

# AN ASSESSMENT OF EARLY ADULTHOOD ADJUSTMENT IN CONTEMPORARY SOCIETY

**Nidhi Singh**

*Research Scholar, Department of Human Development & Family Studies College of Home Science,  
Udaipur, Rajasthan*

**Priyanshu Tripathi**

*Research Scholar, Department of Foods & Nutrition, College of Home Science, Udaipur, Rajasthan*

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**Abstract:** In human context, the term adult has meaning associated with social and legal concept. Biologically an adult is a human being that has reached maturity. It is period of adjustments to new pattern of life and new social expectations. The young adult is expected to play new roles, and to develop new attitude, interest and values. Leaving the stage of adolescence and entering into adulthood sometimes creating ups and downs in an individual life. Hence, the aims of the present study were to assess the adjustment and challenges during early adulthood. Present study was conducted under the municipal limits of Udaipur City. As per the delimitations of the study, 60 adults including 30 females and 30 males have been selected. A self-made inventory (proforma) has been prepared by the investigator. There were six dimensions in the inventory i.e. Physical fitness & health, Personal fulfilment, Intellectual Development, Occupational Adjustment and Financial Security, Marital relation & Relationship with the family, Relationship with friends and Civic activities. Inventory has positive and negative statements. Results of the study shown that females faced high challenges but they showed high adjustment level also as compare to their males counterpart. As far as males were concerned, they faced high challenges similar to females but they showed less adjustment. Young adults were very positive towards their family and work.

**Keywords:** Adjustment, Adults in Contemporary Society, Challenges, Early Adulthood, Female Adults, Male Adults, Gender Differences in Challenges and Adjustment.

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**Introduction:** In human context, the term adult has meaning associated with social and legal concept. Biologically an adult is a human being that has reached maturity. Definition of adulthood are often inconsistent and contradictory, a person may be biologically an adult and have an adult behavior but still treated as a child if they are under legal age of maturity. Conversely, one may be legally be an adult but posses none of the maturity and responsibility that may define an adult character. Adulthood is a period of adjustments to new pattern of life and new social expectations. The young adult is expected to play new roles, and to develop new attitude, interest and values. **In young adulthood**, developmental tasks are mainly located in family, work, and social life. Family-related developmental tasks are described as finding a mate, learning to live with a marriage partner, having and rearing young children, and managing the family home. A developmental task that takes an enormous amount of time of young adults relates to the achievement of an occupational career. Family and work-related tasks may represent a potential conflict, given that individuals' time and energy are limited resources. Thus, young adults may postpone one task in order to secure the achievement of another. With respect to their social life, young adults are also confronted with establishing new friendships outside of the marriage and assuming responsibility in the larger community. This is a period which can be assessed separately or can be seen in one specs (in an continuous manner). It is a period of establishment, adjustments and facing challenges to new social expectations. The young adult is expected to play new roles, and to develop new attitudes, interest and values in order to create an identity in society.

This is a period in which adults can break all the assumptions of his/her life. Each adult have his own story, own situation and own way of understanding life. Every adult cannot be seen in same specs. Each stage of adulthood has its own challenges and adjustment. For understanding the challenges and adjustment of adulthood a survey has been conducted with these objectives -

1. To assess the overall and dimensions wise adjustment of male and female of early adulthood.
2. To find out the differences between male and female in overall and dimensions wise adjustments.

**Criteria for sample selection:** Young Adults 20-35 Years Joint Family & Extended Married May be live or may not live with children Middle Income Group Pursuing Ph.D with scholarship Anticipating Parent.

**Review of Literature:** Antonucci *et al.* (2001) interacting with others (social group) seems to make people more integrated in society, i.e. more connected to family, friends, and society. They said that this social connectedness and integration improves adult's health mentally as well as physically.

Numerous studies have concluded that good and close relationships with other people – partners and spouses, parents and children, kinsmen, friends, neighbors and workmates – area major source of life satisfaction (Haller & Hadler, 2006).

Young (2006) conducted a study to explore the relationship between social support and life satisfaction for people. Results showed that different sources of social support have different effects on an individual's life satisfaction. Emotionality and instrumental supports from staff and friends have different predictive power and importance on individual's life satisfaction. These findings suggest that strengthening staff and friend's support could improve life satisfaction for people.

Diener *et al* (2000) study, based on prior literature, concludes that married individuals consistently report greater subjective well-being than never-married individuals, who in turn report greater subjective well-being than previously married individuals (i.e. divorced, separated, or widowed).

White and Rogers (2000), or instance, argued that a growing body of evidence suggests that women who are employed, who have higher earnings, and who have higher earning potentials are more likely to marry, while other scholars have speculated that higher levels of economic prosperity also stimulate women's financial autonomy and independence, thereby insinuating that women who are able to support themselves will feel less pressure to marry.

### Methodology:

Study has been conducted under given headings:

- **Locale of Study:** Present study was conducted under the municipal limits of Udaipur City.
- **Sample Selection:** As per the delimitations, 60 adults have been taken for the study. The total sample for the present study was 60 adults including 30 males and 30 females.
- **Tool and It's Description:** A self made inventory has been prepared. There were **Six Dimensions i.e. Physical fitness & health, Personal fulfillment, Intellectual Development, Occupational Adjustment & Financial Security, Marital relation & Relationship with the family, Relationship with friends and Civic activities.** Each dimension has different statements including (positive and negative) and in different numbers. Each statement assigns three options i.e. Often, Sometimes, Rare. Respondents were asked to assign numbers that is *1 for Often, 2 for Some times and 3 for Rare.*
- \*1 for positive statement consist 3 Marks, while 2 for sometimes and 1 for rare. 3 for negative statements consist 1 marks while 2 for sometimes and 3 for often.
- **Analysis of data:** For the present study mean score has been used for the data analysis.

**Results:****Table: 1 Overall Adjustment of Male and Female Adults**  
N= 60

Variables	Early Adult	Total (mean)
Females (Mean Score)	89.32	89.32
Males (Mean Score)	88.08	88.08

Table 1 clearly depicts the profile of overall adjustment wherein male got (88.08%) higher adjustment during adulthood while female got (89.32%) slightly low adjustment during the same duration.

**Table 2: Overall and Dimensions Wise Adjustment of Male & Female**  
N=60

S.N.	Dimensions	Early Adulthood Males (mean) N=30	Early Adulthood Female (mean) N=30
1	Physical Fitness and Health	83.11	80.64
2	Personal fulfillment	90.00	90.87
3	Intellectual Development	91.87	86.35
4	Financial Status	85.00	95.03
5	Marital & Family Relation	86.67	84.67
6	Social Adjustment	91.87	90.40
	<b>Total</b>	<b>528.52</b>	<b>535.96</b>
	<b>Mean</b>	<b>88.08</b>	<b>89.32</b>

It is clearly observed from the table that mean scores for the physical fitness and health, males of the early adulthood got higher (83.11) means scores followed by females of early adulthood (80.64). For the personal fulfillment data reveals that females from early adulthood got slightly higher mean score (90.87) as compared to their counterpart parts (90.00). Males of early adulthood shown higher intellectual level (91.87) while females shown less intellectual level (86.35) as compared to their counterpart. In terms of financial status, male showed less satisfaction (85.00) and female showed high adjustment (95.03), As far as marital and family relations are concerned female showed high satisfaction (86.67) while less adjustable with these (84.67) area. In terms of social adjustment, male shown high satisfaction level (91.87) while female females showed slightly less adjustment (90.40).

**Discussions:** As the data presented in the table 2, females were shown high adjustment level in their lives. The roles of women in the patriarchal society are: to maintain house and take care of the children. But now females are emerging in new roles. She is taking new status in the society. She has been known for not only as a mother or a wife but the power and status she holds in society as well as in the family. As far as back ground information is concerned all the females were self -dependent and self- efficient, because of this they have got attention in their family. She has been breaking all stereotypic myths regarding females and come out from the boundary of four walls. Male of different stages shows lower adjustment than their counterpart.

**Overall and Dimensions Wise Adjustment:** Early adult (male) fighting financial security. It may affect their socialization. In Marital relation and relation with family members, females have new experience and they enjoyed it but their understanding level with family member not good as males. Young adults have time to involve in civic activities hence got higher score. As far as health is concern young males shows higher health fitness as compared to females. Young female showed their less

interest in intellectual activities as they were newly married and enjoying their family activity as compared to intellectual activity. Less financial adjustment they showed because all samples were scholarship holder as they currently financially independent but not secure and sure about their future. Since it is new adjustment and new face of life there is some marital adjustment among early adult females since all of them were newly married.

**Conclusion:** Adulthood is the most important era of life span as adults have to face so many external challenges and need to adjust according to the situation. Young adults were very positive towards their family and life.

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