

Emotional Adjustment among Diabetes And Blood Pressure Patients

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Abstract

The present investigation in to find out Emotional Adjustment among Diabetes And Blood Pressure Patients. The sample consisted of 120 Diabetes and Blood Pressure Patients out of which 60 where Male and 60 where Female. For this purpose of investigation Emotional Adjustment Scale by D. J. Bhatt was used. The obtained data were analyzed through 't' test to know the mean difference between Blood Pressure and Diabetes Patients in Relation to their Gender. The result shows that There is no significant difference between Emotional Adjustment among Diabetes and Blood Pressure Patients. There is a significant difference between Emotional Adjustment among Diabetes and Blood Pressure Male and Female Patients.

Key Words: Emotional Adjustment, Male and Female.

Introduction:

The term adjustment refers to a continual process by which a person varies his behavior to produce a more harmonious relationship between himself and the environment. The term adjustment in very strict sense denotes the results of equilibrium, which may be affected by either accommodation or adaptation. How the individual gets along or survives in his or her physical or social environment depends on adjustment. As the conditions in the environment changes constantly, every individual needs to modify or accommodate oneself with the environment. Thus adjustment is the maintenance of a harmonious relationship between man and the environment and the persons who comprise his physical or social environment, (Crow & Crow, 1956).

Adjustment and adaptation represent a perspective for viewing and understanding human behavior. Psychologists are generally more interested psychological survival or adjustment, rather than physiological survival. In other words, as Lazarus (1961, 1969) states, in psychology, behavior is interpreted as personal adjustment to demand or pressure. The psychological pressure (1966) describes can be divided into two kinds. The first kind is physical and social environmental that result from having to live interdependently with other people. The second kind are internal, resulting in part from the biological make-up of human beings, which requires specific physical conditions for comfort and survival, and in part from the individual having learned to ask for specific types of social conditions, such as approval and achievement (Eriksen, 1950). From early childhood, humans are confronted with the demands of other persons. At first, the social demands concern relatively simple actions. As the individual matures, social demands become more complex. The precise pattern of what must be leaned varies with the culture, and even from family to family. Failure to adjust with social demands, typically, results in distressing consequences, depending on the cultural importance accorded to these demands (Rotter, 1966).

The effect of external demands cannot by fully understood without reference to the motivating forces that develop in the individual. External demands gain their force from the fact that needs, desires and motives of importance would be endangered if the demands if the demands were ignored. The things we do are not only a result of external or physical demands or social pressures, but depend also on our prior attempts to gratify internal

needs, drives of motives (Haber, 1958). Adjustment can also be described in terms of two aspects that reflect on different purpose (Lazarus 1961-1969).

Review of Literature:

In a study, **Isabella (2010)** explored the significant relationship between Academic achievement and socio Economic status of B.Ed. students. 158 student teachers were randomly selected for the study. Modified Kuppaswamy's Socio Economic status scale was used to collect data. It showed that there was no significant relationship existing between Academic achievement and Socio economic status of B.Ed. students.

Vishnu (2012) "Adjustment Level Of Secondary School Going Students In Rural Area." The present research studies principally aimed to examine the adjustment level of secondary school going Boys and Girls Student in rural area. In this research, Student's gender is independent variables and adjustment level is dependent variable. This study is comparative among school going Boys and Girls student in the terms of their home adjustment, health adjustment, social adjustment, emotional adjustment, school adjustment. The study is completed on sample 80 in secondary school going Student (40 Boys and 40 Girls Student) at studying in 9th class. This sample is collected from rural area. A.K.Singh and A.Sen Gupta's High-School Adjustment Inventory is used for home adjustment, health adjustment, social adjustment, emotional adjustment, school adjustment this five adjustment areas measured. Lastly the study resulted that, 1) No significant difference among secondary school going Boys and Girls student in rural area in the terms of their home adjustment, social adjustment, school adjustment level. 2) Significant difference among secondary school going Boys and Girls student in rural area in the terms of their health adjustment, emotional adjustment level.

Objective of the study:

1. To study difference between Emotional Adjustment among Diabetes and Blood Pressure Patients.
2. To study difference between Emotional Adjustment among Diabetes and Blood Pressure Male and Female Patients.

Hypothesis:

H₀₁ : There is no significant difference between Emotional Adjustment among Diabetes and Blood Pressure Patients.

Ho2: There is no significant difference between Emotional Adjustment among Diabetes and Blood Pressure Male and Female Patients.

Method:

Sample:

The present study carried out on the initial sample for the present study consisted of 120 Diabetes and Blood Pressure Patients of Banaskantha District. Elements of the study are out of which 60 were Male and 60 Female.

Tools:

In the present investigation measure the Emotional Adjustment 'Emotional Adjustment Scale' by D. J. Bhatt was used. The scale was measured for its test-retest was 0.89. Expert review has been done for validity.

Procedure:

The Male and Female who were different Illness Diabetes and Blood Pressure Patients of Banaskantha District. Elements of the study are out of which 60 were Male and 60 were Female. Were randomly selected & Emotional Adjustment 'Emotional Adjustment Scale' by D. J. Bhatt was used. Was give & data was collected. The obtain data form 120 Male and Female were analyzed with the help of mean, SD and 't' test.

Results & Discussion:

The main objective of present study was to do study of Emotional Adjustment among Diabetes and Blood Pressure Patients in Relation to their Gender (Male and Female). In it statistical method was used. Results discussions of present study are as under:

Table no: 1

Showing the Mean, SD, and 't' value of Emotional Adjustment among Diabetes and Blood Pressure Patients.

No	Variables	N	Mean	SD	t – Value	Sign. Level
1	Diabetes	60	32.87	6.77	0.34	N.S.
2	Blood Pressure	60	32.43	6.32		

NS = Non – significance at 0.05 level

The above result table No.1 we can see that ‘t’ test was used to know the representing people (60 Diabetes and 60 Blood Pressure Patients). In people we had taken 120 people as samples and mean of this sample Diabetes Patients 32.87 and SD was 6.77, in Blood Pressure Patients same ratio of sample was taken means was 32.43 and SD was 6.32 and ‘t’ value was 0.34, it was no significance at 0.05 level. Thus the null hypothesis, I which states “There is no significant difference between Emotional Adjustment among Diabetes and Blood Pressure Patients.” Thus it is concluded no significant difference in Diabetes and Blood Pressure Patients.

Table no: 2

Showing the Mean, SD, and ‘t’ value of Emotional Adjustment among Diabetes and Blood Pressure Area Male and Female.

No	Variables	N	Mean	SD	t – Value	Sign. Level
1	Male	60	30.45	5.93	3.90	0.05
2	Female	60	34.82	6.26		

NS = Non – significance at 0.05 level

The above result table No.2 we can see that ‘t’ test was used to know the representing type of Gender (60 Male and 60 Female People). In 60 Male as samples and mean of this sample 30.45 and SD was 5.93, in Female means was 34.82 and SD was 6.26 and ‘t’ value was 3.90, it was a significance difference at 0.05 level. Thus the null hypothesis, I which states “There is no significant difference between Emotional Adjustment among Diabetes and Blood Pressure Male and Female Patients.” Rejected. Thus it is concluded a significant difference in Male and Female.

Conclusion:

1. There is no significant difference between Emotional Adjustment among Diabetes and Blood Pressure Patients.
2. There is a significant difference between Emotional Adjustment among Diabetes and Blood Pressure Male and Female Patients.

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