CHAPTER IV
DESIGN AND METHOD
This Chapter deals with the design and method used in the present study.

Sample

The sample of 100 drug abusers and 100 non-drug users were selected for the present study. The sample of the non-drug abusers was drawn from at random the population of 250 undergraduate students of Medical College, Rohtak. Drug-abusers were selected from medical College and Hospital drug deaddiction cell, Rohtak. The drug abusers were selected from deaddiction cell, Medical College and Hospital, Rohtak. The sample of non drug abusers comprised of those Ss, who were admitted in this centre for atleast 5 days. Although almost every drug may lead to some abuse, but for the present study, only those dependence producing drugs were used which have harmful consequences on individual himself and his social life and could lead to social and public health problems. The sample of non drug abusers consisted of 100 Ss-51 marijuna (Bhang, ganja and charas), 25 alcoholics and 24 opium and heroin addicts. The incidental sampling technique was used for selecting the drug abusers. E was though fully aware of the limitations of this sampling technique which unfortunately is perhaps the weakest of
the non probability sampling techniques. It had to be used, in
view of the acute shortage of classified drug abusers. The
deaddiction cell in Rohtak has facility for counselling and
detoxification also. Since mainly male Ss were seen in drug
abuser group, So only male Ss drug abuser group were included in
the study. Ss of both the groups were matched in terms of age,
sex, education and income. The Ss between 16-29 were chosen for
the present study. As the drug users sample were unemployed upto
23 years of age, so unemployed youth were also taken in non-drug
abusers group in this age group.

Tool of Data Collection:
The adjustment inventory:

In order to have a tailor made adjustment inventory for
measuring the adjustment/maladjustment the present inventory was
constructed in Hindi. It is a useful tool in evaluating
adjustment in different spheres like, Home, Health, Social
Emotional and occupational adjustment. It is a self-report of
the individuals's life adjustment as they themselves experience
these events. A person's feeling may be influenced by many
factors. This inventory tries to obtain more reliable
information concurring his family relationship, his health, his
social circle, his emotions and his occupation. The inventory
seeks to obtain information about, the individual that how well he has adjusted with his feelings and emotions. The inventory is self reporting. This measures the five areas of personal and social adjustment. The areas being measured are: Home adjustment which is expressed in terms of well adjustment or poor adjustment. The home adjustment is expressed in terms of lack of love and affection among family members, inability to live up to the expectations of parents, loss of either parent, infighting in the family, over strictness, over protection, divorced parents, nagging from parents, rejection by loved one, happiness in home life, trust on wife, quarrels among husband and wife, criticism from family members and financial problems in the family. High Scores on home adjustment tend to be associated with one or more of these conditions in the family life, and indicate that individual is not well adjusted in life.

A certain degree of tension in the home life is a normal phenomenon during the growth of an individual. But when these feelings become intense and persist over a considerable period of time and have a seriously disturbing effect on the overall adjustment of the individual, then they cause maladjustment. By high scores, the counsellor can understand the prevailing home situation. This way he can help and guide the individual to gain
understanding of the situation in a better way. Counsellor can also contact the parents and other members of the family to make required changes in the attitude, expectations and management of the home. He can also try to make the individual understand to try to live up with their expectations upto some extent. These things can create cordial atmosphere at home and can some what lessen the tension prevailing in the home environment.

Health adjustment: If an individual has health problems, this can influence his contact, with other people and his overall mental health. It is considered that very often health problems is the symptom of failure to make wholesome social contacts and to learn how to express one's feelings. The health adjustment was measured, in terms of headaches a person has, accidents, sleeplessness, visual difficulties, fatigue, diseases related to heart, frequent colds, severe health problems and operation.

Social adjustment: It was measured in terms of introversion and extraversion. Introverts were considered the persons who were oriented towards self and are preoccupied with their own thoughts, reactions and moods. They are shy and anxious in new situation and avoid social contacts, rather than approaching people. They are lovers of solitute and
oversensitive type of persons. On the other hand extraverts were considered as outgoing and social, who like to meet and mix with others. They are adaptable and are indifferent to criticism. They show unusual ease among people, are friendly and has marked ability and willingness to introduce themselves to others. They try to avoid boredom by seeking stimulation from other things instead of brooding.

Emotional adjustment: It was measured in terms of alienation. Alinated persons could be seen as having a tendency towards living in the world of day dreaming and imagination. They have feeling of fear, anger and excitement. They have depressive feelings coming from isolation, loneliness and inferiority complex. They have the feelings that they are the victim of fate and misfortune and can easily get hurt. They are of worried, anxious and nervous type. They are jealous and often have guilt feeling. These items deal with the individual's feelings and thoughts which carry a heavy load of emotions. Alienated individual has negative feeling about the self and also the feelings projected into the environment.

Occupation adjustment: It was measured in terms of satisfaction with the job. The person's feeling about the job he
is doing whether the job, according to his qualification or he is on the wrong job affects the adjustment. If he feels that he is being taken advantage of by his boss and he is not getting promotion on time or he is not being given advantage of the good work he does, he becomes stressful in these situations if he feels is of the opinion that he is given an proper opportunity to participate in the decision making of the organisation and feels that the job environment is not healthy and the job he is doing is not able to soundly support him financially, he becomes contented similarly if he feels that does not have the fear of loosing job he has pessimistic attitude towards his job then also he becomes tense. The people who make high score on this measures could be considered highly dissatisfied with the occupation he is in and can be considered maladjusted in life.

The present inventory was developed with a view to provide, a handy instrument for measuring the adjustment/maladjustment of an individual in different spheres of life. The basic purpose of this inventory was to provide a quick means of locating the individual's problems, whose relationship to himself and his social and physical environment is creating so much tension and distress that he is unable to cope with them and has become maladjusted in life. This scale can help in detecting the
maladjustment behaviour at an early stage, which may affect adversely the individual's growth and development in later stage. It can also be helpful to the counsellor for understanding the maladaptive behaviour and consequently this can help in minimizing or eliminating stressful environmental conditions. It can be also helpful in improving interpersonal competencies, solving personal conflicts, modifying an individuals inaccurate assumptions about himself and fostering a more positive self image. Because most of the time tension and distress in the particular area might make the individual maladjusted in life.

The inventory has 70 items. The items were prepared in Hindi so that they could be easily read and understood. The formulation of items as done in such a way so that the maximum desired information could be accumulated economically and efficiently in a short period of time. Certain set of guideline were followed in constructing the items so that the data could be collected with speed and accuracy. The wording of the items were kept as simple as possible. First 120 items in total were constructed by personal interview of cross section of people. The items were constructed with the help of exports, who knew both hindi and psychology. The individuals interviewed were kept roughly similar to those who would be covered in the final study.
On the basis of the pilot work, it was found that there was some difficulty with 10 items so these items were either reformulated or eliminated. The wordings of 6 items, which were not clearly understood, was removed as a result of pretesting. The items were formulated in such a way, that the respondents interest, in answering the items is maintained. It analysis was done to evaluate the worth of each of the preliminary items. The item analysis served as the basis for selecting only those items, from the preliminary item pool, which are to be included in the final version. This typical analysis provided the information regarding the discriminating power of the item and information about the relative ease or difficulty of the each item. Finally 75 items were selected. These items were then sent to ten judges, who were experts in the area of Psychology, sociology and business management with the request to examine these items in the light of relevance, ambiguity and difficulty level. After the experts comments were received from the judges, 5 items were modified and 5 were eliminated. The items were then again cyclostyled and tested on 100Ss. The main purpose was only to find out whether these items could be easily understood by the Ss without any ambiguity. While administering this inventory
care was taken to secure comments about the difficulty level and ambiguity. The pretesting did not necessitate any further change or modification.

70 items were left in all. After critical evaluation of the items only 70 items were retained in the final copy. When the questions were thoroughly pretested and formulated in the revised form, another pretesting was done to prepare the final items. Thus the final items form has 70 items. Two response categories (Yes-No) were assigned to each item for answering. One mark is to be given to yes response and no mark is to be given to No response. Whereas the items with stars were given one mark for No response and no mark for yes response. Each of the item in the inventory has the letter designated immediately in front of the each item:

After going through the item analysis, inter-correlations among the 5 specific areas of adjustment were computed in order to examine whether each area was an independent measure of adjustment. With this aim of evaluating the items and the degree to which each item differentiated between each area of adjustment, the scores of 100 Ss in each area of adjustment were inter-correlated by using pearson r with the total score.
The inter correlations ranged from .20 to .40. This shows that this inventory does not measure the areas of adjustment independently as there was overlapping among different areas of adjustment namely home health, social and emotionality. This shows that all the items throughout these entire inventory are homogeneous in basic function measured. The area of occupation adjustment has .59 value, which is quite high. Thus indicating that the occupation adjustment score is relatively independent.

Standardization of the test:

The scale was standardized by working out the reliability and validity coefficient on a randomly 200 selected sample of individuals. The coefficient of reliability for each of five spheres was worked out by adopting different procedures of the reliability, using odd-even and test-retest techniques on 200 Ss. Test retest and odd-even reliabilities were:

<table>
<thead>
<tr>
<th>Dimensions</th>
<th>Test-retest</th>
<th>odd-even (Full test)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home</td>
<td>0.73</td>
<td>0.80</td>
</tr>
<tr>
<td>Health</td>
<td>0.83</td>
<td>0.89</td>
</tr>
<tr>
<td>Social</td>
<td>0.79</td>
<td>0.78</td>
</tr>
<tr>
<td>Emotional</td>
<td>0.84</td>
<td>0.83</td>
</tr>
<tr>
<td>Occupation</td>
<td>0.76</td>
<td>0.90</td>
</tr>
<tr>
<td>Total adjustment</td>
<td>0.89</td>
<td>0.79</td>
</tr>
</tbody>
</table>
The reliability coefficients with both the techniques came out to be high indicating, of this inventory has high reliability.

Validation

The validity of the present inventory was determined by applying Bell adjustment inventory in English and with Hindi adaptation of Bell inventory. The validity coefficient was .89 and .92 respectively.

Norms

Percentile norms were developed separately for different spheres by administering it on 200 randomly selected male students, who were between the age group of 16 and 29 years.

The scoring of the present inventory was done according to the norms of the inventory. The high scores on home adjustment sphere indicate maladjustment and low scores on home adjustment indicate that the individual was getting along well at home, is satisfied with his home environment and is well adjusted in life. High scores in the area of the health adjustment indicate that the individual has health problems. Whereas low scores on health adjustment indicate that minor physical ailment may have not bothered the individual sufficiently to cause discomfort or that
he has developed an accepting attitude towards them. Low scores indicate that individual is well adjusted in life. Low scores on social adjustment indicate that the individual is introvert and high scores would indicate that the individual is extravert type of person. High scores in the area of emotionality indicate that the individual is an elinated person and is nervous, tense excitable, suspicious, has feelings of fear, anxiety and nervousness. Low scores on emotional adjustment indicate that individual is well adjusted in life. Low scores in occupation adjustment indicate that the person is well adjusted on the job he is doing while high scores indicate that he is maladjusted on job.

Procedure

The drug-abusers used in the present study were taken from the de-addiction Centre Medical College, Rohtak. The drug-abusers admitted to this centre for at least five days were only included in the present study for the drug abusers group. The data was collected by administering adjustment inventory individually to each Ss. Inventory was administered both in individual setting, or in group setting, depending upon feasibility. Although instructions were written on the front page of the inventory but they were explained personally by the
E along with the procedure of marking responses. The Ss were assured that the inventory was being administered for research purpose and were assured of the confidentiality of their responses. They were asked to be free and frank in marking their responses with utmost of sincerity. They were told that there is no time limit, but they should try to complete it as soon as possible. A similar procedure was followed for the non-drug abuser sample. Scoring was done according to the norms of the inventory.

With this background, we may now pass on to the next chapter dealing with the results and discussion.