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A Study of Emotional, Health and Social Adjustment among Female Adolescents with Intellectual Disability

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Abstract

Aim: The aim of the study was to observe emotional, health and social adjustment among adolescents with intellectual disability. **Material and methods:** A sample of 50 adolescent females with intellectual disability were selected from JSS Asha Kiran Special School and teacher-training institute, districts Hoshiarpur. For data collection, Bell's Adjustment inventory by R.K. Ojha was used. **Results:** Results revealed that female adolescents with intellectual disability obtained the highest average score in social adjustment, followed by emotional adjustment, whereas health adjustment recorded the lowest average score. **Conclusion:** It is concluded that the female adolescents demonstrated better social adjustment, followed by emotional adjustment, while health adjustment was comparatively lower.

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Introduction

Adjustment is an important concept that refers to the process by which an individual modifies or changes their thoughts, feelings, attitudes and behaviour to maintain a satisfactory relationship with themselves and their environment. Human beings continuously face changes, demands, challenges, conflicts and stressful situations. Adjustment helps a person respond to these situations in an appropriate and effective manner. Adjustment is a continuous process. It is a dynamic process. Adjustment involves interaction between person and environment. It involves conflict. It requires flexibility. Adjustment is goal-oriented. There are different types of Adjustment like emotional adjustment, social adjustment, educational adjustment, occupational adjustment, family adjustment, health or physical adjustment.