CHAPTER - V
SUMMARY, CONCLUSIONS, SUGGESTIONS, LIMITATIONS AND IMPLICATION
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5.1 Summary
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5.4 Implication of the present findings
5.1 Summary:

The concern of present research was to investigate the effect of demographical variables like Gender, inhabitance and personality on adolescents' adjustment and well-being. Total sample of the present investigation comprised 800 adolescents. Whole sample sub divided into introvert and extrovert personality group based on their scores on Maudsley personality Inventory. Again both sub-group were equally divided into two sub-group ie. Male and female. These male and female subgroup consist of equal number of urban, semi-urban, rural and semi-rural adolescents. PGI General Well-Being and Bell’s Adjustment Inventory (Hindi Adaptation) were administered on 400 adolescents.

To analyze the data the present investigation employed $2 \times 2 \times 4$ factorial design and data was analyzed using 3 Way ANOVA. On the basis of present finding following conclusion were made.

5.2 Conclusions:

The analysis of the data obtained in the study showed the following results;
• An extrovert group was found more adjusted as compare to introvert group on following area of adjustment.- Family, Health, Emotional and Social.

• Male and female were not found significantly differ on following area of adjustment - Health, Emotional and Social.

• Female adolescents were found significantly higher adjustable on family adjustment.

• Inhabitance effect was not found significant on area of adjustment like health and social.

• Urban, semi-urban, rural and semi-rural groups were found significantly differ on family and emotional area of adjustment in the present research.

• Following interaction effect of various independent factors on adolescents' area of adjustment (family, Health, Emotional and social) were found significant-Gender * Inhabitance, Personality* Gender, personality * Inhabitance, Personality*Gender * Inhabitance

• Extrovert group was found significantly higher than introvert group on their criteria of well-being proven wrong in the present investigation.

• Male and female groups were found significantly differ on their criteria of well-being.
• Urban, semi-urban, rural and semi-rural groups were found significantly differ on their criteria of well-being.

• Interaction effect of gender and inhabitance was not found significant on adolescents' well being.

• Following interaction effect of independent variable were found significant on adolescents' criteria of well-being; Personality* Gender, personality * Inhabitance, Personality * Gender * Inhabitance

5.3 Limitations and Suggestions:

In any Social Science investigation, the external validity of the results of the study is limited by many constrains related to the sample selection/availability, research design, reliability and validity of the tools under study and number of variables feasible to study at a time. Thus the researcher has been able to sort out the following limitation in the present study and the suggestions to refine the same have been provided.

- Local of the study was restricted to Gujarat only. It can be spread into other areas or state also.

- The present study done on the adolescents, but adjustment and well-being are also important for all age group. Study with same objectives can be done on other age groups.
- A longitudinal study will be more appropriate to enhance the knowledge regarding adjustment and well-being of adolescents.
- The adjustment and well-being affected by numerous variables, however in the present study limited variable i.e. personality, gender and inhabitance were included. In further studies, effect of other variables like body image, mental health, parent-child relationship, order of Birth, Social Motives, physical health variables etc. on adjustment, study habit and adjustment can be studied.
- The sample of the study was small. The study can also be done by taking large sample size.
- Effect of personality, gender and inhabitance on adjustment and well-being among adolescents were studied in the present study, effects on other variables like level of inspiration, mental health, personality, motivation etc. can be taken as a dependent variable.
- In the present study adjustment and well-being were studied as dependent variables. Relation between these variables can also be studied.
- Population-based inquiries and challenge studies constitute important future directions.
- Compositional, contextual and collective factors are hypothesized to influence the elevated rate of ill-being criteria in rural compared with urban areas. These factors need to be tested in empirical
studies that consider both individual and community-based risk factors, and are designed to enable exploration of likely within-rural-urban differences.

5.4 Implication of the present findings:

- The most important implication of this study is the need for uplifting the adolescent's well-being and adjustment.
- This research adds to the growing literature on how psychological well-being and mental maladjustment are instantiated in psychology.
- It is expected that the findings of the present investigation will help the parents and educator to deal effectively with adolescents having problem in their area of adjustment and their physical and mental well-being.

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