

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



**A**

**DISSERTATION SUBMITTED TO  
THE UNIVERSITY OF JAMMU  
IN PARTIAL FULFILLMENT OF THE REQUIREMENTS  
FOR THE DEGREE OF**

**MASTER OF EDUCATION**

**SUPERVISOR**

**DR. PIYALI ARORA  
ASSISTANT PROFESSOR**

**INVESTIGATOR**

**NARESH SHARMA  
M.ED STUDENT  
ROLL NO. 03- GCE-13**

**GOVT. COLLEGE OF EDUCATION CANAL ROAD,  
JAMMU-180006.  
(2013-14)**

## SUMMARY

### SUPERVISOR

Dr. Piyali Arora

### INVESTIGATOR

Naresh Sharma

## 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.

## **Gender Inequality**

Gender inequality is still a major contemporary social problem and is not an individual matter, therefore it is deeply ingrained in the structure of societies. Gender inequality is built into the organization of marriage and families, work and economy, politics, religions, the arts, and other cultural productions, even the very language we speak.

One of the most fundamental forms of gender inequality in society may be seen at the basic level of social unit, namely the gender division of roles within a family. Women are more conscious of gender inequality than men. Both longitudinal trend studies and panel studies note that men are less gender egalitarian than are women. Young men in particular are hesitant to challenge the cultural standard of the mother role and the expectation of negative child outcomes due to maternal employment. Perhaps this hesitation is because in general men benefit from women's unequal performance of family and household task. Most studies have found that women's labor force participation is an important factor in their support of feminist principles.

## **Working Vs Non-working Women**

Work outside home gives women direct experience with sex disparities in earnings, promotion, and work conditions that are not faced by women who work in the unpaid domestic economy. Employed women also have a clear economic interest in gender inequality in the work place. Non-



employed women who depend on a male wage earner and who face rising divorce rates and the declining status of housewifery may have an interest in maintaining traditional gender roles and their attendant sex disparities (Gerson 1987).

### **Social Adjustment and Women Equality**

The spread of education made the women get more knowledge, more thinking power. Only educated women are able to think rationally. Education has made them capable to do different job and provided them with decision making power. However, most of the women feel maladjusted due to non cooperative attitude of the society including their husband and family members. Adjustment is a process that helps a person to lead a happy and contented life while maintaining a balance between his needs and his capacity to fulfill them. It enables a person to change the way of life according to the demands of the situation and gives strength and ability to bring about the necessary changes in the conditions of his environment. Social adjustment calls for maturity that accepts and understands growth and development in the individual. If this growth is not experienced and realized fully, death in social relationship is inevitable.

Working women have to adjust themselves at home as well as at work place. For them, adjustment is "smooth switch over from one status to other status, perceiving roles as perceived by others, and performing multiple roles with efficiency and satisfaction". The requirement to be self-sacrificing for the fulfillment of their subordinate gender role arises because of the demands of marriage and career. Woman is required to adjust herself to a situation which is new or indifferent to her. If she goes to live with orthodox

individualities. When a housewife takes up the working role, she not only finds a change in her status within the family and outside it, but she also takes upon herself increasing pressures to reconcile the dual burden of the two roles located in different sectors of the society. Employment of women implies two things; her diminished availability to others in the family and increased demand placed upon others in the family to enable successful performance of her two roles. Thus keeping in view the dilemama faced by women, be it in the home front or in the occupation it is important to understand the relation between the social adjustment capability and the status of women equality in the society.

## **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.