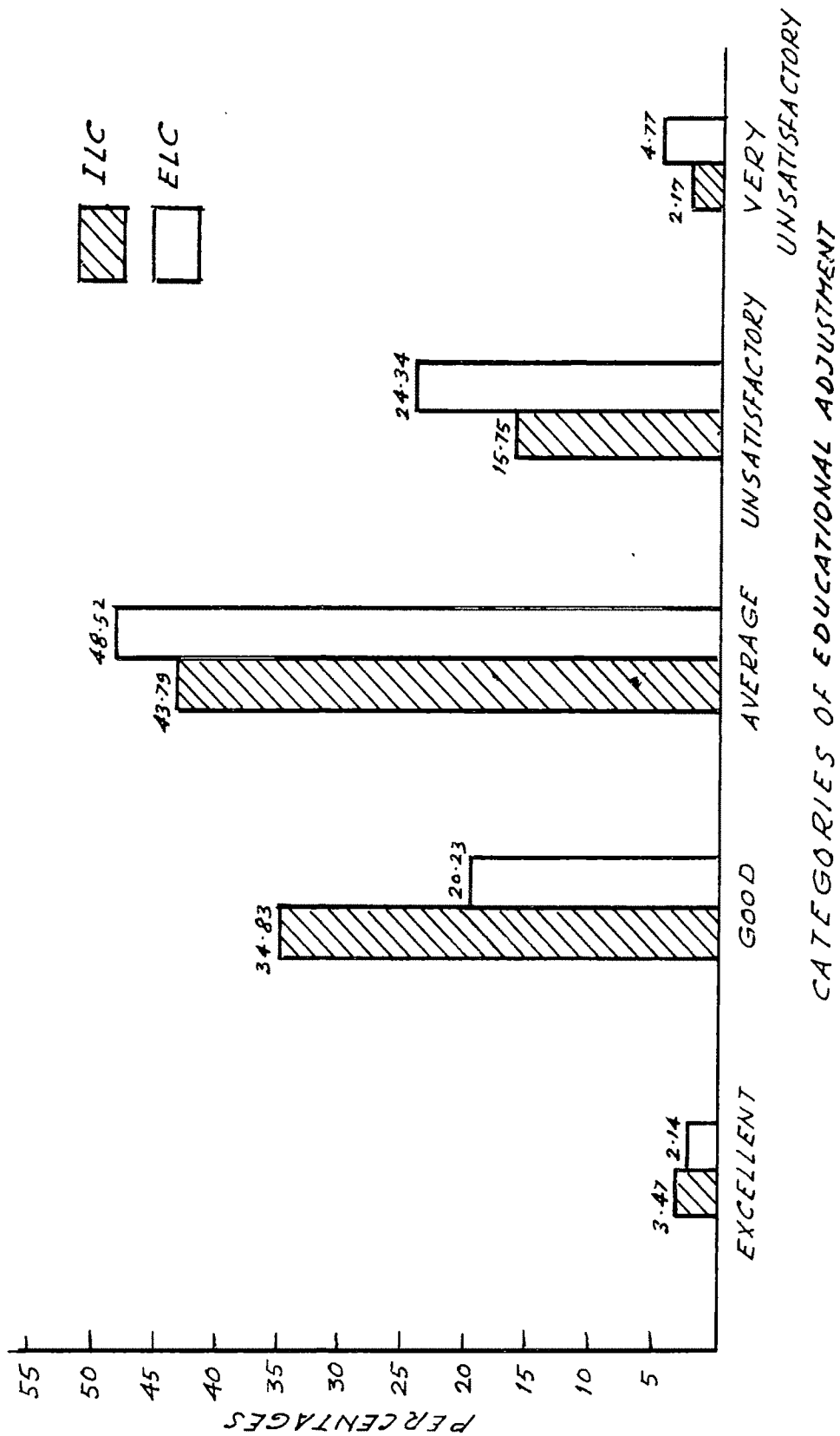


FIGURE 17. HISTOGRAM SHOWING PERCENTAGES OF ILC AND ELC GROUPS UNDER DIFFERENT CATEGORIES OF EDUCATIONAL ADJUSTMENT

adjustment depends upon the ability to deal with the academic situation, interest in the subjects taught in the class, relation with teachers, pupils etc. Since, 'internals' are achievement oriented (Chance, 1965; Crandall *et. al.*, 1962, 1965; McGhee and Crandall, 1968), their participation and communication in the classroom situation is assumed to be better than that of the 'externals'. 'Internals' are better able to utilize information available in doing their work and in overcoming obstacles related to academic works.

Percentage distributions (Table 36) of the internally and externally oriented adolescent under different categories of educational adjustment and its graphical presentation (Figure 17, p.199) shows that the highest percentages of both the groups seem to fall under "average" category with 'internals' higher under "excellent" and "good" categories, and 'externals' higher under "unsatisfactory" and "very unsatisfactory" categories. This findings again confirm that 'internals' are somewhat better adjusted than 'externals'.

4.5.c. Effect of purpose-in-life on educational adjustment:

Significant differences between different PIL groups (Table 37, 39) indicate that Bangladesh adolescents with higher PIL are better adjusted to their education than adolescents with lower PIL. PIL means search for meaning in life in terms of one's works, experiences, and attitudes. Actualization of these values makes a person unique and different

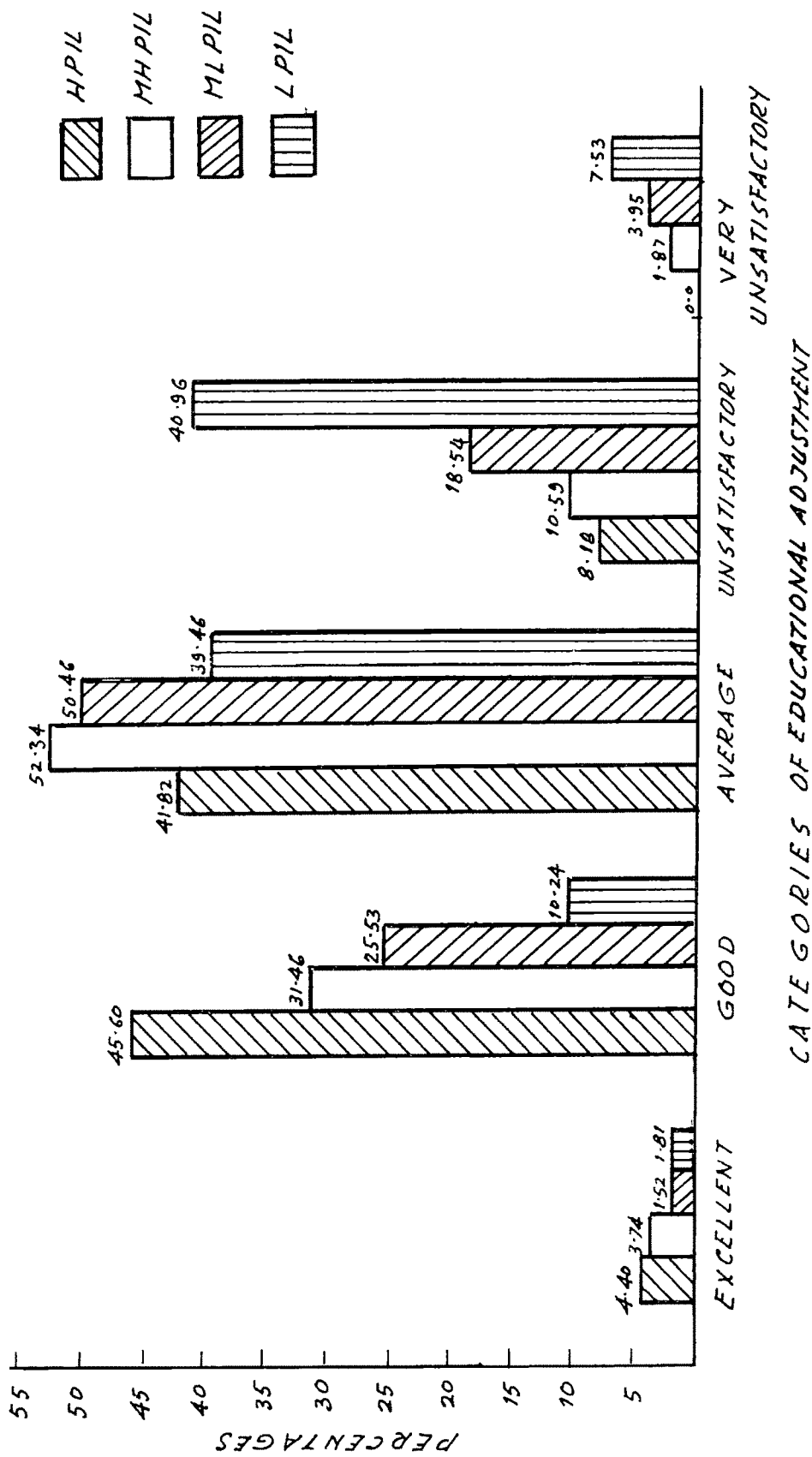


FIGURE 18. HISTOGRAM SHOWING PERCENTAGES OF DIFFERENT PIL GROUPS UNDER DIFFERENT CATEGORIES OF EDUCATIONAL ADJUSTMENT

from other persons. A person with higher PIL score tends to be more creative. In the academic setting, he wants to make some creative and useful contribution that will show his uniqueness and individuality.

Results (Table 38), in terms of percentages, and the graph (Figure 18, p.20), also confirm the conclusion showing that adolescents with HPIL fall under "good" category, MHPIL and MLPIL under "average" category and LPIL under "unsatisfactory" category. In general, Bangladesh adolescents, irrespective of their PIL grouping, show an "average" level of educational adjustment. This could be due to the presence of some active forces in the academic setting which is beyond the adolescents' control and which may be more powerful than the adolescents' capacity to take a stand against the prevailing forces.

4.5.d. Interaction effects of sex, locus of control, and purpose-in-life on educational adjustment:

Adjustment in the educational setting means actualization of creative potentialities, healthy pupil-teacher relationship etc. In the present study, an attempt was made to see how far educational adjustment of Bangladesh adolescents was dependent upon the interactive functioning of sex of the adolescent, his LC beliefs, and PIL orientation.

A significant interaction (Table 39) between sex x PIL (A x C) indicates that realization and actualization of values is dependent upon the sex of the adolescent. In the academic setting, Bangladesh adolescent boys seem to strive more for their creative values. However, due to non-academic interference in the academic setting, adolescent boys experience more problems than adolescent girls. Interaction effect of sex x LC (A x B) was non-significant. It indicates that LC belief is not dependent upon the sex of the adolescent in producing its effect on educational adjustment. Non-significant LC x PIL (B x C) interaction effect means that LC belief and PIL orientation of the adolescent is independent of each other. Jointly they are not effective in influencing the educational adjustment of Bangladesh adolescents.

The three-factor interaction between sex of the adolescent, his LC beliefs, and PIL orientation (A x B x C) was also found to be non-significant. This means that while, independently all these three variables had a significant effect on educational adjustment of the Bangladesh adolescents, jointly they failed to produce any significant effect.

4.6. Total Adjustment:

Total or overall adjustment is a purposive-transactional process between the adolescent and his surroundings. In the General System Theory (Bertalanffy, 1968) perspective,

an adolescent is conceived as "open", both internally and externally. Thus, healthy interaction, both physiological and psychological, with self and the surrounding helps the adolescents both physically and mentally to grow into a healthy adult.

4.6.a. Effect of sex on total adjustment:

A significant difference (Table 40, 46) between adolescent boys and girls indicates girls to be superior in overall adjustment to boys. This difference could be due to;

(i) Conflict among the adolescent boys regarding parental expectation : for boys, adolescence is a period of peer-group conformity. They tend to give more emphasis on friends' opinion than the parents opinion, on any issue. But Bangladesh adolescent boys are still dependent socially and economically on parents. Adolescent girls do not generally face such problems as the number of their friends decreases with increase in age. (ii) Political instability; it is evident from case studies that adolescent boys are much more interested in politics than girls. The boys described the prevailing political system in the country as unresponsive, non-congenial, where their opinions were not valued. In such a rigid political atmosphere, they do not have the freedom to think and express what they feel right. (iii) Religious faith: It is generally believed that religious faith has a way of organizing and

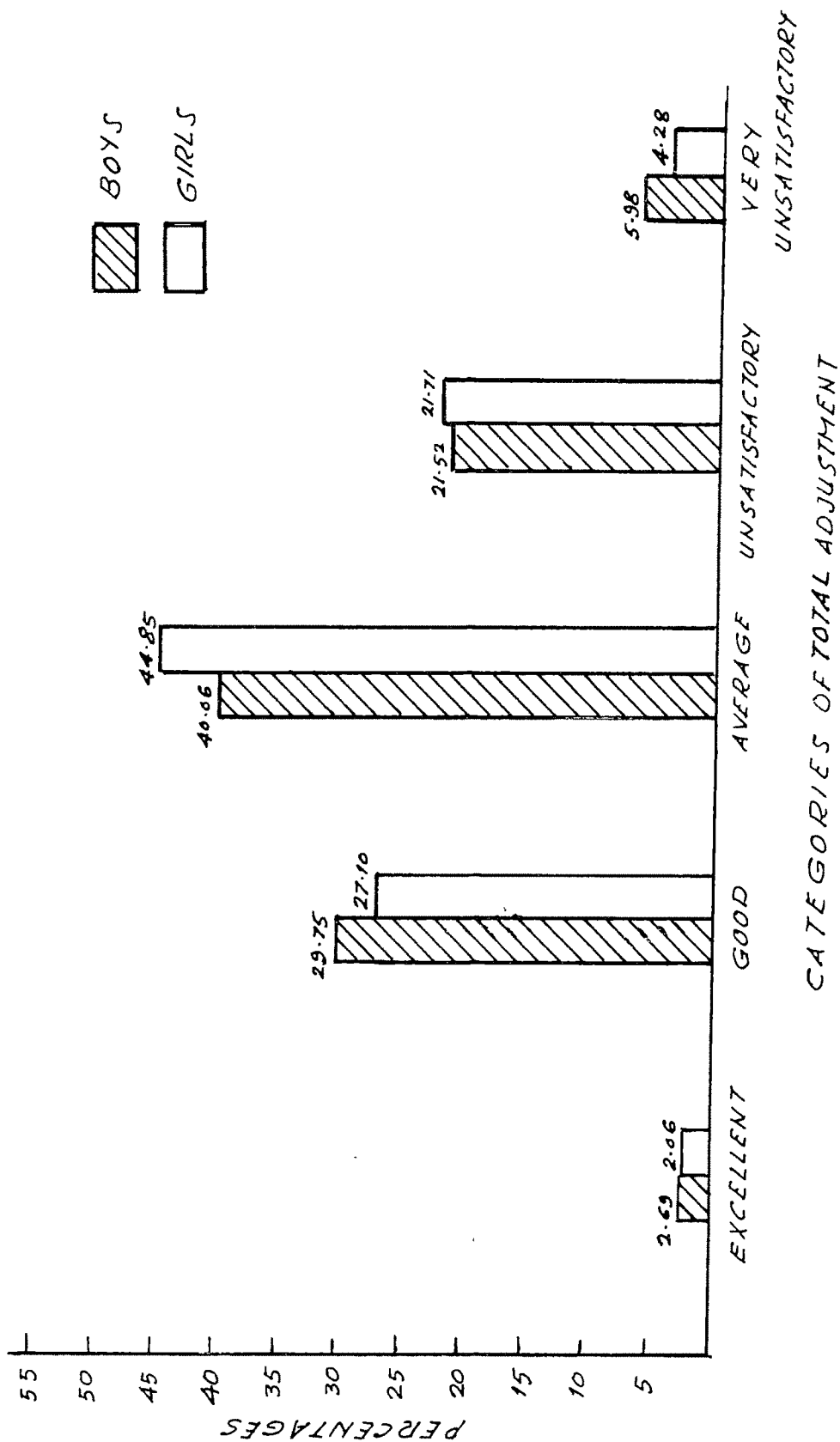


FIGURE 19. HISTOGRAM SHOWING PERCENTAGES OF BOYS AND GIRLS UNDER DIFFERENT CATEGORIES OF TOTAL ADJUSTMENT

making the behaviour disciplined. Case studies revealed that religious beliefs were firmly established among adolescent girls. This might have caused them to be ~~comparatively~~ better-adjusted than the boys.

Percentage distributions (Table 41) of adolescent boys (40.06) and girls (44.85) under different categories of total adjustment shows that highest percentages of both the groups seem to fall under the "average" category of total adjustment. Figure 19 (p.205) shows that under "excellent" and "good" categories, adolescent boys are higher in percentage, and under "average" and "unsatisfactory" categories adolescent girls are higher in percentage.

A comparison of the mean problem scores of Bangladesh adolescent boys ($M = 36.63$) and girls ($M = 34.96$) with that of the Indian sample (boys = 36.67; girls = 34.71; Sinha and Singh, 1977) shows that in both the cultures, adolescents, both boys and girls, experience more or less the same degree of overall adjustment problems.

4.6.b. Effect of locus of control on total adjustment:

Findings (Table 42, 46) show that Bangladesh adolescents with ILC are better in overall adjustment than adolescents with ELC. Healthy overall adjustment means harmonious relationship between the person and his surrounding. Since

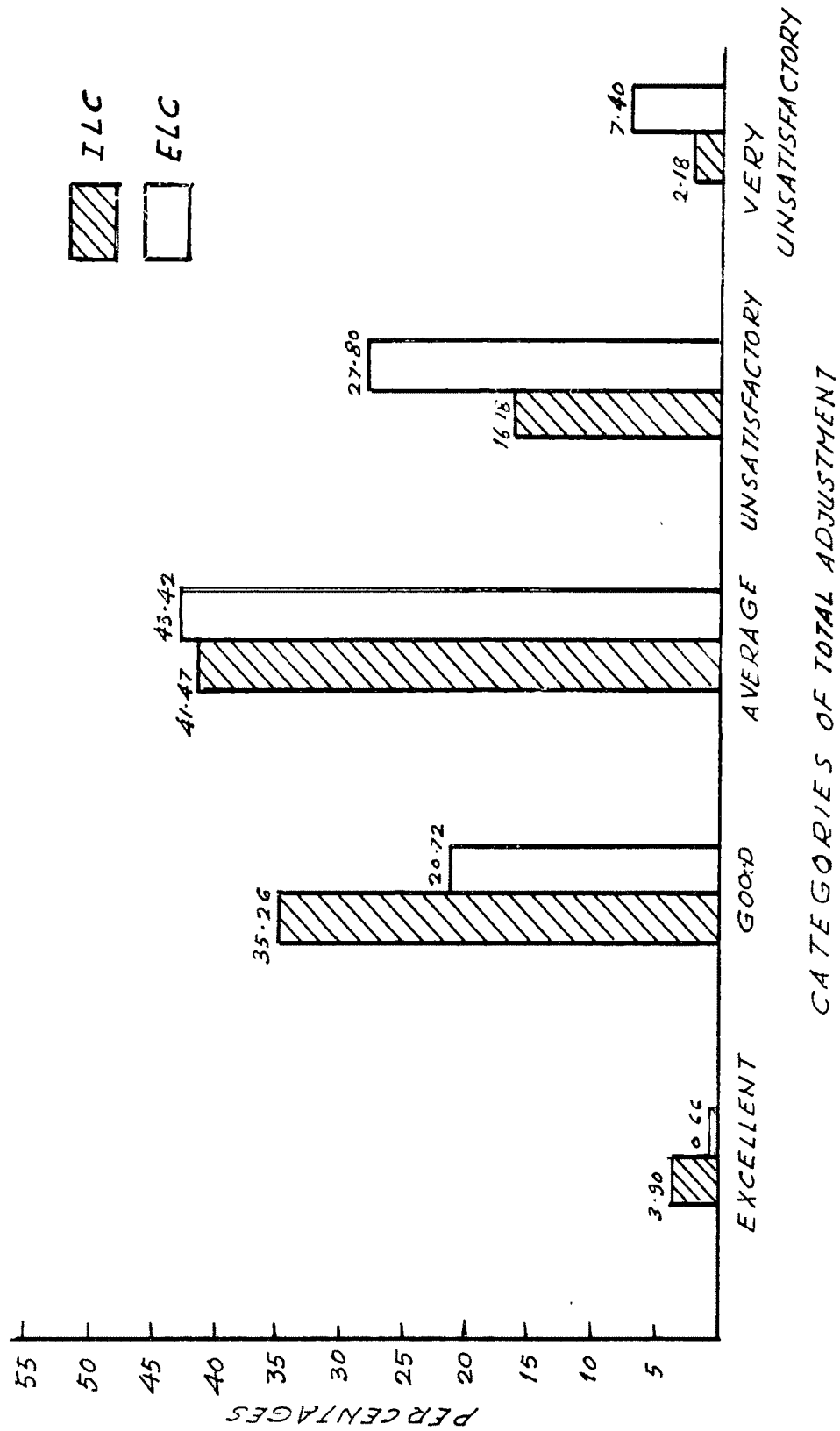


FIGURE 20. HISTOGRAM SHOWING PERCENTAGES OF ILC AND ELC GROUPS UNDER DIFFERENT CATEGORIES OF TOTAL ADJUSTMENT

'internals' are in a better position to control self impulses (Straits and Sechrest, 1963; James et. al, 1965), and the environment (Phares, 1965; Seeman, 1963), their interaction with the environment will definitely be better than the 'externals'.

Distributions of the ILC and ELC groups, in terms of percentages, under different categories of total adjustment (Table 43 and Figure 20, p.207) shows that a majority of the internally and externally oriented Bangladesh adolescents seem to fall under the "average" category, with 'internals' higher in proportion under "excellent" and "good" categories, and 'externals' higher in proportion under "unsatisfactory" and "very unsatisfactory" categories. This "average" level of adjustment could be due to political and economic crises which affect Bangladesh adolescents in such a way that the crisis stricken adolescents could not turn within, both for absorbing the consequences and aftermaths of crises as well as for drawing strength to live with the altered life-settings.

4.6.c. Effect of purpose-in-life on total adjustment:

Results (Table 44, 46) seem to suggest that Bangladesh adolescents with high PIL are, overall better adjusted than the other PIL groups. A high PIL makes the person oriented toward actualization of his creative, experiential and attitudinal values. According to Rogers (1970), the adolescent has

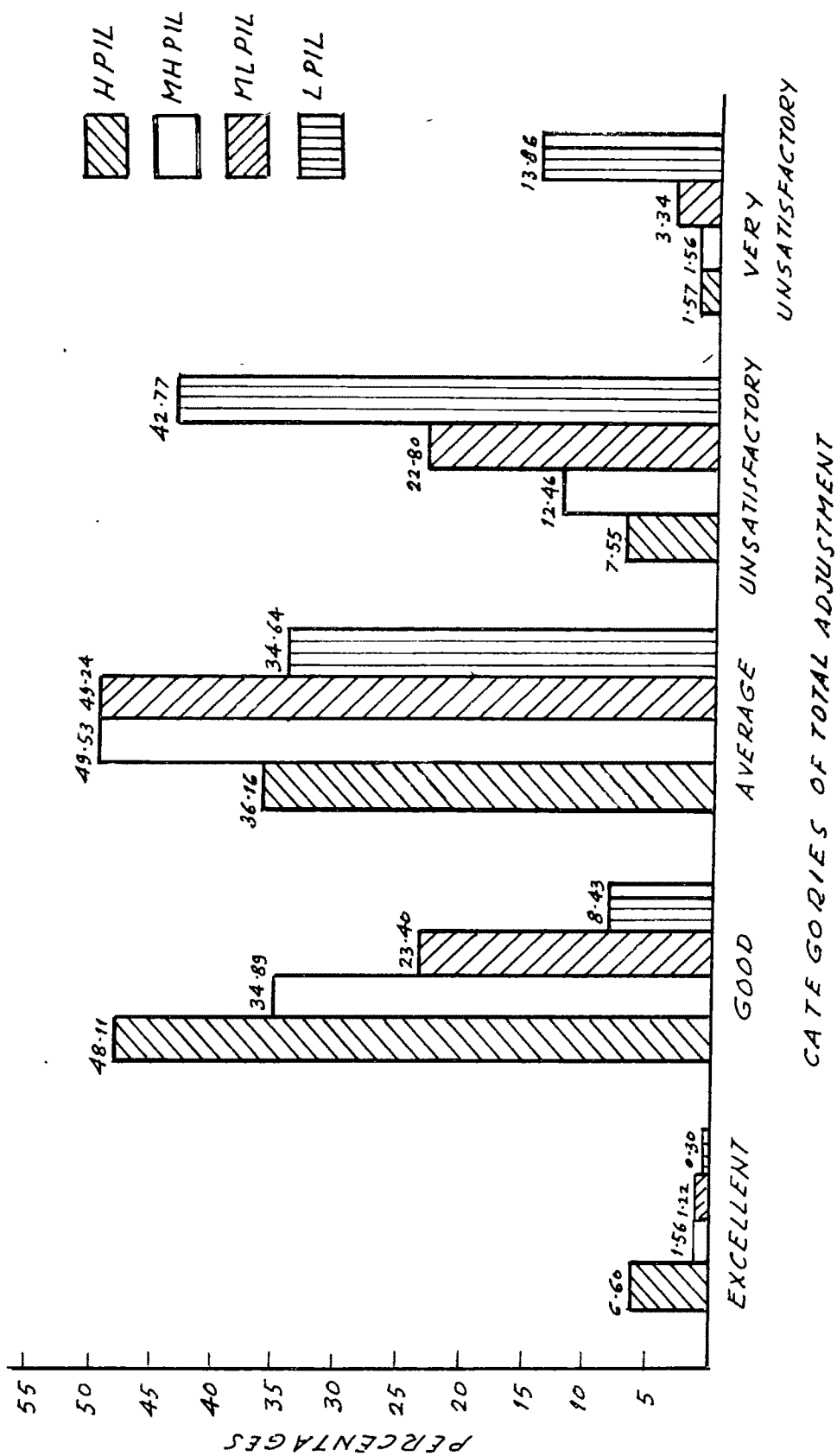


FIGURE 21. HISTOGRAM SHOWING PERCENTAGES OF DIFFERENT PIL GROUPS UNDER DIFFERENT CATEGORIES OF TOTAL ADJUSTMENT

the capacity for awareness of his potential which makes him capable of an adaptive and creative living. An adolescent with a high PIL has the capacity of choice, he can be open to all aspects of his experience, which originates within as well as that which originates without. He has the capacity for becoming fully functioning in an open relationship with himself and with life. A barrier between one's experience and one's awareness makes one oriented towards a low PIL which may lead to maladjustment.

The percentage distributions (Table 45) of all the four PIL groups under different categories of total adjustment and the histogram (Figure 21, p.209) also confirm the conclusion. The Chi-square distribution shows that highest percentages of the adolescents with HPIL seem to fall under "good" category adolescents with LPIL seem to fall under "unsatisfactory" category, and the in-between groups i.e., MHPIL and MLPIL groups, seem to fall under the "average" category.

4.6.d. Interaction effects of sex, locus of control, and purpose-in-life on total adjustment:

Overall adjustment is the capacity of the adolescent to interact with self and the surroundings in such a way that is healthy for his growth. An attempt, in the present study, was made to see if overall adjustment of the adolescent is dependent upon the interaction of sex of the adolescent, his LC beliefs and PIL orientation.

Results (Table 46) show that interaction effect of sex x PIL (A x C) was significant. This indicates that in their overall adjustment, PIL is dependent upon the sex of the adolescent in producing any significant effect. This significant interaction may be due to the fact that adolescents' conformity to role expectation may exert influence on their formation and actualization of values. Moreover, in the actualization process, adolescent boys experience more problems than girls since the present political setting acts as a barrier between experience and value actualization. Boys are more affected by the changes in the political setting of the country; this makes themselves more vulnerable to experience more adjustment problems.

A non-significant sex x locus of control (A x B) interaction (Table 46) indicates that these two variables are independent of each other and in their overall adjustment, they failed to produce any combined effect. Similarly, interaction of locus of control x purpose-in-life (B x C) on total adjustment was non-significant (Table 46). It indicates that locus of control belief and purpose-in-life orientation of the adolescents may be effective independently in producing significant effect but jointly they failed to influence the overall adjustment of adolescents significantly.

The non-significant three factor interaction (Table 46) i.e., sex difference, locus of control, and purpose-in-life

(A x B x C) shows that, in combination with one another, these variables are not effective in influencing the overall adjustment of the adolescents, though independently all these three variables are found to effect the adjustment significantly.

4.7. Limitations of the Study and Suggestions for Further Research:

No study is complete in itself. Some of the limitations of the present study followed by suggestions for future research are presented below:

i) In the present study, responses to questionnaire became limited in scope. Because responses were given either in 'yes'-'no' form or in forced-choice system. In clinical investigation, case-studies are superior to questionnaire administration, because respondents, in case studies, can go beyond the forced-choice format and give response in depth. In case studies, they can express themselves more than what they can express in the 'yes'-'no' response form.

ii) The present study took into consideration adolescents from urban area only. In Bangladesh, population distribution in urban and rural areas is 8.78% and 91.22% (Statistical Year Book of Bangladesh, 1981). The study considered adolescents from 8.78% of the population only. A comparative

study of urban and rural adolescents' adjustment pattern can be suggested. Because, in urban areas, social setting and economic conditions of the inhabitants are very different from those in rural areas. These different life-settings effect the adolescents' transactive interaction differently.

iii) Subjects were taken from four Divisional headquarters only. Districts under each Division were not considered. Suggestions can be offered for study on adolescents at the district and regional levels. Because, each district in Bangladesh has its own characteristics in population, climatic condition, economy, geographical characteristics, land fertility, and literacy rate which influence its inhabitants in a unique way.

iv) Only three independent variables i.e., sex, I-E locus of control, and purpose-in-life were taken for present study. Religion, economic status, nature and size of the family, ordinal position of the adolescent can be considered as variables in the future studies.

v) The Adjustment Inventory for College Students, that was developed and standardized on Indian Cultural context, was translated in Bengali for the purpose of present study. Development, standardization, and application of adjustment scale on Bangladesh cultural context would be of great help for educational counselling purposes.

vi) Only the late adolescent period was studied. The study, if conducted, on the total adolescent period, would have given a more meaningful picture of adolescents. A comparative study of early and late adolescence, for the better understanding of adolescents and their adjustment pattern, can be suggested for future researches.

vii) Subjects were literate adolescents only. In Bangladesh, literacy rate is 24.3% (Statistical Yearbook of Bangladesh, 1981). The present study considered adolescents from this 24.3% of the population only. A comparative study of literate and illiterate adolescents could be done.

viii) Cross-cultural and comparative study on the adjustment problems of adolescents can be suggested for future researches.

4.8. Suggestions for the Rehabilitation of Bangladesh Adolescents:

To help Bangladesh adolescents in their healthy growth, both physical and mental, toward adulthood, the following suggestions are offered:

i) Lack of awareness and knowledge of adolescents' own physical health state can be reduced by enhancing the scope for their participation in health - related activities. Colleges and health centres attached to the colleges, can play an important role in this regard. Compulsory physical education classes can be introduced at the college level. Arrangement

could be made for a regular health check-up of the adolescents, towards ensuring the smooth functioning of hormones and the steady growth of organic systems regulating healthy transactive behaviour. Besides, organization of class-lectures imparting lessons on health-education would certainly make the adolescents aware of the importance of health care and enable them to keep better health.

ii) Steps should also be taken to appreciate the adolescents' normal interest in sex. Due to structural and functional maturity of the sex organ and the secretion of sex hormones, adolescents, after the onset of puberty become interested in the opposite sex. But, in the present socio-religious setting in Bangladesh, knowledge about sex before marriage is considered a social offense. Sex-knowledge, sex-information is seen as a 'sin'. Acknowledgement of sex as a part of life, can make the situation healthier. Parents' liberal attitudes toward adolescents' curiosity and interest in the opposite sex, and imparting of sex education through institutions at the national level, can provide the adolescents with necessary sex information and prepare them for a healthy adjustment.

iii) Parents should acknowledge the adolescents' increased need for independence. The freedom granted to them is not sufficient to meet their needs. They need independence for taking decisions regarding self, selection of friends, selection

of educational streams which they do not get from parents. For the development of self-confidence, adolescents should be given more independence.

iv) Healthy adjustment of adolescents can be assured by acknowledging them as both 'internally and externally open'. By providing adequately free environment for their expression of thoughts and emotions, their interaction with others can be intensified. The present form of ~~total~~ political atmosphere is a barrier in their transactive behaviour because it pressurizes the self-regulatory system of the adolescents beyond their capabilities. It may result not only in blocking but breaking of the total system also.

v) Adolescents should be motivated in education. This is possible only by reorganizing the curriculum in such a way as to suit the adolescents' aptitude and interest. Every individual has creative power in some form or other. Failure to actualize this capability may lead ~~the~~ person towards maladjustment. The education system should acknowledge the adolescents' creative power to help them to be contributors in academic field.

vi) Adolescents' anxiety over the present state of unemployment problem can be reduced by increasing the scope for employment. 'Yuba Mantranalaya' (Youth Ministry) can play an important role in this regard. In Bangladesh, this

ministry is formed only for the growth and development of the youths. Vocational training can be arranged for the adolescents. Moreover, for their social development, the Youth Ministry can arrange some activity programmes during vacation periods, like ICCR summer and winter camps in India, which will provide opportunities for Bangladesh adolescents to learn how to feel socially adequate.

vii) Programmes should be undertaken to utilize the adolescents' energy in national developmental works. If projects are undertaken at the Government level to utilize the adolescents' capabilities in nation building works, as is done in the developed countries, the adolescents will feel a ~~new~~ greater degree of identification with life and the country.

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