

A Study of Adjustment of Three Generations

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Abstract – The present paper was designed to examine the intergenerational differences in adjustment. A sample of 180 (60 grandparents 60 parents and 60 their young adults) between the age range of 18-76 was selected from rural and urban areas. The participants were administered the measures of bell adjustment inventory. Obtained data were analyzed by applying descriptive statistic, one way anova. It was found that grandparents were found more adjusted on all domains of adjustment, while young adults were found not adjusted on any domain of adjustment as compared to grandparents while parents were found not adjusted on health and home adjustment as compared to grandparents.

Keywords: Adjustment, Grandparents, Parents, Young Adults

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INTRODUCTION

A process that allows recognition of the modalities of conflict that situate a human being in relation to the generations that preceded that individual's birth is called as Intergenerational process. This process is the outcome of transgenerational a term used for a family system. According to Bengtson and Harootyan (1994), "Fifty six percent of people of the age 65 and older, have at least one adult grandchild". Hodgson and other researchers laid emphasis on the link between older grandchildren and their grandparents. The shifting priorities, increasing independence and taking responsibility emerges in a period between late adolescence and young adulthood.

As a result the shift from adolescence to adulthood often leads to important life changes that affect the nature and quality of grandparent – grandchild relationship in diverse ways. Different studies revealed that most older grandchildren maintain regular contact with their grandparents (Hodgson, 1992; Lawton, Silverstein and Bengtson, 1994), and that the grandchild/grandparent bond continues with surprising strength into adulthood (Hodgson, 1992; Mills, 1999; Tomlin, 1998). There are evidences that grandparents do not play an important role in cultural lives of their young adult grandchildren (Kolland, 1994), most studies found that this relationship remains significant and meaningful (Field and Minkler, 1998; Lawton, 1994; Robertson, 1976).

ADJUSTMENT:

The term Adjustment refers to the "Psychological processers through which people manage or cope with demands or challenges of everyday life"

(Weiten, et al., 2011). Adjustment as a psychological concept and it generally refers to "behaviour that permits people to meet the demands of the environment" (Rathus & Nevid, 1986) More specifically, it is defined as" processes by which people respond to environmental pressures and cope with stress". (Rathus & Nevid, 1989). Adjustment, in psychology is the behavioural process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. In general, the adjustment process involves four parts.

- 1) a need or motive in the form of a strong persistent stimulus,
- 2) the thwarting or nonfulfillment of this need.
- 3) varied activity, or exploratory behaviour accompanied by problem solving and
- 4) Some response that removes or at least reduces the initiating stimulus and completes the adjustment.

The most obvious factor that is considered to influence opportunity for frequency of contact between grandparents and grandchildren is Intergenerational theoretical and empirical factor. Studies of Intergenerational relationships, geographic distance found distance to be, by far, the strongest of all predictor of contact (Hodgson, 1992; Uhlenberg & Hammill, 1998) in a research study focused an U.S. college/University students,

Brussoni and Boon (1998) concluded that frequency of contact and distance between adult grandchildren and grandparents appears to strongly affect the strength of the intergenerational relationships. Field and Minkbr (1998) found that even if the frequency between grandparents and grandchildren decreases over time, the level of satisfaction does not decline.

Dao, Lee, Chang, Misra, Sumer, (2008) indicated the significance of social support for international students' adjustment in U.S. Such researches had showed that higher perceived social support is connected with anxiety better socio cultural adjustment, and lower levels of acculturative and academic stress. Bektas, Demir, & Bowden (2009) suggested that if the link to the home community is maintained properly, it proves essential in psychological adjustment in comparatively a new situation. Duncan (2007) confirmed that adult attachment is positively associated with marital quality. Trusted and secure relationship proves very crucial in order to build and maintain better marital relationship and marital adjustment in comparison to insecure couples. Marital adjustment can be considered as the source of family system or even a part of life ensuring forces, and the family reviver (Mollazade, 2001). This adjustment can totally affect the quality of life (Spanier, Lewis, & Cole, 1976). Marriage along with adjustment and satisfaction is highly important in maintaining the mental and physical health of spouses (Stewart, 2001). Although marital satisfaction has been subjected in many studies, but still there is a high level of statistics in divorce and marital conflicts. So, it is necessary to learn how marital satisfaction is being created, obtained and protected (Raaisipoor, 2012). Attachment styles and marital adjustment can be found in general situations of people relationship (Raaisipoor, 2012).

REVIEW OF RELATED STUDIES:

Lanier (1997) examined attachment style, social support and psychological adjustment among the elderly and reported that the construct of attachment is applicable to persons in the later years of life; working models of attachment appeared to be a key component when examining an elderly person's capacity to utilize and access his or her social support system; elderly persons with preoccupied and fearful working models faced more difficulties associated with challenges of old age.

Jamuna (1989) examined the contributions to good adjustment among elderly women in a semi urban Indian sample. Study revealed that the contributions to adjustment among rural elderly women were good husband-wife communication, positive self-image, moderate finances, family interactions, externality, satisfaction with social happenings and satisfaction in life.

Raymond Buriel et. al. (2017) studied, "The Relationship of Traditional Mexican American Culture to Adjustment and Delinquency among Three Generations of Mexican American Male Adolescents". The present study tested the hypothesis that integration with traditional Mexican American culture promotes healthy psychological adjustment and less juvenile delinquency. Eighty-one Mexican American male adolescents, divided equally into the first, second, and third generation, served as subjects. There were no differences in educational aspirations. However, third generation subjects had lower expectations, higher delinquency rates, and higher disjunction scores. In addition, there was a significant correlation between delinquency and disjunction scores for the third generation.

David C. R. Kerr (2009) studied, "A Prospective Three Generational Study of Fathers' Constructive Parenting Influences from Family of Origin, Adolescent Adjustment, and Offspring Temperament". This prospective, intergenerational study considered multiple influences on 102 fathers' constructive parenting of 181 children. The fathers' parents (G1) and the G2 mothers of G3 also participated. Intergenerational continuities in parenting persisted, even when additional influences were considered. Transmission pathways are not limited to life-course adversity. Rather, constructive parenting is maintained, in part, by engendering positive adjustment in offspring.

RATIONALE OF STUDY:

Adjustment plays a vital role in our life irrespective of age and generation. The generational gap of an individual affects the social support consequently affecting adjustment in various domains of our everyday life. Nowadays, young generation is facing lot of problems in adjustment. This may be because of lessening of social support due to the preference for nuclear families and changing life styles. The adjustment ultimately affects the quality of life and wellbeing of an individual. The present research aims to examine the intergenerational differences in adjustment.

OBJECTIVE

To examine and compare the adjustment of three generations (grandparents, parents and adult children).

HYPOTHESES

There exists no significant difference in the level of adjustment of grandparents, parents and adult children

METHOD

Design:

The aim of the study was to examine and compare the level of adjustment of three generations (grandparents, parents and adult children). For this purpose, one way ANOVA was applied.

Sample:

The sample comprised of 180 (60 grandparents, 60 parents and 60 adult children) between the age group 18-76 yrs was selected from rural or urban area. The participants were selected on the basis of availability and convenience from Rohtak, Jind, Hisar and Kurukshetra districts of Haryana.

Tool:

Adjustment Bell Inventory:

The bell Adjustment inventory was developed by Bell, H. M. (1934) has been found to be very useful tool for evaluating adjustment. High score on the inventory indicate poor adjustment and low scores, highly adjustment. This inventory was adapted in Hindi by Hussain, (1969). The adjustment inventory has 124 items concerning home, health, social and emotional adjustment. It has odd –even reliabilities for home, health, social emotional have been found to be 0.83, 0.82, 0.84 and 0.86. the reliability coefficients have indicated high reliability.

RESULTS AND DISCUSSION:

To meet the objective of the present study was to find out the difference in adjustment on a sample of 180 (60 grandparents, 60 Parents and 60 young adults), One Way ANOVA was used with the help of SPSS. The results are given as under:

Table 1

Mean, Standard Deviation scores of Adjustment of Grandparents, Parents and Young Adults

| Components of Adjustment | Groups | N | Mean | Std. Deviation |
|--------------------------|--------------|-----|-------|----------------|
| Home | Grandparents | 60 | 6.20 | 2.602 |
| | Parents | 60 | 8.30 | 2.431 |
| | Young adults | 60 | 9.68 | 2.633 |
| | Total | 180 | 8.06 | 2.920 |
| Health | Grandparents | 60 | 7.32 | 2.228 |
| | Parents | 60 | 8.77 | 2.714 |
| | Young adults | 60 | 8.47 | 2.831 |
| | Total | 180 | 8.18 | 2.665 |
| Social | Grandparents | 60 | 8.13 | 2.054 |
| | Parents | 60 | 9.10 | 2.398 |
| | Young adults | 60 | 12.93 | 3.145 |
| | Total | 180 | 10.06 | 3.297 |
| Emotional | Grandparents | 60 | 5.57 | 2.360 |
| | Parents | 60 | 5.63 | 3.003 |
| | Young adults | 60 | 8.10 | 3.328 |
| | Total | 180 | 6.43 | 3.139 |

Table 1.1

ANOVA Table of Adjustment of Grandparents, Parents and Young Adults

| | | ANOVA | | | | |
|-----------|----------------|----------------|-----|-------------|--------|--------|
| | | Sum of Squares | df | Mean Square | F | Sig. |
| Home | Between Groups | 369.144 | 2 | 184.572 | 28.232 | .000** |
| | Within Groups | 1157.183 | 177 | 6.538 | | |
| | Total | 1526.328 | 179 | | | |
| Health | Between Groups | 70.300 | 2 | 35.150 | 5.182 | .007* |
| | Within Groups | 1200.650 | 177 | 6.783 | | |
| | Total | 1270.950 | 179 | | | |
| Social | Between Groups | 773.378 | 2 | 386.689 | 58.396 | .000** |
| | Within Groups | 1172.067 | 177 | 6.622 | | |
| | Total | 1945.444 | 179 | | | |
| Emotional | Between Groups | 250.133 | 2 | 125.067 | 14.621 | .000** |
| | Within Groups | 1514.067 | 177 | 8.554 | | |
| | Total | 1764.200 | 179 | | | |

**Significant at 0.01 level; * Significant at 0.05 level

It is evident from the first part of the table that F value of 28.232 with df (2, 177) is significant at 0.01 level of significance. Therefore, it can be said that there is a significant difference among the three groups in home adjustment. It means that various categories do not pertain to the same population with regard to their mean scores. The significant mean difference in the level of home adjustment among the three groups i.e., grandparents, parents and young adults have been calculated by using post-hoc test and presented in Table no. 1.1.1

Table 1.1.1

Post hoc table for Home Adjustment of Grandparents, Parents and Young Adults

| Groups | N | Home Tukey HSD | | |
|--------------|----|-------------------------|-------|-------|
| | | Subset for alpha = 0.05 | | |
| | | 1 | 2 | 3 |
| Grandparents | 60 | 6.20 | | |
| Parents | 60 | | 8.30 | |
| Young adults | 60 | | | 9.68 |
| Sig. | | 1.000 | 1.000 | 1.000 |

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 60.000.

From the Post hoc comparison, it can be concluded that as regard to home adjustment, grandparents, parents and young adults differed significantly with each other. The lower mean score of grandparents on home adjustment shows that they were more adjusted in home than parents and young adults, while parents were found to have more home adjustment than young adults.

It is evident from the second part of the table 1.1 that F value of 5.182 with df (2, 177) is significant at 0.05 level of significance. Therefore, it can be said that there is a significant difference among the three groups in health adjustment. It means that various categories do not pertain to the same population with regard to their mean scores. The significant mean difference in the level of health adjustment among the three groups i.e., grandparents, parents and young adults have been

calculated by using post-hoc test and presented in Table no. 1.1.2

Table 1.1.2

Post hoc table for Health Adjustment of Grandparents, Parents and Young Adults

| Groups | N | Health Tukey HSD | |
|--------------|----|-------------------------|------|
| | | Subset for alpha = 0.05 | |
| | | 1 | 2 |
| Grandparents | 60 | 7.32 | |
| Young adults | 60 | | 8.47 |
| Parents | 60 | | 8.77 |
| Sig. | | 1.000 | .803 |

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 60.000.

From the Post hoc comparison, it can be concluded that as regard to health adjustment, group of grandparents differed significantly with group of parents and young adults. While the groups of parents and young adults do not differ significantly with each other. The lower mean score of grandparents on health adjustment shows that they were more adjusted in health than parents and young adults.

It is evident from the third part of the table 1.1 that F value of 58.396 with df (2, 177) is significant at 0.01 level of significance. Therefore, it can be said that there is a significant difference among the three groups in social adjustment. It means that various categories do not pertain to the same population with regard to their mean scores. The significant mean difference in the level of social adjustment among the three groups i.e., grandparents, parents and young adults have been calculated by using post-hoc test and presented in Table no. 1.1.3:

Table 1.1.3

Post hoc table for Social Adjustment of Grandparents, Parents and Young Adults

| Groups | N | Social Tukey HSD | |
|--------------|----|-------------------------|-------|
| | | Subset for alpha = 0.05 | |
| | | 1 | 2 |
| Grandparents | 60 | 8.13 | |
| Parents | 60 | 9.10 | |
| Young adults | 60 | | 12.93 |
| Sig. | | .102 | 1.000 |

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 60.000.

From the Post hoc comparison, it can be concluded that as regard to social adjustment, groups of grandparents and parents differed significantly with group of young adults. While the groups of grandparents and parents do not differ significantly with each other. The higher mean score of young adults on social adjustment shows that they were not more social adjusted than grandparents and parents.

It is evident from the fourth and last part of the table 1.1 that F value of 14.621 with df (2, 177) is significant at 0.01 level of significance. Therefore, it can be said that there is a significant difference among the three groups in emotional adjustment. It means that various categories do not pertain to the same population with regard to their mean scores. The significant mean difference in the level of emotional adjustment among the three groups i.e., grandparents, parents and young adults have been calculated by using post-hoc test and presented in Table no. 1.1.4

Table 1.1.4

Post hoc table for emotional Adjustment of Grandparents, Parents and Young Adults

| Groups | N | Emotional Tukey HSD | |
|--------------|----|-------------------------|-------|
| | | Subset for alpha = 0.05 | |
| | | 1 | 2 |
| Grandparents | 60 | 5.57 | |
| Parents | 60 | 5.63 | |
| Young adults | 60 | | 8.10 |
| Sig. | | .991 | 1.000 |

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 60.000.

From the Post hoc comparison, it can be concluded that as regard to emotional adjustment, groups of grandparents and parents differed significantly with group of young adults. While the groups of grandparents and parents do not differ significantly with each other. The higher mean score of young adults on emotional adjustment shows that they were not emotionally adjusted as grandparents and parents.

FINDINGS AND CONCLUSION

The study revealed that the grandparents were more adjusted in home than parents and young adults, while parents were found to have more home adjustment than young adults. As regard to health adjustment, group of grandparents differed significantly with group of parents and young adults. While the groups of parents and young adults do not differ significantly with each other. The lower mean score of grandparents on health adjustment shows that they were more adjusted in health than parents and young adults. Regarding social adjustment, groups of grandparents and parents differed significantly with group of young adults. While the groups of grandparents and parents do not differ significantly with each other. The higher mean score of young adults on social adjustment shows that they were not more social adjusted than grandparents and parents. As regards to emotional adjustment, groups of grandparents and parents differed significantly with group of young adults. While the groups of grandparents and parents do not differ significantly

with each other. The higher mean score of young adults on emotional adjustment shows that they were not emotionally adjusted as grandparents and parents. Hence, it may be concluded that grandparents were found more adjusted on all domains of adjustment, while young adults were found not adjusted on every domain of adjustment.

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