

Review Article

Effect of Cultural Affiliation on Adjustment, Anxiety and Social Support

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A B S T R A C T

There is great effect of cultural affiliation on adjustment, anxiety and social support. For this, this study was conducted on 100 Tribal and 100 Non-tribal undergraduate students of the college located at Ranchi and Patna respectively. The purpose of the study was to examine the effect of cultural affiliation on adjustment, anxiety and social support of the respondents. Three hypotheses were formulated : (i) the Tribal and Non-tribal respondents will differ significantly in terms of adjustment patterns. (ii) the Tribal and Non-tribal respondents will differ significantly in terms of anxiety. (iii) there will be significant correlation among anxiety, adjustment and social support. For the purpose, Hindi Adaptation of Bell's Adjustment Inventory by Mahsnin and Shamshad, Sinha's Manifest Anxiety Scale and Asthana's and Verma's Social Support Scale were used to measure adjustment anxiety and social support of the respondents respectively. T-test and r-test were employed for analysis of the data. In the light of the results, all the three hypotheses were confirmed. Non-tribal respondents showed better adjustment, lesser anxiety and high social support as compared to their Tribal counterparts. Anxiety and adjustment were found negatively correlated.

Keywords: Cultural Affiliation, Adjustment, Anxiety, Social Support, Respondents, Counter-Parts

The present study includes three components, which need some illustrations here. The first component is adjustment. The term 'adjustment' originates from the biological term 'adaptation' strictly for the physical demands of the environment. However, psychologists use the term for varying conditions of social or inter-personal relations in society. Here adjustment means the reaction to the demands and pressures of social environment imposed upon the individual. Psychologists have viewed it from the perspective of an achievement as well as process. To quote from wikipedia and J. Coleman respectively to clarify its meaning:

"In psychology, adjustment refers to the behavioural process

*of balancing conflicting needs, or needs challenged by obstacles in the environment."*¹

*"The process by which an organism attempts to meet the demands placed on it by its own nature and its environment is called adjustment."*²

The second component is anxiety, which refers to a generalized state of emotional distress and uneasiness. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. It is closely related to fear, which is a response to a real perceived immediate threat; it involves the expectation of future threat. To clarify its meaning we may quote from 'Abnormal Psychology' IV ed., [by M.E. Seligman, E.F. Walker and D.L. Rosenhan] and

'Psychiatric and Behavioural Disorders in Intellectual and Developmental Disabilities' 11nd ed., [by N. Bouras and G. Holt] respectively:

*"Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour such as packing back and forth, somatic complaints, and rumination."*³

*"Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing."*⁴

The third component of this study is social support. In general, social support refers to the general ways in which individuals aid others. It has often been summarized as a network of individuals on whom one can rely for psychological or material support to cope effectively with stress. To clarify its meaning, we may quote its wikipedia and phcteproject.org., dated 18 Dec. 2017 respectively:

*"Social support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network."*⁵

*"Social support means having friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image."*⁶

Objectives

The present study was undertaken with the following objectives:

- To examine the effect of cultural affiliation on adjustment. The objective was to compare the Tribal and the Non-tribals respondents in terms of adjustment.
- To examine the effect of cultural affiliation on anxiety. The objective was to compare the Tribal and the Non-tribal respondents in terms of anxiety.
- To examine the nature of relationship among adjustment, anxiety and social support.

Hypotheses

In view of the above objectives of the study, the following hypotheses were formulated

- The Tribal and Non-tribal respondents will differ significantly in terms of adjustment.
- The Tribal and Non-tribal respondents will differ significantly in terms of anxiety.

Table 1.t-ratio showing the significance of difference between the Tribal and the Non-Tribal Respondents in terms of Adjustment

Respondents	N	Mean	SD	t-ratio	df	P
Non Tribal	100	40.67	10.19			
<i>Effect of Culture on Same Socio-Psychological Correlates</i>						
				5.23	198	<0.01
Tribal	100	58.46	10.85			

Table 2.t-ratio showing the significance of difference between the Tribal and the Non-Tribal Respondents in terms of Anxiety

Respondents	N	Mean	SD	t-ratio	df	P
Non Tribal	100	67.38	16.14			
				5.59	198	<0.01
Tribals	100	54.75	15.81			

Table 3.'r' showing co-efficient of correlation among adjustment anxiety and social support of the Respondents

Dimensions	N	R	df	P	df	P
Adjustment Vs	200	-0.534	198	<0.01		
Adjustment Vs Social Support	200	0.753	198	<0.01	198	<0.01
Anxiety Vs Social Support	200	-0.597	198	<0.01		

- There will be significant correlation among anxiety, adjustment and social support.

Method

Sample

The study was conducted on an incidental-cum-purposive sample of 100 Tribal and 100 Non-tribal undergraduate students of the colleges located in Ranchi and Patna towns respectively. They were in the age group of 15 to 19 years. In other respects they were matched.

Research Tools

A PDS prepared by the researcher herself was used to the respondents for collecting necessary informations about them.

- Hindi Adaptation of Bell's Adjustment Inventory by Mohsin & Shamshad (1985) was used for measuring adjustment of the respondents.
- Manifest Anxiety Scale by Sinha, D (1980) was used for measuring anxiety of the respondents.
- Social Support Scale by Asthana's and Verma's (2005) was used to measure social support of the respondents.

Procedure

Scales along with PDS were employed on the respondents and data were obtained. The obtained data were analysed and treated using t-test and r-test respectively.

Results & Discussion

Comparison of Tribals and Non-tribals in terms of Adjustment, Anxiety and relationship among anxiety adjustment and social support.

The results displayed in Table 1: Clearly indicated the superiority of non-tribal respondents over tribal counterparts. The difference between the two means is highly significant ($t = 5.23$, $df = 198$, $P > .01$). Thus, the first hypothesis is confirmed. This finding might be interpreted in terms of more flexibility and less conservatism on the part of the Non-tribal respondents as compared to their Tribal counterparts.

The results displayed in Table 2: Clearly indicated the superiority of Tribal respondents over non-tribal respondents in terms of anxiety. The difference between the means is significant ($t = 5.59$, $df = 198$; $P < .01$). The finding might be interpreted in terms of more expectations, need for achievement, level of aspiration etc on the part of non-tribal respondents leading to higher level of anxiety than their tribal counterparts.

The results displayed in Table 3: Showed a significant negative correlation between adjustment and anxiety ($r = -0.634$, $df = 198$, $P < .01$) a significant positive correlation between adjustment and social support ($r = 0.735$; $df = 198$;

$P < .01$) and a significant negative correlation between anxiety and social support ($r = -0.597$; $df = 198$; $P < .01$). Thus third hypothesis, too is confirmed.

Conclusion

- The Non-tribal respondents showed better adjustment as compared to their Tribal Counterparts.
- The Non-Tribal respondents showed more anxiety than their Tribal counterparts.
- Adjustment, anxiety and social support have been found significantly correlated.

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