

# Adjustment of Depressed Person

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**Abstract:** Adjustment is the behavioral process in psychology, which human and other animals maintain equilibrium among their various needs and obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. Depression is defined as group of conditions associated with the elevation or lowering of a person mood such as depression or bipolar depression. The purpose of the research was to examine the Adjustment of depressed persons. To find an Adjustment of high- and low-level depressed male and female persons. The sample consists of total 120 depressed persons. Out of that 60 depressed male (30 high and 30 low level) and 60 depressed female (30 high and 30 low level). Within age range of 20 to 50 years. Ratio for the male and female was 1:1. Researcher used purposive sampling method for data collection, its collect from various psychiatric clinics from Dhule city in Maharashtra. Depressed Scale (Personality Assessment Scale) was designed by Krug, Samuel E. and Laughlin James E. and Adjustment inventory was designed by Mahesh Bhargava and Dr. Singh R. L. were used for data collection. 2 X 2 factorial research design was used. The data were analyzed by using descriptive statistics, i.e., Mean, SD, and “t” Test. The result revealed that there was significant mean difference between high and low level depressed male persons relate to Adjustment. Researcher also found significant difference between both levels of female. Researcher not found gender wise significant difference relate to Adjustment, depressed male shows slightly higher Adjustment as compare to female.

**Keywords:** Adjustment, depressed persons, gender.

## 1. Introduction

In psychology Adjustment is that condition of person who is able to adopt to changes in their physical, occupational and social environment. In other words, Adjustment refers to the behavioral process of balancing conflicting needs, or needs challenged by obstacles in the environment. It is dynamic, complex and continuing process through which individual respond. To their ever-changing needs and desire with a variety of behavior in order to adjust adequately in their social environment.

Adjustment may be defined as the process by means of which the individual seeks to maintain psychological and physiological equilibrium and people himself toward self-enhancement (Gupta and Rahul, 2006). In this process of Adjustment on going difficulties in social and cultural adjustment may be accompanied by depression.

Successful Adjustment is crucial to having a high quality of life. Those who are unable to adjust well or more lightly to have

clinical depression as well as experience feelings of hopelessness, helplessness, difficulty in concentration, sleeping problem and restless behavior.

The term of depression is generally means “A state of mental illness it is characterized by deep long-lasting feelings of sadness or despair depression can change and individuals thinking feelings and also affect his/her social behavior and sense of physical wellbeing.” Depression shows symptoms like depressed mood, loss of interest or pleasure, feeling of guilt or low self-esteem, disturb sleep and appetite, low energy and poor concentration.

Depression is common factor of human being, but the question has been arisen that how you know that you are in depressed. According to DSM V a manual used to diagnosed mental disorder, depression occurs when you have depressed mood during most of the day or in the morning, weight loss or gain, poor concentration, fatigue feeling, sleep disturbances, at least five symptoms for two week persons have.

Our life style is changing every time. Time to time we faced various challenges to fulfills our needs. But when we fail or unsuccessful to fulfilled our needs then we are in depressed. A study by government of India shows that one out of every five people is suffering from various types of depression and day to day that increases rates of depression in population. Depression is caused due to various reasons. It depends on individuals, life events. Depression is major problem which faced by male and female both that’s why researcher want to do research on the Adjustment of depressed male and female persons.

*Statement of the Problem:*

"To study Adjustment of Depressed Person"

## 2. Review of Literature

Joseph N., (2011) had conducted a study to find out the prevalence of depression among pre university students in Mangalore city. The study found that prevalence if depression was very high among pre university college students in college. The prevalence and severity of depression levels were found to be significantly more in older age group. Student from commerce stream were found to suffer from depression significantly more than student from science stream. Depression levels were seen slightly more among male students.

Ahmed, A. and Mazlan, N (2014) have conducted a study of compare the prevalence of stress and depression between men

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and women inmates and to determine the association between stress and depression. It can be concluded that high prevalence of stress and depression among inmates was associated with men and women inmates had different level of stress and depression.

Manjiri (2016) conducted a study to measure the depression level among college going students and to study it according to their age and gender. The study revealed that there is no significant difference in the level of depression among male and female college students, but female students are more depressed.

*Objectives of the study:*

1. To study the Adjustment of high and low level depressed male persons.
2. To study the Adjustment of high and low level depressed female person.
3. To study the Adjustment of high-level depressed male and female person.
4. To study the Adjustment of low-level depressed male and female person.
5. To study the Adjustment of depressed male and female person.

*Hypothesis of the study:*

1. There is significant mean difference between high and low level depressed male persons with concern to Adjustment.
2. There is significant mean difference between high and low level depressed female persons with regard to Adjustment.
3. There is significant mean difference between high level depressed male and female persons with relation to Adjustment.
4. There is significant mean difference between low level depressed male and female persons with regard to Adjustment.
5. There is significant mean difference between depressed male and female person with relation to

Adjustment.

**3. Methodology**

*Sample:* The sample of the study consisted of 60 depressed male persons (30 high and 30 low level) and 60 depressed female persons (30 high and 30 low level) of various psychiatric hospitals, which located at Dhule city in Maharashtra. The sample was selected under purposive sampling technique. The study has employed 2 x 2 factorial research designed.

*Variables:*

*Independent Variables:* Gender, Depressed persons.

*Dependent Variables:* Adjustment.

Self-esteem - Self inferiority, Happiness – Depression, Calmness – Anxiety, Naturality – Obsessiveness, Independence – Dependence, feeling of being healthy – Hypochondriasis, Innocence - Guilt feeling,

*Tools used:*

Following Tools has been used to collect data:

- 1) Depressed Scale (Personality Assessment Scale) by Krug, Samuel E. and Laughlin James E.
- 2) Adjustment Inventory by Mahesh Bhargava and Dr. Singh R. L.

*Statistical Treatment:*

Mean, S.D. and “t” value statistics were used for interpretation of the data.

**4. Results and Discussion**

*H-1) There is Significant Mean difference between High and Low level Depressed Male persons with concern to Adjustment*

Table 1 showed that Mean difference between high and low level depressed male person with concerned to Total Adjustment. The Mean and S.D. score of male were 16.70 (SD- 3.09). Low level male score were Mean- 15.49 (SD- 3.24). The calculated “t” value is 4.00, which is significant at 0.01 level of significant. It indicates that the Mean score of both groups differ significantly. So, it is concluded that high level male depressed

Table 1  
Indicating Total Adjustment of High & Low Level Depressed Male.

Variable	Male Depressed Levels	N	Mean	SD	df	t	Significant Level
Adjustment	High	30	16.70	3.09	58	4.00	Sig.
	Low	30	15.49	3.24			

Table Value at 0.01 Level is 2.66 and at 0.05 Level is 2.00

Table 2  
't' table indicating dimension wise Adjustment of High and Low Level Depressed Male

Dimension of Adjustment	Male Depressed Levels	N	Mean	SD	df	t	Significant Level
Self-esteem - Self inferiority	High	30	16.00	3.49	58	3.03	Sig.
	Low	30	15.10	3.14			
Happiness - Depression	High	30	16.00	3.32	58	2.03	Sig.
	Low	30	15.40	2.76			
Calmness - Anxiety	High	30	16.70	3.16	58	3.22	Sig.
	Low	30	15.70	3.61			
Naturality - Obsessiveness	High	30	17.10	3.48	58	5.03	Sig.
	Low	30	15.50	3.11			
Independence - Dependence	High	30	14.90	2.91	58	-3.10	Ns.
	Low	30	15.80	2.86			
Feeling of being healthy - Hypochondriasis	High	30	16.80	2.58	58	0.92	Ns.
	Low	30	16.20	3.79			
Innocence - Guilt feeling	High	30	15.50	2.66	58	2.52	Sig.
	Low	30	14.70	3.44			

Table Value at 0.01 Level is 2.66 and at 0.05 Level is 2.00

persons were more mal-adjustment and showed depressive symptoms than low level depressed male persons.

Table 2 shows that dimension wise Adjustment of high and low level depressed male persons. With concerned to Self-Esteem - Self Inferiority, Calmness – Anxiety and Naturality – Obsessiveness variables researcher found significant difference between both level of Depressed male persons. The calculated “t” value of these dimensions were 3.03, 3.22 and 5.03 which is significant at 0.01 level. Sten score in above three dimensions are 8, 7 and 6 respectively. It means high level Depressed male showed increasing more intensity of mal-adjustment.

Researcher also found significant difference regard to Happiness – Depression and Innocence - Guilt Feeling variables. The calculated “t” values are 2.03 and 2.52 which is significant at 0.05 level. Sten score of them 8 and 7. It means high level depressed male shows more mal-adjustment symptoms like more inferiority complex, guilt feeling, lack of interest in daily activities.

On the other hand researcher not found significant between both level Depressed male persons with regard to Independence – Dependence and Feeling Of Being Healthy – Hypochondriasis variable. The calculated “t” value is -3.10 and 0.92, which is not significant. Sten scores are 9 and 6. It shows they going forward themselves on borderline level of mal-adjustment. They are too much worry about their health, low interest in life, weight loss, difficulties in sleep.

It may be conclude that six dimension of adjustment found significant difference, therefore hypothesis is accepted.

*H-2) There is Significant Mean difference between High and Low Level Depressed female persons with regard to Adjustment.*

The table 3 shows that Total Adjustment, Mean, SD, “t” value and level of significance. In high level Depressed female, the calculated results were Mean- 15.94 (SD- 3.32) and for low level depressed female Mean- 14.70 (SD- 2.77), the df- 58 and calculated “t” value is 4.13, which is significant at 0.01 level. Its mean high level depressed female more mal-adjusted and

more depressed than low level depressed female persons. Thus, researcher concluded that high level depressed female showed increasing intensity of mal-adjustment. Therefore, hypothesis is accepted because researcher was found significant difference between both level of depressed female persons.

The table 4 shows that, dimension wise calculated result in case of Happiness – Depression, Calmness – Anxiety, Naturality – Obsessiveness and Innocence - Guilt feeling variables. The calculated “t” value of these dimensions were 10.56, 6.75, 6.75 and 6.08 respectively, which is significant at 0.01 level. The Sten score of them 8, 7, 6 and 8. Its mean high level depressed female showed increasing intensity of mal-adjustment.

With concern to Self-esteem - Self inferiority variable the calculated “t” value is 2.20 which is significant at 0.05 level. Sten score of this variable is 8. It means high level depressed female shows high level mal-adjustment. On the other hand researcher not found significant difference with regard to Independence – Dependence and Feeling of being healthy – Hypochondriasis variable. The calculated “t” value was 0.00 and -3.34, which is not significant. Sten scores are 1 and 8. It shows they going forward themselves increasing intensity of mental health and well adjustment for Independence - Dependence variable and Sten score of Feeling of being Healthy – Hypochondriasis variable is 8. It shows increasing intensity of mal-adjustment. It may be concluded that, researcher found significant difference in six variables of Adjustment therefore, hypothesis is accepted.

*H- 3) There is Significant Mean difference between High Level Depressed Male and Female persons with relation to Adjustment.*

The table 5 shows that mean difference between high level Depressed male and female person with relation to Total Adjustment. For high level Depressed males, the calculated score were Mean - 16.70, (SD- 3.09) and for high level Depressed female Mean 15.94, (SD- 3.32). Calculated 't' value is 0.62, which is not significant. It indicates that high level

Table 3  
t' table indicating Adjustment of High & Low Level Depressed female

Variable	Female Depressed Levels	N	Mean	SD	df	t	Significant Level
Adjustment	High	30	15.94	3.32	58	4.13	Sig.
	Low	30	14.70	2.77			

Table Value at 0.01 Level is 2.66 and at 0.05 Level is 2.00

Table 4  
t' table indicating dimension wise Adjustment of High & Low Level Depressed Female

Dimension of Adjustment	Female Depressed Levels	N	Mean	SD	df	t	Significant Level
Self-esteem - Self inferiority	High	30	15.40	3.32	58	2.20	Sig.
	Low	30	14.50	4.15			
Happiness - Depression	High	30	16.70	3.44	58	10.56	Sig.
	Low	30	13.60	2.29			
Calmness - Anxiety	High	30	16.40	3.98	58	6.75	Sig.
	Low	30	14.10	3.48			
Naturality - Obsessiveness	High	30	17.30	2.97	58	6.75	Sig.
	Low	30	15.40	2.54			
Independence - Dependence	High	30	15.00	3.46	58	0.00	Ns.
	Low	30	15.00	2.05			
Feeling of being healthy - Hypochondriasis	High	30	14.50	3.01	58	-3.34	Ns.
	Low	30	15.40	2.76			
Innocence - Guilt feeling	High	30	16.30	3.13	58	6.08	Sig.
	Low	30	14.90	2.12			

Table Value at 0.01 Level is 2.66 and at 0.05 Level is 2.00

Depressed male and female showed equal intensity of mental health and well adjustment. Thus, researcher concluded that there is no significant difference between high level Depressed male and female persons regard to total adjustment. Therefore, hypothesis is rejected.

The table 6 shows that result of dimension wise adjustment of high-level Depressed male and female. With concern to Self-Esteem - Self-Inferiority, Happiness – Depression, Calmness – Anxiety, Naturality – Obsessiveness, Independence – Dependence and Innocence - Guilt Feeling variable. The calculated “t” value were 0.76, -1.39, 1.45, -1.98, -1.01 and -2.32 respectively, which is not significant. Respondent sten score is 8, 8, 7, 5, 7 and 8 respectively. It means high level Depressed male and female showed increasing high-level intensity of mal-adjustment. They show symptoms of Inferiority Complex, neurotic depression, lack of interest in daily activities, low self-confidence, poor attention and concentration level.

On the other hand, researcher found that significant mean difference between high levels Depressed male and female persons with concern to Feeling of being healthy – Hypochondriasis variable of adjustment. The calculated 't' value is 8.85, which is significant at 0.01 level. Sten score is 8. It also showed increasing intensity of mal-adjustment.

Relate to six dimensions of adjustments researcher not found significant difference between both gender of Depressed persons. Therefore, hypothesis is rejected.

*H- 4) There is Significant Mean difference between Low Level Depressed Male and Female persons with concern to Adjustment.*

From the table 7 showed that the Mean and SD score of low-

level Depressed Male and Female. Low level depressed male calculated score was Mean 15.49, (SD- 3.24). For low level depressed female Mean 14.70, (SD 2.77). The calculated “t” value is 3.39, which is significant at 0.01 level. It showed low level depressed male and female both faces minor depression symptoms like low mood, less interest in daily activity, helplessness and hopelessness. Related to total Adjustment, hypothesis is accepted.

From the table 8, showed that dimension wise Adjustment of low-level depressed male and female. With concern to Self-esteem - Self inferiority, Happiness – Depression, Calmness – Anxiety and Independence – Dependence variables, researcher found significant difference between both genders. The calculated “t” values are 2.81, 7.09, 7.05 and 8.00, which is significant at 0.01 level. Sten score of these variables are 8, 8, 7 and 7, it means low level depressed male and female shows increasing intensity of mal-adjustment. They think themselves unattractive, unsuccessful persons, worried about future, easily irritated, lack of flexibility, emotionally depends on others.

With related to Naturality – Obsessiveness, Feeling of being healthy – Hypochondriasis and Innocence - Guilt Feeling variables, researcher not found significant difference. The calculated “t” values are 1.22, 0.65 and -1.78 respectively, which is not significant. Respondent Sten score is 5, 8 and 7, they showed borderline level of mal-adjustment.

It may be concluded that researcher found significant difference in four dimensions of Adjustment. Therefore, hypothesis is accepted.

*H-5) There is Significant Mean difference between Depressed Male and Female persons with regard to Adjustment*  
From the Table 9 result indicates that total Adjustment of

Table 5  
't' table indicating Total Adjustment of High Level Depressed Male and Female

Variable	Gender	N	Mean	SD	df	t	Significant Level
Adjustment	Male	30	16.70	3.09	58	0.62	Ns.
	Female	30	15.94	3.32			

Table Value at 0.01 Level is 2.66 and at 0.05 Level is 2.00

Table 6  
't' table indicating dimension wise Adjustment of High-Level Depressed Male and Female

Dimension of Adjustment	Gender	N	Mean	SD	df	t	Significant Level
Self-esteem - Self inferiority	Male	30	16.00	3.49	58	0.76	Ns.
	Female	30	15.40	3.32			
Happiness - Depression	Male	30	16.00	3.32	58	-1.39	Ns.
	Female	30	16.70	3.44			
Calmness - Anxiety	Male	30	16.70	3.16	58	1.45	Ns.
	Female	30	16.40	3.98			
Naturality - Obsessiveness	Male	30	17.10	3.48	58	-1.98	Ns.
	Female	30	17.30	2.97			
Independence - Dependence	Male	30	14.90	2.91	58	-1.01	Ns.
	Female	30	15.00	3.46			
Feeling of being healthy - Hypochondriasis	Male	30	16.80	2.58	58	8.85	Sig.
	Female	30	14.50	3.01			
Innocence - Guilt feeling	Male	30	15.50	2.66	58	- 2.32	Ns.
	Female	30	16.30	3.13			

Table Value at 0.01 Level is 2.66 and at 0.05 Level is 2.00

Table 7  
“t” table indicating Total Adjustment of Depressed Low-Level Male and Female

Variable	Gender	N	Mean	SD	df	t	Significant Level
Adjustment	Male	30	15.49	3.24	58	3.39	Sig.
	Female	30	14.70	2.77			

Table Value at 0.01 Level is 2.66 and at 0.05 Level is 2.00

Table 8  
 "t" table indicating dimension wise Adjustment of Low-Level Depressed Male and Female

Dimension of Adjustment	Gender	N	Mean	SD	df	t	Significant Level
Self-esteem - Self inferiority	Male	30	15.10	3.14	58	2.81	Sig.
	Female	30	14.50	4.15			
Happiness - Depression	Male	30	15.40	2.76	58	7.09	Sig.
	Female	30	13.60	2.29			
Calmness - Anxiety	Male	30	15.70	3.61	58	7.05	Sig.
	Female	30	14.10	3.48			
Naturality - Obsessiveness	Male	30	15.50	3.11	58	1.22	Ns.
	Female	30	15.40	2.54			
Independence - Dependence	Male	30	15.80	2.86	58	8.00	Sig.
	Female	30	15.00	2.05			
Feeling of being healthy - Hypochondriasis	Male	30	16.20	3.79	58	0.65	Ns.
	Female	30	15.40	2.76			
Innocence - Guilt Feeling	Male	30	14.70	3.44	58	-1.78	Ns.
	Female	30	14.90	2.12			

Table Value at 0.01 Level is 2.66 and at 0.05 Level is 2.00

Table 9  
 't' table indicating Total Adjustment of Depressed Male and Female.

Variable	Gender	N	Mean	SD	df	t	Significant Level
Adjustment	Male	60	14.94	3.17	118	1.26	Ns.
	Female	60	16.22	2.66			

Table Value at 0.01 Level is 2.66 and at 0.05 Level is 2.00

Depressed male and female person. The Depressed male calculated score was Mean 14.94, (SD- 3.17). For Depressed female calculated Mean 16.22, (SD- 2.66). Depressed female person received higher mean score as compared to depressed male person. The df- 118 and the calculated "t" value is 1.26, which is not significant. It indicates that depressed male showed more intensity of mental health and well adjustment than depressed female. Thus, the researcher concluded that depressed female having more intensity of maladjustment and shows depressed personality, depressed mentality, indicating symptoms of neurotic depression. Therefore, relate to total adjustment, hypothesis is rejected.

## 5. Conclusion

When researcher statistically analyzed the data following conclusion are found.

- 1) Relate to Total Adjustment and Dimension wise Adjustment high level depressed male shows higher maladjustment than low level Depressed male.
- 2) There is significant mean difference between high and low level depressed female person relations to Adjustment.
- 3) High level depressed females were more maladjusted than high level Depressed male.
- 4) There is not significant mean difference between high level depressed male and female person with concerned to Adjustment.
- 5) Researcher found significant mean difference between low level depressed male and female person with concerned to Adjustment.
- 6) Low level depressed female shows minor depressive symptoms than male.
- 7) Depressed female persons show more intensity of maladjustment and depressive symptoms than male

depressed persons.

### Limitations of the study:

- 1) The finding of the study is based on small sample.
- 2) The sample was restricted to Dhule district which is located in Maharashtra.
- 3) The study was restricted to only depressed male and female persons only.
- 4) The study was restricted person are only 20-50 years only.
- 5) Small sample size of only 120 persons are selected which is too small to generalize the finding.

### Suggestions:

- 1) No research is conclusive in real sense. Every research paves the way and carves. The way for future research.
- 2) A sample of 120 Depressed person was taken in the present study. Same study can be conducted on large sample.
- 3) Similar research can be conducted in other district and state to study adjustment problem.
- 4) The present study was confined to male and female Depressed persons only. It can be expanded to more persons.

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