

CHAPTER - V

SUMMARY

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In the present investigation an attempt was made to see the effects of sex, internal -external locus of control (I-E LC) and purpose-in-life (PIL) on the adjustment patterns of Bangladesh adolescents.

The underlying hypotheses were as follows:

- i) The pattern of adjustment is a function of the sex of Bangladesh adolescent.
- ii) The pattern of adjustment is a function of I-E locus of control beliefs of the Bangladesh adolescent.
- iii) The pattern of adjustment is a function of the PIL orientation of the Bangladesh adolescent.
- iv) The pattern of adjustment is a function of interaction between sex and locus of control of the Bangladesh adolescent.
- v) The pattern of adjustment is a function of interaction between sex and PIL orientation of the Bangladesh adolescent.
- vi) The pattern of adjustment is a function of interaction between locus of control and PIL orientation of the Bangladesh adolescent.

- vii) The pattern of adjustment is a function of interaction between sex of the adolescent, locus of control beliefs, and PIL orientation.

The major independent variables in the present study were as follows:

- i) Sex of the adolescents,
- ii) Internal-external locus of control beliefs,
- iii) Purpose-in-life of the adolescents.

The pattern of adjustment (in five areas i.e., to home, health, society, emotion, education, as well as total adjustment) was the dependent variable.

The sample consisted of 631 adolescent girls and 669 adolescent boys of different colleges from all the four Divisional headquarters in Bangladesh. Internal-External Locus of Control Scale, Purpose-in-Life Scale, and Adjustment Inventory for College Students were administered. Subjects were grouped as ILC and ELC in terms of the median-split (median = 09) of the I-E scores. Adolescents were also grouped in terms of quartile distribution of the PIL scores. Four PIL groups i.e., HPIL, MHPIL, MLPIL, LPIL were formed.

The major findings of the study were as follows:

- i) Bangladesh adolescents showed a trend towards internal locus of control (ILC).

- ii) Bangladesh adolescents showed a trend toward low purpose-in-life (LPIL).
- iii) Bangladesh adolescent showed an average level of adjustment.
- iv) Compared to adolescent boys ($M = 4.65$), adolescent girls ($M = 3.49$) were better adjusted to their home.
- v) Adolescents with ILC were better adjusted to their home than adolescent with ELC.
- vi) Adolescents with different PIL orientation differed significantly with regard to their home adjustment. HPIL group was found better adjusted to their home than MHPIL, MLPIL, and LPIL groups.
- vii) Interaction effects of sex x LC, sex x PIL, LC x PIL, Sex x LC x PIL on home adjustment were non-significant.
- viii) In their health adjustment, adolescent boys ($M = 4.31$) and girls ($M = 4.19$) and did not differ significantly.
- ix) ILC and ELC groups did not differ in their health adjustment.
- x) Adolescents with different PIL orientation differed in their health adjustment.
- xi) Interaction effects of sex x LC, Sex x PIL, LC x PIL, Sex x LC x PIL, were nonsignificant.

- xii) Adolescent boys (M = 6.92) and girls (M = 7.45) did not differ significantly in their social adjustment.
- xiii) Internally oriented adolescents showed significantly better social adjustment than externally oriented adolescents.
- xiv) In their adjustment to society, adolescents with different PIL orientations differed significantly.
- xv) Interaction effects of Sex x LC, Sex x PIL, LC x PIL, Sex x LC x PIL on social adjustment were non-significant.
- xvi) Adolescent boys (M = 13.39) and girls (M = 13.92) were found not to differ in their adjustment to emotionality.
- xvii) Compared to 'externals', 'internal' adolescents were emotionally better adjusted.
- xviii) Higher PIL groups were emotionally better adjusted than lower PIL groups.
- xix) Interaction effect of Sex x LC, Sex x PIL, LC x PIL, Sex x LC x PIL were found to be non-significant.
- xx) Adolescent girls (M = 6.00) were educationally better adjusted than boys (M = 7.36),
- xxi) Adolescents with ILC orientation were better adjusted to their education than the ELC group.

- xxii) PIL groups were found to differ significantly.
Higher PIL groups were better educationally adjusted than lower PIL groups.
- xxiii) Interaction effects of Sex x LC, LC x PIL, Sex x LC x PIL were non-significant.
- xxiv) Interaction effect of Sex x PIL was significant.
- xxv) Adolescent girls (M = 34.96) were, on the whole, better adjusted than adolescent boys (M = 36.63).
- xxvi) In their overall adjustment, adolescents with ILC orientation were better adjusted than adolescents with ELC orientation.
- xxvii) PIL groups differed significantly in their overall adjustment.
- xxviii) The interaction effects of Sex x LC, LC x PIL, Sex x LC x PIL were non-significant.
- xxix) The interaction effect of Sex x PIL was significant.

The findings showed pronounced sex difference (adolescent girls better adjusted than adolescent boys) in the areas of home, education, and over-all adjustment. These differences could be due to the fact that for girls, with the onset of puberty, scope for their interaction outside home decreases and

they become more emotionally attached with the family members, which foster their transactive behaviour in the home setting. In the educational area, boys experience more problems because in Bangladesh, education is seen as a medium for the formation of future career and profession for which adolescent boys strive more and thus experience more problems. In their overall adjustment, adolescent boys experience more problems because of the conflict between parental and peer-group expectations, and due to the present political condition of the country which imposes restrictions on the freedom of thoughts and their expressions.

Non-significant sex-difference in health, social, and emotional adjustment could be due to ^{the} lack of sufficient knowledge and sensitivity of both adolescent boys and girls to their health state. As regards social adjustment, non-significant difference could be due to the fact that both adolescent boys and girls excel in different types of social skills. Due to physical changes and development of secondary sex characteristics, from puberty onward, adolescents showed heightened emotionality where sex difference was not pronounced.

Interpretation of the findings showing that the 'internals' are better adjusted than the 'external' adolescents in all the areas (excepting health adjustment) indicates that internality tends to induce greater self-regulatory functions

and thereby decreases adjustment problems of adolescents in different areas in life. In the health adjustment, non-significant and "average" type of adjustment indicates that both the 'internal' and the 'external' groups of Bangladesh adolescents lack sufficient knowledge about the integrative functioning of the total psycho-biological system.

Significant differences between different purpose-in-life (PIL) groups in all the areas as well as total adjustment indicate that higher degree of PIL helped the Bangladesh adolescents to be ~~an~~ active participant in the transactive behaviour in home and social settings; and to advance educationally; to make them aware of their physical state; and to help them in stable and matured emotional expressions; this helps them in healthy growth toward adulthood.

Interaction effects of different variables on different areas of adjustment were non-significant due to classification of variables in terms of their levels, thus decreasing the sample size in each group.

The major limitations of the present study and the suggestions for their rectification are as follows:

- i) Clinical study is not adequate with ~~test~~ administration. It needs in-depth case studies.

ii) Present study was limited to the urban, literate and late adolescents from Divisional level only. Comparative study of urban-rural, literate-illeterate, early and late adolescents at the district and regional level can be done.

iii) Other variables like religion, economic status, nature and size of the family, ordinal position of the adolescents can be suggested for future researches.

iv) Development, standardization, and application of appropriate adjustment scale on Bangladesh cultural context would be more meaningful for the understanding of adolescents' adjustment problems.

The following suggestions are offered for the rehabilitation of the Bangladesh adolescents.

Scope for the adolescents' health-related activities should be enhanced; their normal interest in sex should be appreciated; parents should acknowledge the adolescents' increased need for independence and adequately free environment for the expression of their thoughts and emotions should be provided; curriculum should suit the adolescents' interest and aptitude; and steps should be taken, at the Government level, for the utilization of the adolescents' energy in national developmental works.
