



Adjustment Problem and Attributional Style Among Adolescents

Arun Aggarwal, Mohammad Irfan Farooqi

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Adolescence is the period of transition between childhood to adulthood. It is a period when rapid physiological changes and demands for new social roles takes place. The adolescents, due to these changes often face a number of crises and dilemmas. It is a period demanding significant adjustment to the physical and social changes which distinguish childhood behaviour from adult behaviour. A number of studies in the area of attributional style have indicated that attributional style plays important role in shaping behavior of life pertaining different aspects of life particularly in health, achievement and overall life style. The stage of puberty bring in a number of physical and physiological changes. It may be noted that the onset of puberty varies from person to person. These changes are often accompanied by emotional tensions. . So, the objective of the present study is to examine the difference in the adjustment and the attributional style of males and females, if any and to examine the degree of relationship between adjustment and attributional style.

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