Socio-Economic Status as Predictor of Socio-Emotional Adjustment among Post Graduate Students

1. **Dr. Ranvir Kumar**
Department of Psychology
L. N. Mithila University, Darbhanga

2. **Md. Nozmul Hoque**
Assistant Professor
Department of Education, Murazar College
&
Research Scholar,
B.R. Ambedkar Bihar University, Muzaffarpur
Department of Education

3. Dr. A. K. Bittu
Assistant Professor
Dept. Of Management
Vaishali Institute of Business & Rural Management
B.R. Ambedkar Bihar University, Muzaffarpur

4. **Dr. N.N. Mishra**
HoD, Department of Psychology
L.S. College, Muzaffarpur
Mob. No.9818566102

Abstract

The present study has aimed to examine the effects of socio-economic status on social and emotional adjustment. In other words, how different kinds of adjustment like social and emotional are linked with socio-economic status? How do the subject's differing in socio-economic status? How to subject differing in socio-economic status differs in the importance attached to social and emotional adjustment? 150 post-graduate students of Muzaffarpur town of Bihar have been selected as sample in the present study with regard to the data collection where purposive-cum-incidental sampling has been used. Socio-economic status scale developed by Kuppuswamy revised in 2024 which has been used to measure the socio-economic status of the subjects. Mohsin-Shamshad Bell's Adjustment Inventory (Hindi adaptation), 1969 has been used to measure the different adjustments (Social and Emotional) of the subjects.

Several objectives have been determined to facilitate the further process of extending the present research work. In this study, three groups of subjects have been selected. The objectives of the study is to find out the differential position of the social and emotional adjustment among three group of subjects like upper level, middle level and lower level in ranking of two types of adjustment like social and emotional.

The result indicates that middle class post-graduate students attached more importance to social adjustment than that of upper class post-graduate students. Likewise, the lower class post-graduate students are attached more important to social adjustment than that of upper and middle class post-graduate students. Likewise middle class post-graduate students attached more importance to emotional adjustment than that upper and lower class post-graduate students. Similarly upper class students attached more importance to emotional adjustment than that of lower class post-graduate students.

Keywords: Upper, Middle and Lower class, Social and Emotional Adjustment.

Introduction

The present study has aimed to examine how socio-economic status will provide to be an indicator of social and emotional adjustment. In this study adjustment has been used as dependent variable and socio-economic status as independent variable. Kuppuswamy (2024) has classified socio-economic status into five categories such as upper class, upper-middle class, lower-middle class, upper-lower class, lower class. This five categories of socio-economic status have been categorised into three groups namely, upper class, middle class and lower class. The data will be collected from of these three groups.

The present researcher has used Mohsin-Shamshad Bell's adjustment inventory,(1969) as a scale to measure four dimensions of adjustment like Home, Health, Social and Emotional in which adjustment like Social and Emotional have been selected for the present study.

People have been divided into three category in light of the adjustment in which first is good adjuster, the second is bad adjuster and the third is poor adjuster.

Generally, adjustment refers to the bases of finding modes of behaviour suitable to the environment or change in the environment. It refers to conflict belonging through behavioural processes. The coordinated relationship between the individual and his or human environment is taken as adjustment. It may also be seen as a situation when an individual tries to balance their wants with other aspects of their life, such demands from others.

A person with good adjustive skills can lessen psychological problems including pressure, tension and worry. A well adjusted person is effective and happy in their environment. Adjustment serves as built in mechanism or achieving equilibrium with challenging circumstances or other peaceful life issues. Thus we can say that adjustment is the process of making adjustments or modifications to better align or fit something.

In the present study adjustment has been used as (D.V) which is the process by which a living organism maintains a balance its needs and circumstances that influence the satisfaction of these needs (L. F. Shffer, 1956).

According to James Drever (1952) adjustment means "The modification to compensate for or meet special conditions".

Gates and Jersild (1948) define adjustment as "A continuous process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment".

Crow and Crow (1956) define adjustment as "The maintenance of a harmonious relationship between man and his environment." "As the conditions in the environment are changing all the time, adjustment is also a continuous process with his environment."Adjustment is a universal phenomenon with various dimensions like home, health, social, emotional etc.

Adjustment refers to the process of finding modes of behaviour suitable to the environment or to change in the environment. It refers to conflict balancing through a behavioural process. The coordinated relationship between the individual and his or her human environment is taken as 'adjustment'.

According to Good, (1995), "Adjustment is the process of finding and adopting modes of behaviour, suitable to the environment or the changes in the environment."

Socio-emotional adjustment refers to the process by which individuals achieve a balanced state of emotional and social functioning. It encompasses the ability to manage emotions, develop healthy relationships, and levitate social environments effectively (Eisenberg & Fabes, 1998).

Recent research indicates that additional elements of the Home Environment such as maternal sensitivity may play role in association between household turmoil inferior child outcomes. Longitudinal studies for instance demonstrate that parent's capacity to effectively react, interpret and respond to their children's needs is reduced in circumstances (Vernon, Feagans et. al.; 2012).

There are "Fewer and Lower Quality instances between careers and young children. In these setting which are thought to boast their capacities to hold and voluntarily manage through attention - sub children are young and look the self-regulation skills to filter out irrelevant stimuli without adult's assistance, their correlation is likely to be significant (Conway and Stiffer, 2012).

Independent variables used in the present study

The independent variables used in the present study is socio-economic status consisting of three factors namely family income, occupation of head of the family and education of the head of the family as referred in Kuppuswamy's socio-economic status scale (2014).

Socio-economic status (SES) is a crucial indicator to assess family income, education and occupation of head of the family. It represents position that a family holds within hierarchical social structure and provides comprehensive evaluation of persons work experience and their family economic and social standing in relation to others. Socio-economic status significantly influences overall human functioning including both physical and mental well-being. Extensive research has demonstrated that SES has a substantial impact on individual's life expectancy.

The modified kuppuswamy scale revised by Kuppuswamy first of all in 1976, serves as a valuable instruments for evaluating the socio-economic status of urban families in India. Socio-economic status is evaluated by considering a family income, level of education and occupation of the head of households. This scale was revised time to time and lastly it has revised in previous year, 2024.

Objective of the study:

The objective of the study is to examine the differential effects of different kinds of socio-economic status i.e. Upper, Middle and Lower class on two kinds of adjustments like social and emotional.

Hypotheses

Keeping in view the objectives of the present study following hypotheses have been formulated:

1. Middle class post-graduate students will yield high scores on social adjustment than that of upper class post-graduate students.

2. Lower class post-graduate students will also yield high scores on social adjustment than that of upper class post-graduate students.

3. Lower class post-graduate students will yield high scores on social adjustment than that of Middle class post-graduate students.

4. Middle class post-graduate students will yield high scores on emotional adjustment than that of upper class post-graduate students.

5. Upper class post-graduate students will yield high scores on emotional adjustment than that of lower class post-graduate students.

6. Middle class post-graduate students will yield high scores on emotional adjustment than that of lower class post-graduate students.

Sample:

The sample will consists of 150 male post-graduate living in Muzaffaupr and reading in post-graduate college of this town. 50 urban students will belong to upper class family, 50 will belong to middle class family and rest 50 students will belong to lower class family.

Sample Design:

Socio-economic status level	Post-Graduate Urban College Students
Upper	50
Middle	50
Lower	50
Total	150

Tools:

To kinds of tools will be used in the present study in which first will be socio-economic status scale (SES) and second will be Mohsin-Shamshad Bell Adjustment Inventory, 1969 (Hindi Adaptation) has been used the achieve the purpose of study.

(A) Socio-economic Status Scale:

Socio-economic Status Scale 2024 will be used on grouped five categories of family in which upper class, upper middle class, lower middle class, lastly middle lower and lower class but in the present study upper middle and lower middle has been combined into one class i.e. middle class likewise middle lower and lower class has been group into one class. For this work SES in three categories will be used for the present research work.

(B) Bell's Adjustment Inventory (Mohsin-Shamshad):

Bell Adjustment Inventory contained 140 statements. When translated statements were item analysed, 5 statements were not found appropriate and they were excluded. The final version of Mohsin-Shamshad Adjustment Inventory contained only 135 statements. The reliability and Validity of this scale have also been calculated. The scale has also been validated odd/even reliability with Spearman-Brown formula and test- retest technique it is 0.92 and 0.87. High scores indicate poor adjustment and lower scores indicate better adjustment.

Research Design:

2×3 factorial research design in which social and emotional dependent variable are two factors and upper family, middle family and lower family (SES) are the three factors used as independent variables.

Statistical Procedure:

T-test will be used for the calculation of the data obtained from the inventory used in this research work. T-test is a standardized statistical procedure.

RESULTS AND DISCUSSION:

Significance of mean differences between upper class students and middle class students, upper class students and lower class students as well as middle class students and lower class students have been shown in six (6) Tables in which first three tables are related to social adjustment and other three tables are related to emotional adjustment.

Table - 1

Social Adjustment Scores

Result table showing Mean, SD and t-ratio drawn from upper class PG students and middle class PG students scores.

Groups	N	Mean	SD	df	t-value	Level of Significance
Upper class PG Students	50	12.14	4.63	98	3.03	0.01
Middle class PG students	50	15.02	4.87			

Table-1 shows that the mean scores (15.2) of middle class students is larger than that of mean scores (12.14) of upper class PG students. The t-ratio obtained from these two groups of means is significant at 0.01 level of confidence. In light of this finding Hypothesis is verified.

The plausible explanation behind this finding is that the people of middle class family do not hesitate to mix each other within and outside the family. There is no Ego problem with them.

On the contrary, the members of upper class family do not like to meet the people who do not belong to their standard, they have much ego problem. They like to meet with them to belong to their standard. This is why, the social adjustment of upper class family member are poorer than that of the middle class family members.

Table - 2

Social Adjustment Scores

Result table showing Mean, SD and t-ratio drawn from upper class PG students and lower class PG student's scores.

Groups	N	Mean	SD	df	t-value	Level of Significance
Upper class PG Students	50	10.52	3.35	98	4.35	0.01
Lower class PG students	50	13.42	3.90			

It is evident from above table that the mean scores at lower class post graduate student is 13.42 while that of upper class is 10.52, the obtained t-ratio from these two means is 4.35 which is significant at 0.01 level of confidence. Thus, the hypothesis is verified.

The hypothesis claims that students of lower class family yield high score on social adjustment than that of upper class family is verified. The members of upper class family live in very restricted environment. They do not like to mixed with the people of lower rank like lower class people on the contrary. Lower class family like to meet freely with any class of society. This is why, social adjustment of lower class persons is better than upper class persons.

Table - 3

Social Adjustment Scores

Results table of Mean, SD and t-ratio drawn from middle and lower class PG students scores.

Groups	N	Mean	SD	df	t-value	Level of Significance
Middle class PG Students	50	9.71	3.68	98	3.43	0.01
Lower class PG students	50	12.90	5.43			

Table 03 manifests that the significant mean differences between the middle class PG students (9.71) and lower class PG students (12.90) is indicative of the fact that lower class PG students attached more importance to social adjustment then that of upper class PG students. The lower class PG students score higher on social adjustment. Then that of middle class PG students. Thus, the hypothesis is verified.

Significant differences between the means of two groups show that the members of lower class students are more socially adjustable than that of upper class family members. The lower class people live in free atmosphere as compare to middle class family members.

Table - 4

Emotional Adjustment Scores

Results table of Mean, SD and t-ratio drawn from upper class and middle class PG students scores.

Groups	N	Mean	SD	df	t-value	Level of Significance
Upper class PG Students	50	11.95	4.26	98	3.68	0.01
Middle class PG students	50	15.30	4.81			

Above table shows that the mean scores of middle class PG students is 15.30 while that of upper class PG students is 11.95. The mean difference between the two is significant at 0.01 level of confidence, which is clear from the t-ratio (3.68). In light of this finding hypothesis is verified.

The cause behind the finding that people of middle class family is more emotionally matured and balanced than that of upper class family members. The people of middle class family have to pass so many critical problems in life. Such types of problem have not to face the people of upper class family. Therefore the people of middle class family look more matured than that of upper class family members.

Table - 5

Emotional Adjustment Scores

Results table of Mean, SD and t-ratio drawn from upper class and lower class PG students scores.

Groups	N	Mean	SD	df	t-value	Level of Significance
Upper class PG Students	50	18.30	4.82	98	3.34	0.01
Lower class PG students	50	15.12	4.68			

Above table shows that upper class PG students are more emotionally matured and adjustive than that of lower class PG students as the mean scores 18.30 of upper class PG students is larger than the mean scores 15.12 of lower class PG students. Thus, the hypothesis is verified.

As compared to lower class family members, upper class family members are emotionally and economically sound. Hence, they lead peaceful and emotionally matured life. Due to poor economical condition and poor level of education the people of lower class family remain emotionally immature. They spend more their time in quarrelling with each other and also with the members of outside family. It shows the significant emotional differences between the two.

Table - 6

Emotional Adjustment Scores

Results table of Mean, SD and t-ratio drawn from middle class and lower class PG students scores.

Groups	N	Mean	SD	df	t-value	Level of Significance
Middle class PG Students	50	19.42	4.57	98	3.05	0.01
Lower class PG students	50	16.67	4.39			

The mean score of middle class PG students is 4.57, while that of lower class PG students is 4.39. The t-ratio obtained from these two means is 3.05 which is significant at 0.01 level of confidence. Thus, the hypothesis is verified.

The cause behind the attainment of the finding is those middle class family members have to face so many family problem like medical expense, Educational expense and monthly household expenses etc. They have to maintain and solve their all these problem wisely and tactfully. This shows their emotional maturity. On the contrary, people of lower class family do not solve their day to day problems particularly economic problems due to lack of proper earning. Hence they quarrel with each other which indicate their emotional immaturity.

CONCLUSIONS:

The present study came to conclude that the degree of social adjustment varies with level of socio-economic status. In this study three category of socio-economic status has been taken up e.g. upper class family, middle class family and lower class family. The people of these three categories of socio-economic status vary in the ranking of social adjustment. High scores of social adjustment have been found in case of middle class family members and lower class family members. Upper class lives in limitations. They do not mix freely with middle and lower class family members. Hence, the social adjustments of upper class family members are inferior to middle class family members and lower class family members.

People also vary in emotional adjustment from socio-economic status point of view. People of low socio-economic status have no control over their emotions. They are always seen quarrelling with each other within the family and also outside family.

Such types of social atmosphere are not observed in case of upper class family members and middle class family members. They are more emotionally matured and well adjusted then that of lower class family.

IMPLICATION:

This type of present research provides better guidelines to the society to reform and improve their level of social and emotional adjustment which is necessary for the social and emotional growth of the society.

References:

[1] Commings, E.M., Davies, P.T., & Campbell, S.B. (2000), Developmental Psycho Pathology and Family Process : Theory, Research and Clinical Implications. New York, NY; Guilford Press, 20, (P-493).

[2] Conway A, Stiffer CA, Longitudinal antecedents of Executive Function in Preschoolers. Child Development. 2012; 83(3) 1022-1036.

[3] Crow, L.D. & Crow, A. (1956), "Understanding our Behaviour", Alfred, A. Knoff, New York.

[4] Davies, P.T., Commings E.M. (1994), Children's Emotions as organizers of their reactions to Interadult anger : A functionalist perspective. Manuscript submitted for publication.

[5] Gates & Jersild (1948), "Education Psychology", Macmillan, New York.

[6] Good, C.V. (1993), Dictionary of Education, (p.6), New York : Mc Grow-Hill Book Company.

[7] James Drever (1952) A Dictionary of Psychology, Middlesex : Penguin Book, p.10..

[8] Vernon-Feagans L, Garrett-Peters, P, Willoughby M, Mills-Koonce R., Family Life Project Key Investigators. Chaos, Poverty and Parenting : Predictors of early language development. Early childhood quarterly, 2012; 27(3) : 339-351.