



A COMPARATIVE STUDY OF ADJUSTMENT LEVEL ON SINGLE CHILD AND CHILD WITH SIBLINGS

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ABSTRACT:

Adjustment, is behavioral process by which problem humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. A sibling is a gender neutral word for a relative that shares at least one parent with the subject. An only child is a person with no siblings, by birth or adoption. To assess the adjustment of the single child and siblings. The sample consist of 60 participants out of which 30 are single child and 30 siblings aged 14-18 years were selected by the simple random sampling method and ex-post facto research design is used. For testing this research null hypothesis was used. For inclusive method researcher have included single child and two siblings of age group 14-18 years, both boys and girls were included and for exclusive method researcher excluded 18+ peoples and also siblings more than two. Data collected by using adjustment scale constructed by A.K.P. Sinha and R.P. Singh and t-test is used for statistical analysis. Result show that there is no significant difference between significant difference between single child and siblings on the level of adjustment and all in the three dimensions i.e., emotional, social and educational.

KEYWORDS:

SINGLE CHILD, SIBLINGS & ADJUSTMENT.

INTRODUCTION

Adolescence is one of the important stages in human development which is followed by numerous stressors. This period of life introduces a deep change which separates the child from adolescent raising a variety of transformations in the adolescent (Pierre, 2000). Large bodies of studies at the area of developmental psychology indicate that family and birth play a major role in adolescents' life consequences, stating that the adolescents from the extended family generally have lower academic achievement, exposing to hazardous behaviors (Belck et al., 2010). Twenge and Campbell, 2003 reported that one-child families compared to the families with two children are more likely exposed to mental disorders. G. Stanley Hall was one of the first experts to give only children a bad reputation when he referred to their situation as "a disease in itself. Susan Newman, a social psychologist at Rutgers University and the author of Parenting an Only Child, says that this is a myth. "People articulate that only child are spoiled, they're aggressive, they're bossy, they're lonely, they're maladjusted," she said. The reality, according to Newman, is that "there have been hundreds and hundreds of research studies that show that only children are no different from their peers."

A researcher named Alfred Adler developed birth order theory in the 20th century. The theory claims that the order

in which a child is born shapes their development and personality. Adler also claimed that family, community, and social aspects play a major role in shaping a child's personality. Adler believed that because only children have no rivals for their parents' affection, they may be pampered and spoiled by their parents, particularly the mother. He suggested that this could later cause interpersonal difficulties if the person is not universally liked and admired.

Adjustment suggests one's ability to adapt to his or her environment and it is defined as adaptation, reconciliation, cooperation, and coping with oneself, environment, and others. Adjustment has various dimensions, while social, emotional and educational dimensions have been more considered in adolescents. The social adjustment means that the needs and desires of the individual are coordinated with the benefits and desires of the group in which they live and direct and severe conflict on the group rules and interests are avoided, as possible. Emotional adjustment means to recognize the positive and negative emotions and feelings in ourselves and to have control over the negative emotions with regard to ourselves and others. Historically, the concept of adjustment dates back to the Darwinian theory of evolution which propounded the concept of survival of the fittest, wherein only those organisms most fitted to adapt to changing circumstances could survive. Adjustment as a psychological term may thus said to be another name for the term adaptation, as used in the biological world i.e., physiological survival of

the species. In essence then, adjustment in all its connotations, suggests a satisfactory adaptation to the demands of our day-today life in an ever-changing environment.

As we know that birth order and adjustment is related with each other and has some impact on each other, and affect the daily routine of the individuals in different settings. Birth order in terms of adjustment refers to how the single child and siblings adjust with their daily stressors of life and how they are able to cope with this stressor. There are some researches which shows the relationship between birth order and adjustment. **Kaminsky & Dewey (2002)** conducted research on psychosocial adjustment in siblings of children with autism. The results shows that sibling of children with autism and sibling were well adjusted and reported low level of loneliness. **Chen, Liu (2014)** conducted research on comparing adolescent only children with those who have siblings on academic related outcomes and psychosocial adjustment. The results found that, for academic related outcomes (educational expectations, time spent on homework, and self-reported grades), there are no differences between singletons and firstborns who have any number of younger siblings. For psychosocial outcomes (psychological distress, susceptibility to negative peer pressure, and problem behaviors), singletons are not different from both firstborns and laterborns with any number of siblings. **Rehman & Singh (2015)** suggest that adolescents of joint family were found more adjusted. Through counseling programs and better family environment in nuclear family can be helpful for adolescents to increase their adjustment. **Iqbal & Kazmi (2016)** Conducted a study to ascertain the difference between adolescents belonging to only child family and adolescents belonging to number of siblings. Finding showed that that there is a difference between the scores of participants who were the single child of their parents and subject belonging to number of children family. **Mangalingam (2020)** conducted study on adjustment of higher secondary students and result show that there is no significant difference exists in the gender, locality of school, type of management, religion, caste, parental qualification and parental occupation on the adjustment of higher secondary students. **Arora & Teotia (2021)** conducted research to compare the level of adjustment and personality in only child and child with siblings. The results indicate that sibling child are more adjusted than only child and also there are significant differences on the dimensions of neuroticism, extraversion and openness to experiences.

RESEARCH PROBLEM FOR THIS RESEARCH WORK

"Is there any significant difference in the level of adjustment of only child and child with siblings?"

OBJECTIVE:

RESEARCHER FORMULATED FOLLOWING RESEARCH OBJECTIVES:

- To study the level of adjustment of the single child.
- To study the level of adjustment of the siblings.

VARIABLES:

INDEPENDENT:

Single child and Siblings

DEPENDENT:

Adjustment

HYPOTHESIS

THE NULL HYPOTHESES WERE CONSTRUCTED:

1. There is no significant difference between only child and child with siblings on the level of adjustment.
2. There is no significant difference between only child and child with siblings on the level of emotional.
3. There is no significant difference between only child and child with siblings on the level of social.
4. There is no significant difference between only child and child with siblings on the level of educational.

METHODOLOGY

- **SAMPLE AND SAMPLING:** With the help of simple random sampling researcher collected 60 sample i.e. (single child 30 and siblings 30) with the age range between 14 to 18 from Haripur Kalan & Bhupatwala region of Haridwar district, Uttarakhand.
- **INCLUSION CRITERIA:** In this research, researcher have included single child and two siblings of age group 14-18 years, both boys and girls were included.
- **EXCLUSION CRITERIA:** In this research, researcher excluded 18+ peoples and also siblings more than two.
- **TOOL USED:** Researcher applied Adjustment scale constructed by A.K.P. Sinha and R.P. Singh (1993). A total number of items in this scale is 60 & the age norm 14-18.

PROCEDURE OF DATA COLLECTION:

- Researcher has used adjustment scale for single child and child with siblings to measure the adjustment level.
- Questionnaires are created on Google forms and circulated via online platform
- After data collection, scoring has been done through concerned manual.

STATISTICAL ANALYSIS:

In this, researcher did a study over a variable i.e., Single child, Siblings and Adjustment. Researcher used t-test for

statistical analysis.

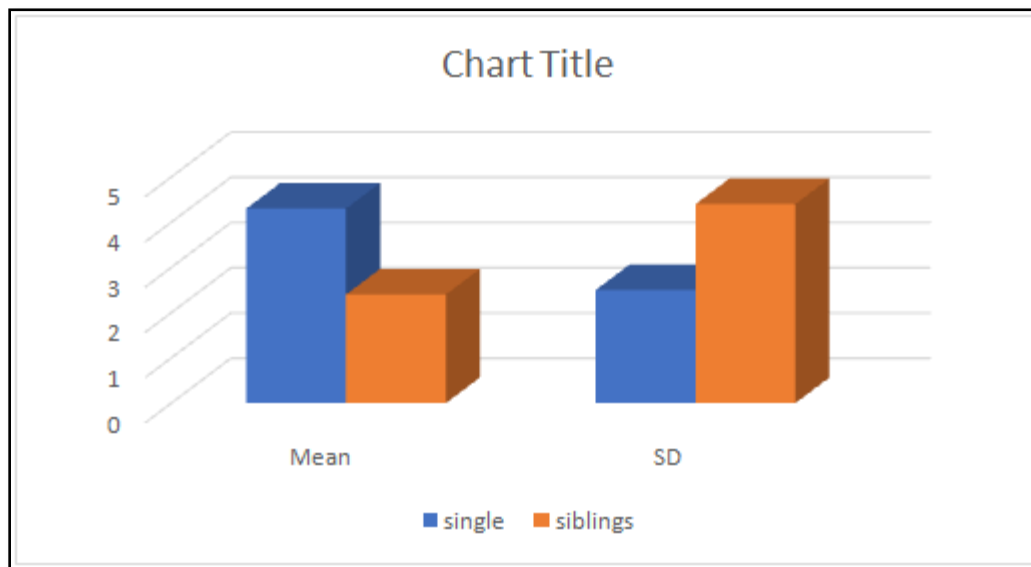
RESULT AND INTERPRETATION:

1. HYPOTHESIS-1: There is no significant difference between only child and child with siblings on the level of adjustment.

COMPARING THE LEVEL OF ADJUSTMENT ON SINGLE CHILD AND SIBLING

TABLE-1

Groups	N	Adjustment Scores			SE _D	t-test	Significance Level
		Mean	SD	SE _m	2.27	0.04	At 0.01 level
Single Child	30	17.0	9.03	1.64			
Siblings	30	16.9	8.60	1.57			
df-58							



According to above table data, this null hypothesis has been not rejected at 0.01 level of confidence which proves that there is no significant difference between only child and child with siblings in the level of adjustment. **Borzoo et al. (2018)** the objective was to compare social, educational and emotional adjustment among single-child and multiple-children female adolescents. According to the results, no significant difference was found between single-child and multiple-children adolescents in different dimensions of adjustment. Adjustment is that condition of a person who is able to adapt to the changes in their physical, occupational and social environment. It also

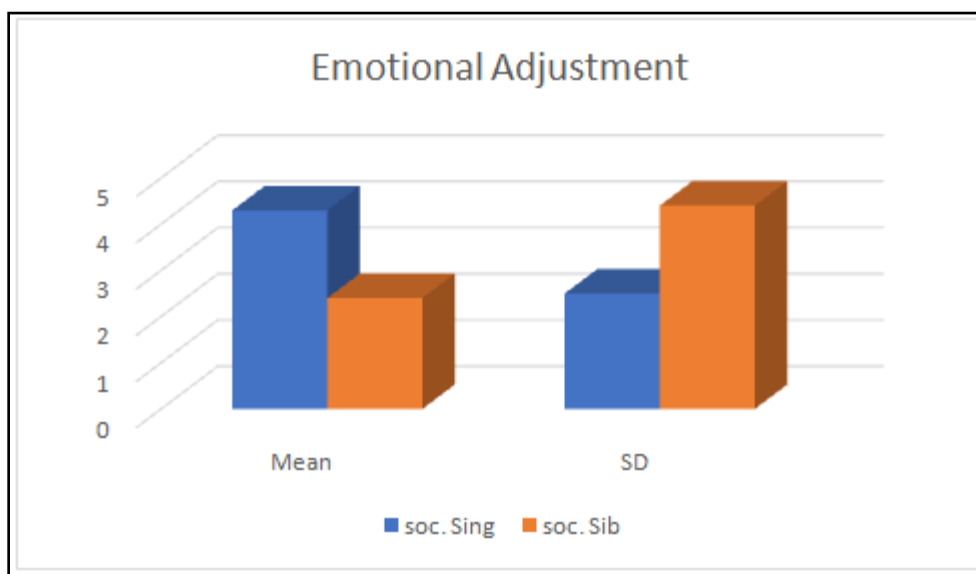
refers to the behavioral of balancing conflicting needs, or needs challenged by obstacles in the environment. Adjustment must encourage specific changes so that the optimum relationship between the self and surrounding can be achieved and maintained. It also acknowledged that due to pandemic, has left a huge impact on lifestyle. People cope-up by themselves and through emotional and social support from family and friends.

2. HYPOTHESIS: There is no significant difference between only child and child with siblings on the level of emotional adjustment.

COMPARING THE LEVEL OF EMOTIONAL ADJUSTMENT ON SINGLE CHILD AND CHILD WITH SIBLINGS

TABLE-2

Groups	N	Emotional Adjustment Scores			SED	t-test	Significance Level
		Mean	SD	SEm			
Single Child	30	3.66	3.48	0.63	0.85	0.82	At 0.01 level
Siblings	30	2.96	3.17	0.57			
df-58							



According to above table data, this null hypothesis has been not rejected at 0.01 level of confidence which proves that there is no significant difference between only child and child with siblings on the level of emotional adjustment. It can be said that their emotional stability in both single child and siblings. They can recognize both positive and negative emotions. It is facilitated by cognitive processes of acceptance and adaptation. Adjustment

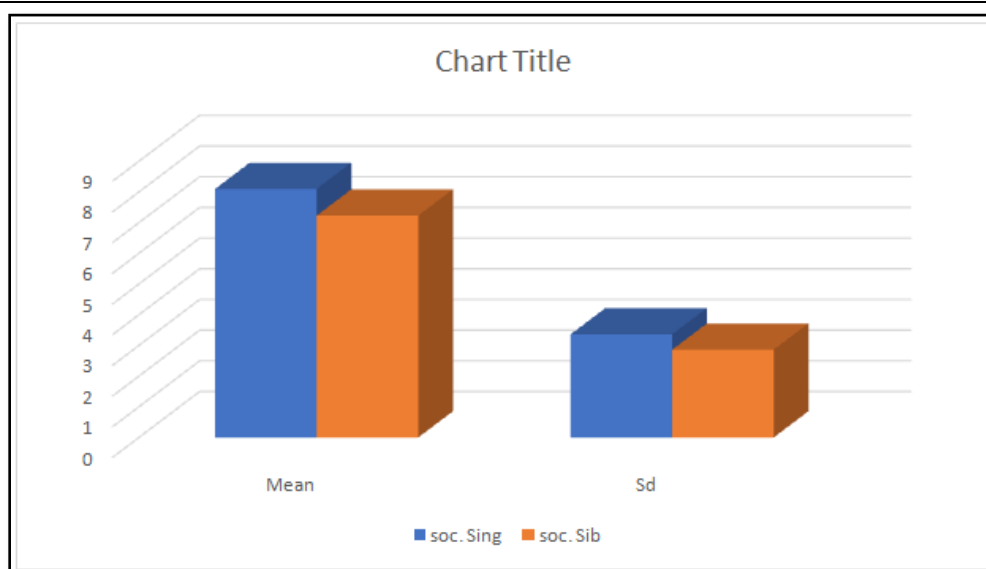
during emotions lead to normal behaviour, whereas maladjustment leads to abnormal behaviour. Also, they are aware of their feelings, have sense of belongings, empathy and have a good level of emotional intelligence.

3. HYPOTHESIS: There is no significant difference between only child and child with siblings on the level of social adjustment.

COMPARING THE LEVEL OF SOCIAL ADJUSTMENT ON SINGLE CHILD AND CHILD

TABLE-3

Groups	N	Social Adjustment Scores			SE _D	t-test	Significance Level
		Mean	SD	SE _m			
Single Child	30	8.1	3.36	0.61	0.80	1.08	at 0.01 level
Siblings	30	7.23	2.86	0.52			
df-58							



According to above table data, this null hypothesis has

been not rejected at 0.01 level of confidence which proves

that there is no significant difference between only child and child with siblings on the level of social adjustment. In this regard, in a study conducted by **Daneshnia et al (2013)** to compare social adjustment in single-children adolescents and multiple-children adolescents in Isfahan, no significant difference was seen between the social adjustment of single-child adolescents and

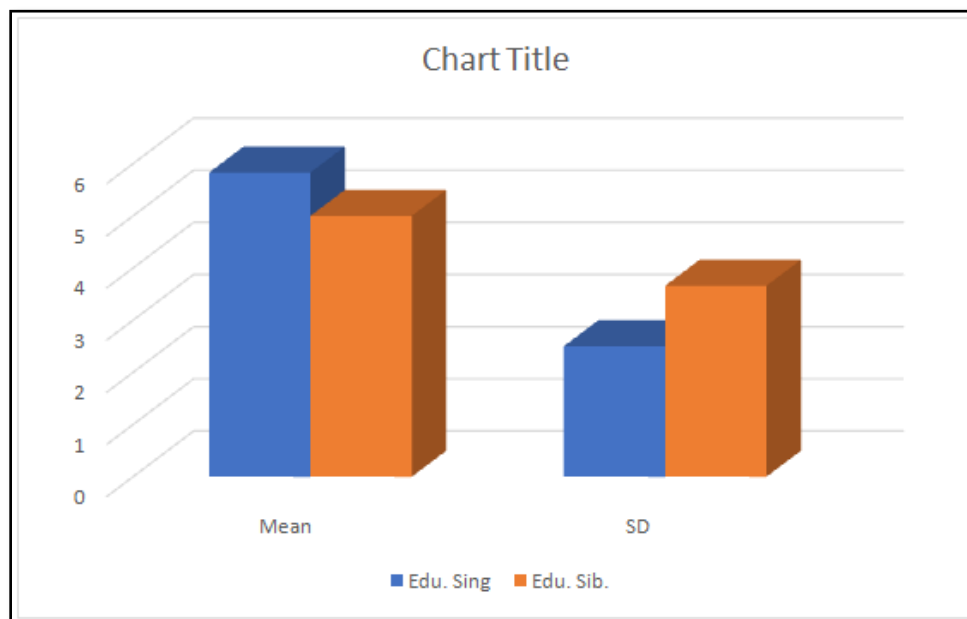
multiple-children adolescents. It means they follow social norms, values and need of the society in order to be accepted.

4. HYPOTHESIS: There is no significant difference between only child and child with siblings on the level of educational.

COMPARING THE LEVEL OF EDUCATIONAL ADJUSTMENT ON SINGLE CHILD AND CHILD WITH SIBLINGS:

TABLE-4

Groups	N	Educational Adjustment Scores			SE _D	t-test	Significance Level
		Mean	SD	SE _m			
Single Child	30	5.83	4.19	0.76	1.01	0.81	At 0.01 level
Siblings	30	5	3.66	0.66			
df-58							



According to above table data, this null hypothesis has been not rejected at 0.01 level of confidence which proves that there is no significant difference between only child and child with siblings on the level of educational adjustment. It means how an individual is imparting his duty towards his education and whether he is able to get his goals or not. Both the single child and siblings are well adjusted in educational environment. There school environment is supportive and healthy environment.

CONCLUSION:

The main aim of the study is to reveal whether there is any significant difference in the level of adjustment of only child and child with siblings. The research study includes the single child and siblings. the sample include 30 single child and 30 siblings.

After the data collection, analysis was done with the help of t-test and result were formulated which shows that the having sibling or not does not affect the level of

adjustment.

LIMITATIONS AND SUGGESTION:

- Sample size taken in the research is small. Larger sample could have been taken.
- Since the medium of data collection was online (via Google forms), a particular group couldn't be a part of it.
- In future researches the researcher uses other adjustment inventory
- The new researcher can work on the same factors with different variables and different age and sex.

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