



A Study of Adjustment of the B.Ed. Trainees of Ahmedabad District

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Abstract

Present Study has been done to know Adjustment of B.Ed. Trainees of Ahmedabad District. Effect of gender, area and type of colleges were checked. Total 100 B.Ed. Trainees were selected from the Higher secondary colleges of Ahmedabad District. To know Adjustment of B.Ed. Trainees. Adjustment scale prepared by Dr. R. S. Patel were used. On the basis of the score obtain by the students mean, standard deviation and t-values were calculated for data analysis. Effect of type of colleges found on Adjustment and gender and area is not affecting variable on Adjustment of trainees.

• Introduction :-

Stress is any action or situation that places special physical or psychological demands upon a person, anything that can unbalance his individual equilibrium. And while the psychological response to such demand is surprisingly uniform, the forms of the stress are innumerable. The one incontestable statement can be made about stress is that; it belongs to anyone – to teacher, to professor, to businessman etc. Stress is a part of fabric of life. Nothing can isolates stress from human beings as it evident from various research and studies. Stress can be managed but cannot be simply done away. With today, widely accepted ideas, stress are challenged by now research, and conclusion once firmly established may be turned completely around. The latest evidence suggested that, Hans Syle (1956)

“Stress is a natural and anticipated feature of the experience of work and life and not all stress results in negative consequences “

Stress is involved in an environment situation that perceived as presenting demand which threatens to exceed the person’s capabilities and resources for meeting it under conditions where he/she expects a substantial differential in the rewards and costs from meeting the demand versus not meeting it.

Most of the people experience stress at one time or another. People often work well under certain stress leading to increase productivity. Many times they don’t know in advance and the stress periods may be sudden. The situation may not be under control. Too much stress is harmful. They should know their level of stress that allows them to perform optimally in their life.

Finally, stress can be defined as a state of that result from a transaction

between them and the things around them.

Adjustment may be different according to area, urbanization and rural. The people of urban area live with high life style, busy schedule, achieving more education etc. so there is stress according to this situation. The people of rural area mostly live with normal life, though they also suffer from Adjustment like, illiteracy, unemployed, sort of colleges, their education system etc. so stress has its own part according to situation, no one escape from stress.

According to this condition, now we will study about Adjustment of teacher by which they may overcome their Adjustment and adjust themselves with their situation.

- **Objectives :-**

The Objectives of the study are as followings:-

1. To Study the effect of gender on the Adjustment of B.Ed. Trainees of Ahmedabad District.
2. To Study the effect of area on the Adjustment of B.Ed. Trainees of Ahmedabad District.
3. To Study the effect of Types of college on the Adjustment of B.Ed. Trainees of Ahmedabad District.

- **Hypothesis :-**

The Hypothesis of the study are as followings:-

Ho₁ : There will be no significant difference between mean score of Adjustment of male and female B.Ed. Trainees.

Ho₂ : There will be no significant difference between mean score of Adjustment of area of College.

Ho₃ : There will be no significant difference between mean score of mental stress of types of College.

- **Research Methods :-**

The Survey method used in present study.

- **Population :-**

Teacher of rural and urban area of Ahmedabad District have become the population of the study.

- **Methods of Sampling :-**

Multistage sampling is used in this study. Data will be collected from B.Ed. Trainees working in Ahmedabad District district. The data will be collected from 100 B.Ed. Trainees residing rural as well as urban area.

- **Research Tool :-**

In this study researcher will be used Adjustment Rating Scale developed by Dr. R. S. Patel as a tool of the research study.

- **Methods of Analysis :-**

An analysis of the data that have been collected is equally important. A careful planning of the analytical framework should, therefore, be envisaged by the researcher. Mean, standard Deviation and t-test will be used. Details of Data Analysis given in table-1.

Table-1
Mean, Standard Deviation, Standard Error of Mean and t-value

Hypothesis Number	Variable	Mean	S.D.	SEd	t-value	Level of Significance
1	Male	36.45	11.76	1.20	0.24	NS
	Female	36.17	11.39			
2	Urban	36.17	11.39	1.13	0.26	NS
	Rural	36.46	12.20			
3	Grant in Aid	39.60	11.61	1.22	2.57	0.01
	Self Finance	36.46	12.20			

As shown in table-1, Effect of types of college found adjustment of B.Ed. Trainees and effect of Gender and Area were not found on adjustment.

• **Major Findings Of The Study :-**

- (1) Effect of Gender on Adjustment on B.Ed. Trainees: - The researcher finds that null Hypothesis that “There is no significant difference between mean score of Adjustment of male and female college teacher” is not rejected. Thus, the Researcher has concluded that both male and female possess equal Adjustment.
- (2) Effect of Area on Adjustment of B.Ed. Trainees: - The researcher finds that null Hypothesis that “There is no significant difference between mean score of Adjustment of B.Ed. Trainees of rural and urban area” is not rejected. Thus, the Researcher has concluded that both rural and urban area possess equal Adjustment.
- (3) Effect of Types of College on Adjustment of B.Ed. Trainees: - The researcher finds that the null Hypothesis that “There is no significant difference between mean score of Adjustment of B.Ed. Trainees of Granted and Non-Granted College” is rejected. Thus it may be concluded that B.Ed. Trainees of granted and non-granted colleges significantly differ. By comparing mean non granted colleges B.Ed. Trainees possess higher Adjustment than granted college B.Ed. Trainees.

• **Conclusion :-**

The importance of a teacher in the educational system is unquestionable. B.Ed. Trainees are key to optimum development of human resources. He is the backbone of the society. They are destiny of the nation. Therefore it is necessary to find remedies for Adjustment of the B.Ed. Trainees.

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