

**COMPARATIVE STUDY ON SOCIAL ADJUSTMENT
AND WOMEN EQUALITY AMONG WORKING & NON
WORKING WOMEN OF RURAL AND URBAN AREAS**



A

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THE UNIVERSITY OF JAMMU
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SUMMARY

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INTRODUCTION

Social Adjustment

Social adjustment is an effort made by an individual to cope with standards, values and needs of a society in order to be accepted. It can be defined as a psychological process. It involves coping with new standard and value. In the technical language of psychology “getting along with the members of society as best one can” is called adjustment.

As Plato says ‘Man is a social animal. We live in a society and form opinion about others and others have opinions about us. We try to behave according to the norms of the society so that we can adjust with others. But it is not an easy task because the personality of each individual is a unique organization. This organization has to make special efforts to adjust with other unique organization in the society. The term adjustment is used for varying conditions of society and interpersonal relation. Thus adjustment can be called the reaction to the demands and pressures of the social environment imposed upon the individual.

There is need of impractical perception for social adjustment. The processes of behaviour e.g. learning, maturation, sensation, perception and motivation contribute to the process of adjustment. The way we interact with people depends, to a great extent, upon how we perceive them and how we

interpret their behaviour. The perceptions about people-what we think, what they like-influence the way we respond to them.

OBJECTIVES

1. To study relationship of social adjustment of working and non-working women of Rural region.

2. To study relationship of social adjustment of working and non-working women of Urban region.
3. To study relationship social adjustment of working women of Rural and Urban region.
4. To study relationship of social adjustment of non-working women of Rural and Urban region.
5. To study the attitude of working and non-working women of rural region towards women equality.
6. To study the attitude of working and non-working women of Urban region towards women equality.
7. To study the attitude of working women of Rural and Urban regions towards women equality.
8. To study the attitude of non-working women of Rural and Urban regions towards women equality.

HYPOTHESIS

1. There will be no significant difference between mean scores of social adjustment of working and non-working women of Rural region.
2. There will be no significant difference between mean scores of social adjustment of working and non-working women of Urban region.
3. There will be no significant difference between mean scores of social adjustment of working women of Rural and Urban regions.
4. There will be no significant difference between mean scores of social adjustment of non-working women of Rural and Urban regions.

5. There will be no significant difference between mean scores of attitude towards women equality among working and non-working women of Rural region
6. There will be no significant difference between mean scores of attitude towards women equality among working and non-working women of Urban region.
7. There will be no significant difference between mean scores of attitude towards women equality of working women of Rural and Urban regions
8. There will be no significant difference between mean scores of attitude towards women equality of non-working women of Rural and Urban regions.