

# Social Intelligence in Congruence to Adjustment: A Study of PG Hostellers of Central University of Punjab



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### Abstract

The present study aims to assess the social intelligence in congruence to adjustment of PG hostellers of Central University of Punjab. In the present study, a sample of 200 post-graduate students was taken which was further divided on the basis of their gender i.e. male and female and streams of study i.e. science and humanities. For selecting the sample of present study the investigator used the stratified random sampling technique, as the sample is subdivided into two strata's on the basis of stream of students i.e. science and humanities and on the basis of gender. The researcher of the study used the standardized tool namely Social Intelligence Scale SIS (2005) developed by Dr. N. K. Chadha and Usha Ganesan for social intelligence and for studying adjustment the researchers used Adjustment Inventory developed by R. K. Ojha on the basis of Bell's Adjustment Inventory. For testing the hypotheses statistical techniques such as product moment correlation, t-test and ANOVA were used by the researcher.

**Keywords:** Social Intelligence, Adjustment and PG hostellers of Central University of Punjab, Bathinda.

### Introduction

India is a land of diversities in every sense of the term. Hundreds of languages are spoken across India which have different dialects. India is also a country of divergent races where one race is altogether different from the other race. In terms of culture, heterogeneity reaches its climax. Indian state has different cultures within the same area among the people of different castes, religious groups and tribal affiliations. Religion-wise, Indian state remains heterogeneous not only in the context of presence of different dominant religious groups within the country but also in view of the fact that within the major religions there are so many denominations having altogether different religious tenets from other denominations within the same group. Keeping in view this diversity the founding fathers of the Indian constitution made unity in diversity the bedrock of Indian polity. Protection of religion both individual as well as corporate is a fundamental right within the constitution. Every section of Indians having distinct culture, script or language of its own has a right to conserve the same. For the sake of conservation of linguistic and religious identity minorities have been allowed to establish educational institutions of their choice.

### Social Intelligence

Social intelligence is the learned ability of an individual by which a person gets along well with others and fits into the group of people without any problems of adjustment. A socially intelligent person has awareness of the social environment, knows different interaction styles and strategies which supports him to deal with other persons and achieve his goals. Being authentic, a socially intelligent person knows how to represent himself in front of others. Social intelligence requires awareness of self-perception, self-control and capability to understand the perceptions, feelings and reaction styles of other people.

This concept was firstly given by Thorndike (1920). He describes social intelligence as an ability of an individual to understand and manage other individuals of the society. Karl Albrecht (2005) classified it as behaviours towards others and named it as poisonous and nourishing effect. A person having poisonous effect makes other human beings feel angry, annoyed, frustrated, devalued, or not comfortable. This conduct of person indicates a low level of social intelligence. That's why such persons have very less ability to connect and influence others people. A person

having nourishing effect makes other human beings feel respected, valued, happy, affirmed encouraged or comfortable. This conduct of the person indicates a high level of social intelligence. That's why such persons have great ability to make a huge social circle and good long term influence on other people. Moss & Hunt (1927) referred social intelligence as an ability to deal with and adjust to other persons. Following traits are considered to be the measurable aspect of social intelligence: sense of humour, memory for names and faces, common sense in social relations, recognition of the mental stage of the speaker and common observation of social behaviour. Vernon (1933) says that social intelligence is the ability of an individual which helps him to interact with people, to know about the social matters, to develop the ability to get along with people and to understand the personality traits of strangers.

## Adjustment

Existence is a continuous process of adjustment and challenges. Different individuals use different methods to satisfy their needs. The scheme used by a person to manage these needs can be understood as adjustment. When the efforts of a person are successful and satisfying, then it is the right adjustment. However, when the personality adjustment may not be proper and someone continuously meets frustration in his efforts; then it might be a case of maladjustment. Adjustment and adaptations are frequently used in the same sense. First of all the term adaptation was used by biologists. It means a challenges/effort to continue to exist in physical conditions of the environment. Afterwards, the behavioural psychologist came out with the new term adjustment, denoting a broader concept i.e. Adjustment means behavioural reactions to personal needs and social pressures.

The preliminary process of adjustment begins from the birth of the kid and continues till death. Good (1995) referred to adjustment as the process of finding and adopting modes of behaviour suitable to the environment or the changes in the environment. Vonhaller (1990) suggested that we can use adjustment as psychological survival in the same way as biologist uses the term adaptation to describe physiological survival.

## Types of Adjustment

Adjustment is the harmonious relationship between the person and the environment. This is a relationship among organism, surroundings and personality. It is an endless process, starts at one's birth till death. Keeping in the view of Arkoff (2004), adjustment is something that is continuously achieved and re-achieved by us. There is no concept of satisfactory or complete adjustment which a person can attain once and all the time. Lazarus and Richard (2001) interpreted adjustment as an achievement and as a process. The first point of view emphasizes the quality or efficiency of adjustment. The second point of view lays emphasis on the process by means of which an individual adjust to his surroundings.

## Review of Literature

Sharma (2017) conducted a study on emotional intelligence, social intelligence and

achievement motivation of humanities and science students in the senior secondary school of Chandigarh. The findings of the study revealed that humanities students possess more social intelligence than science students.

Chandra Shekhar (2017) studied teacher's social intelligence in relation to gender, location and marital status and it was discovered that there are significant differences among men and women teachers in their social intelligence. Women possess greater social intelligence than men.

Srivastava, M et al. (2016) reported a study on the topic entitled Impact of Social Intelligence on Peer Relationships among Adolescents: A Gender Analysis. The study concluded that girls possessed better social intelligence than boys.

Bhakta(2016) investigated Adjustment Level of Students and its Relation with Academic Achievement. The result obtained from the study revealed that there exists significant difference in the level of adjustment of male & female. Adjustment level in females were more than males. Also there exists significant difference in the level of adjustment of Arts & Science. Arts students were more adjusted as compared to the science students.

Dixit and Kaur (2015) conducted a study of social intelligence and adjustment among pupil teachers in relation to their gender and locality. The findings of the study indicated that there was no significance difference in the social intelligence among males and females, but there was significance difference in the level of adjustment. The level of adjustment in males were less than females. The findings also revealed positive correlation between social intelligence and adjustment

Nagra (2014) conducted a study to find out the relationship between social intelligence and adjustment in relation to gender and type of school. The findings of the study showed that Social Intelligence scores as well as adjustment level scores of boys and girls do not differ significantly.

Saxena and Jain (2013) did a study to compare the Social Intelligence of undergraduate students in relation to their gender and stream of study. They found that female undergraduate students were having more social intelligence as compared to the male undergraduate students on overall Social Intelligence. They also concluded after analysis of streams that students of humanities were having greater social intelligence than students of science stream.

Sangeet & Chirag (2012) conducted research for understanding the adjustment problems of college students in relation to gender socio-economic status and academic achievement. From the interpretation of data it was evident that college students were have satisfactory adjustment but students with high socio-economic status have less adjustment problems than college students of low socio-economic status. The study also showed that female students have more adjustment problems than male students.

Jemal (2011) conducted a research on assessing major adjustment problems of freshman

students in Jimma University. Research indicated that 50% of new students in Jimma University experience social adjustment problems than educational, personal and psychological, which were found to be moderate. The researcher also drew our attention on female students who are more prone to all forms of adjustment difficulties mainly of social adjustment difficulties as compared to their male counterparts.

### Rationale of Study

Because of the present complex lifestyle it is essential to become socially intelligent. It is the skill for managing personal life, interpersonal relationships and to attain victory in every walk of life. Every individual should understand the social environment in which he or she is living and adopt such conduct pattern or habits that will help him/her to adjust effectively in that social situation. Some social skills of keeping patience, cooperativeness, and tactfulness, sensitivity to the situation, confidence, memory and sense of humour helps the individual in his adjustment in that social environment. Social intelligence plays a crucial role in the adjustment of an individual effectively in all kind of social environment where interpersonal relationships are important. When adjustment of an individual is not proper the person fails to establish harmony with himself and with the social environment which further may lead to serious behavioural problems.

On the basis of reviews, the researcher found that social intelligence is very important for adjustment in life. Nowadays modern lifestyle is very much complex and there is decrease in moral values of people in society. It is mandatory to be socially intelligent to deal with a large group of people and to tackle problems in academic and professional fields. So it is essential for a person to be socially intelligent so that he/she can be better adjusted in the society. The aim of study is to study social intelligence and adjustment of the students of Central University of Punjab. Investigator did this study in the central university of Punjab because there are students from 29 states of India who after qualifying national level entrance CUCET comes every year to take admissions. They came from different regions geographical areas, having different values, cultures, beliefs, living style. In spite of these variations researcher was interested in knowing whether they are able to adjust in the university campus and are capable of managing people well and establish good relations with friends, teachers and different members of society.

### Statement of the problem

The study aims to assess the social intelligence in congruence to adjustment of PG hosteller of Central University of Punjab. Hence the study is entitled as: *Social intelligence in congruence to adjustment: A study of PG hostellers of Central University of Punjab.*

### Operational Definition of the Problem

The different terms as used in the title of the study and proposed to be used in the study of the report have been operationally defined as follows:-

### Social Intelligence

Social intelligence is the capability of an individual by which he/she gets along well with others make others also to cooperate with him.

### Adjustment

The process of adapting or becoming used to a new situation is called adjustment.

### PG Hostellers

Students who are enrolled in Post Graduate courses in CUPB and reside in hostels of CUPB.

### Objectives of the Study

1. To study the difference in social intelligence of male and female PG hostellers of Central University of Punjab, Bathinda.
2. To compare the adjustment of male and female PG hostellers of Central University of Punjab, Bathinda.
3. To study the difference in social intelligence of PG hostellers in science and humanities streams of Central University of Punjab, Bathinda.
4. To compare the adjustment of PG hostellers in science and humanities streams of Central University of Punjab, Bathinda..
5. To find out the relationship between social intelligence and adjustment of PG hostellers of Central University of Punjab, Bathinda.
6. To compare the social intelligence of PG hostellers of Central University of Punjab, Bathinda with differential level of adjustment.

### Hypotheses

1. There is no significant difference in social intelligence of male and female PG hostellers of Central University of Punjab, Bathinda.
2. There exists no significant difference in the adjustment of male and female PG hostellers of Central University of Punjab, Bathinda.
3. There is no significant difference in the social intelligence of PG hostellers in science and humanities streams of Central University of Punjab, Bathinda.
4. There exists no significant difference in the adjustment of PG hostellers in science and humanities streams of Central University of Punjab, Bathinda.
5. There is no significant relationship between social intelligence and adjustment of PG hostellers of Central University of Punjab, Bathinda.
6. There is no significant difference between the social intelligence of PG hostellers of Central University of Punjab, Bathinda with differential levels of adjustment.

### Delimitations

1. The study will be delimited to only post graduate students of Central University of Punjab
2. The study will be delimited to only science and humanities stream students of Central University of Punjab
3. The study will be delimited to PG hostellers of Central University of Punjab.
4. The study will be delimited to sample size of 200 students only.

### Method

Survey method of the descriptive type of research has been used for the present study entitled

“Social intelligence in congruence to adjustment: A study of PG hostellers of Central University of Punjab”.

**Population**

The population of the study consist of all post-graduate students of session 2016-18 and 2017-19 academic session of CUPB.

**Sample**

The sample of the study consists of 200 post-graduate students of session 2016-18 and 2017-19 session of CUPB.

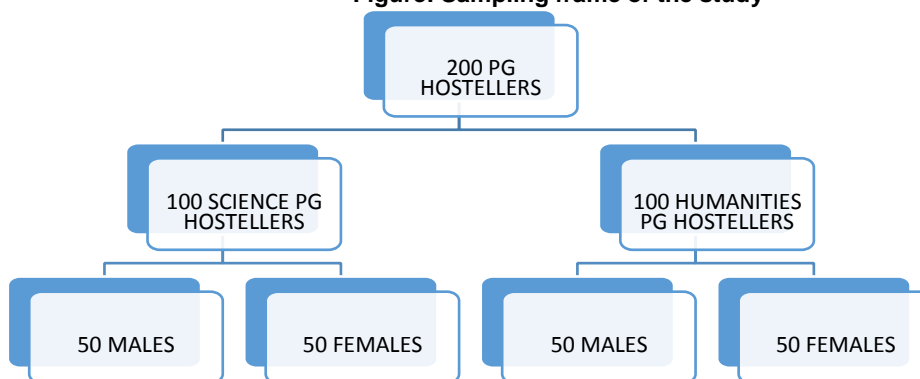
**Sample Size**

In the present study, a sample of 200 postgraduate students was taken which was further stratified on the basis of their gender i.e. male and female and streams of study i.e. science and humanities.

**Sampling Frame**

For selecting the sample of present study the researcher used the stratified random sampling technique, as the sample is subdivided into two strata's on the basis of stream of students i.e. science and humanities.

**Figure: Sampling frame of the study**



**Tools used**

Tool selection is one of the most critical steps and researcher should take adequate care while choosing the tool for data collection.

Keeping this in mind the following tools were used to collect the data for present study.

1. Social Intelligence Scale SIS (2005) developed by N. K. Chadha and Usha Ganesan.
2. Bell's Adjustment Inventory (2005) designed by R. K. Ojha.

**Analysis and Interpretation of Data**

**H<sub>0</sub>1**

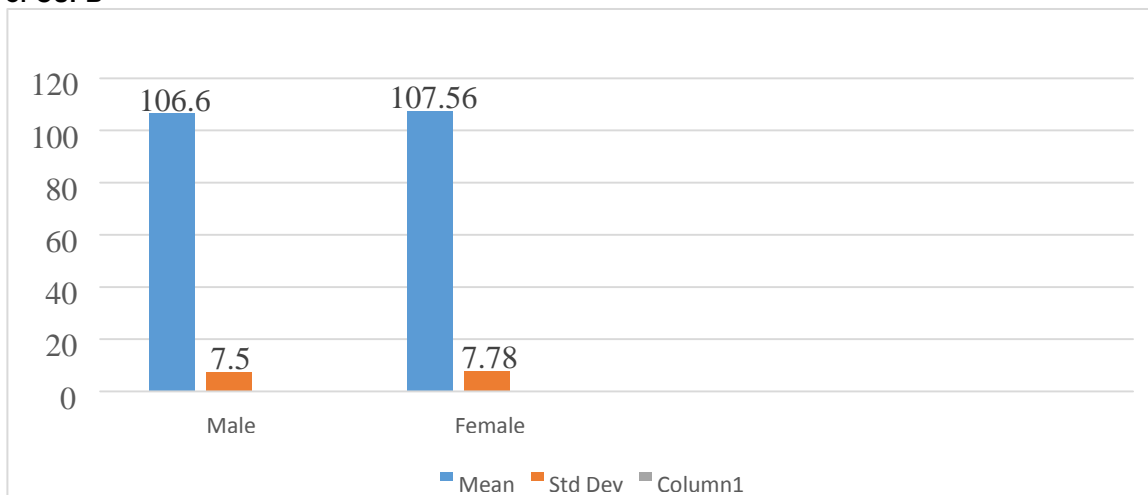
There is no significant difference in social intelligence of male and female PG hostellers of Central University of Punjab, Bathinda.

To study the difference between the social intelligence of male and female post graduate hostellers, SIS was analyzed using t-test and the data is given in table 3.1 showing the mean, SD, t<sup>o</sup> value and level of significance.

**Table 3.1: Social Intelligence of Male and Female Post-Graduate Hostellers of CUPB**

Variables	Total no. of Hostellers	Mean	S.D.	't' value	Level of significance (0.05 level)
Male	100	106.60	7.50	-0.88	Not significant
Female	100	107.56	7.78		

**Graph 3.1 Shows Mean and Std. Dev. of Social Intelligence of Male and Female Post-Graduate Hostellers of CUPB**



**Interpretation**

From the table no 3.1, it was found that mean value of social intelligence of male PG hostellers is 106.60 and for females PG hostellers mean value is 107.56. The SD value of male PG hostellers was 7.50 whereas of female PG hostellers was 7.78. The calculated t- value of social intelligence of male PG hostellers and female PG hostellers is - 0.88. The calculated t- value was less than the table value at 0.05 level of significance. Thus, the null hypothesis was accepted. This reveals that there was no significant difference in social intelligence of male

and female PG hostellers of Central University of Punjab, Bathinda.

**Significance of Adjustment of Male And Female Post-Graduate Hostellers of CUPB H<sub>0</sub>2**

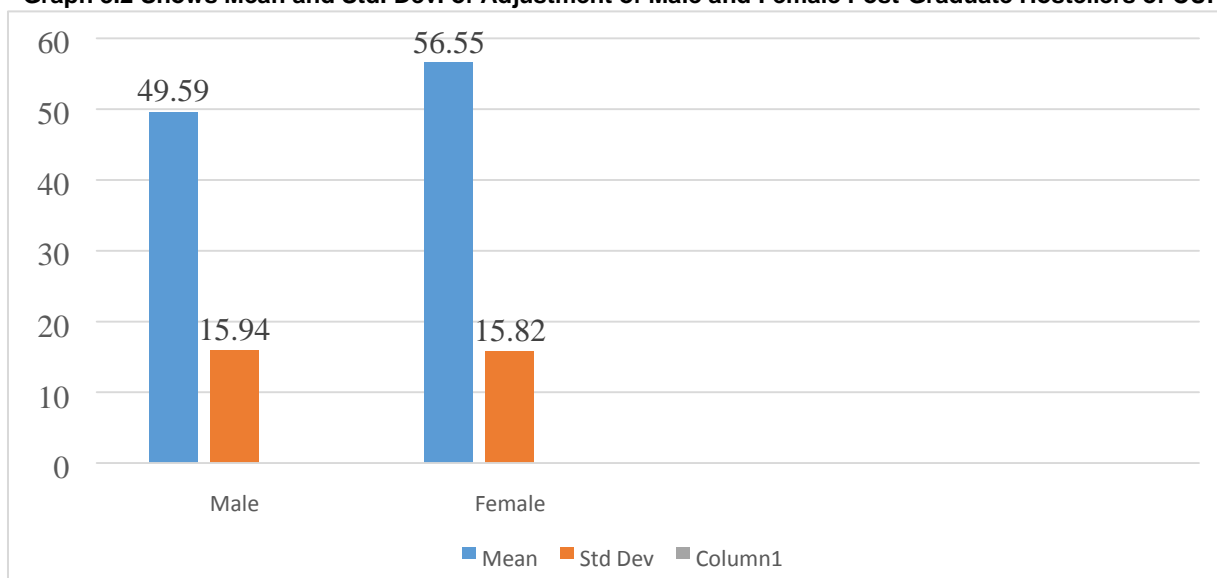
There is no significant difference in the Adjustment of male and female PGhostellers of Central University of Punjab, Bathinda.

To study the difference between the adjustment of male and female post graduate hostellers, inventory was analysed using t-test and the data is given in table 3.2 showing the mean, SD, t- value and level of significance.

**Table 3.2: Level of Significance of Adjustment of Male and Female Post-Graduate Hostellers of CUPB**

Variables	Total no. of hostellers	Mean	S.D.	't' value	Level of significance (0.05 level)
Male	100	49.59	15.94	3.09	Significant
Female	100	56.55	15.82		

**Graph 3.2 Shows Mean and Std. Dev. of Adjustment of Male and Female Post-Graduate Hostellers of CUPB**



**Interpretation**

From the table no 3.2 it was found that mean value of adjustment of male PG hostellers was 49.59 and for females PG hostellers mean value is 56.55. The SD value of adjustment of male PG hostellers was 15.94 whereas of female PG hostellers was 15.82. The calculated t value of adjustment of male PG hostellers and female PG hostellers is 3.09. The calculated t- value is greater than the table value at 0.05 level of significance. Thus, the null hypothesis was rejected and alternate hypothesis was accepted. This reveals that there was significant difference in the adjustment of male and female PG hostellers of Central University of Punjab, Bathinda. Adjustment of

males PG hostellers is better as compared to female PG hostellers.

**Significance of social intelligence of science and humanities streams post-graduate hostellers of CUPB H<sub>0</sub>3**

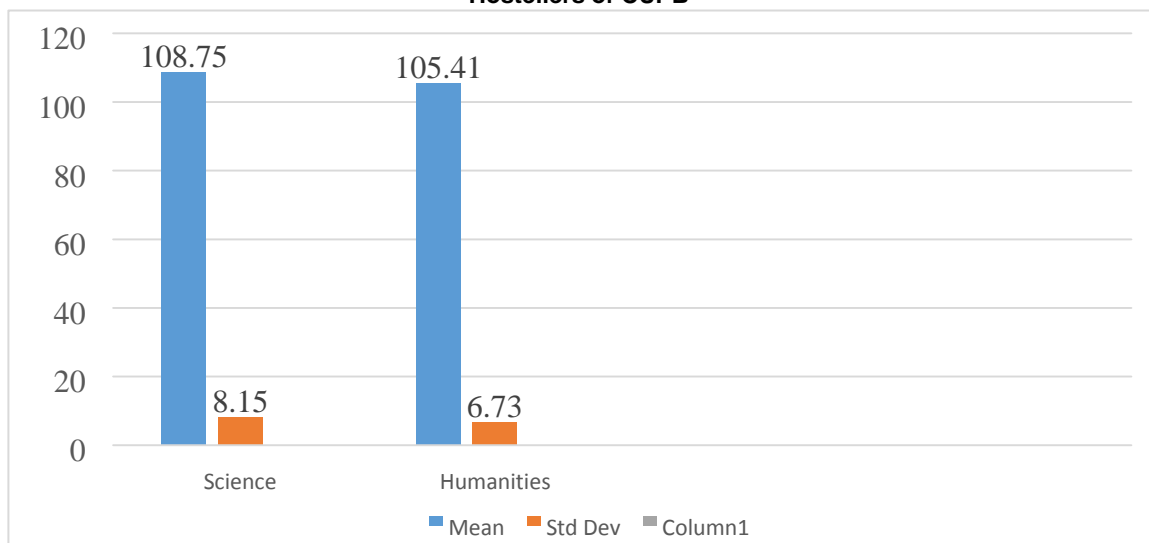
There is no significant difference between the social intelligence of PG hostellers in science and humanities streams of Central University of Punjab, Bathinda.

To study the difference between the social intelligenceof PG hostellers in science and humanities streams, SI was analysed using t-test and the data is given in table 3.3 showing the mean, SD, t- value and level of significance.

**Table 3.3: Social intelligence of science and humanities streams post-graduate hostellers of CUPB**

Variables	Total no. of hostellers	Mean	S.D.	't' value	Level of significance (0.05 level)
Science	100	108.75	8.15	3.15	Significant
Humanities	100	105.41	6.73		

**Graph 3.3 shows Mean and Std. Dev. of Social Intelligence of Science and Humanities Streams Post-Graduate Hostellers of CUPB**



**Interpretation**

From the table no 3.3, it was found that mean value of social intelligence of science PG hostellers is 108.75 and for humanities PG hostellers mean value is 105.41. The SD value of social intelligence of science PG hostellers were 8.15 whereas of humanities PG hostellers were 6.73. Calculated t- value of social intelligence of science PG hostellers and humanities PG hostellers is 3.15. Calculated t- value is greater than the table value at 0.05 level of significance. Thus, the null hypothesis was rejected and alternate hypothesis was accepted. This reveals that there was significant difference in social intelligence of science and humanities PG hostellers of Central University of Punjab, Bathinda.

Social intelligence of science PG hostellers is better as compared to humanities PG hostellers.

**Significance of adjustment of science and humanities streams post-graduate hostellers of CUPB**

**H<sub>04</sub>**

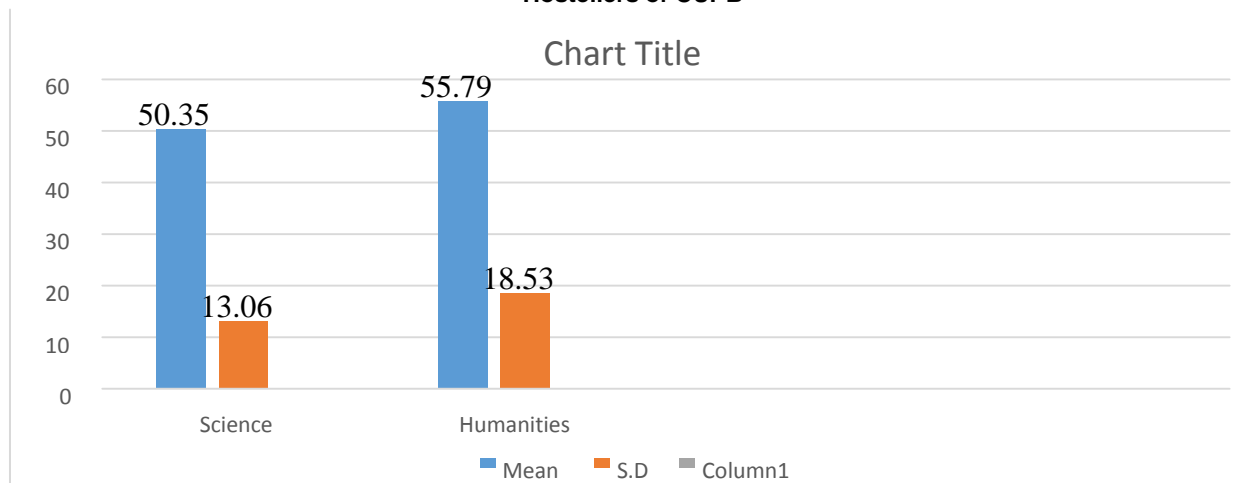
There is no significant difference in the adjustment of PG hostellers in science and humanities streams of Central University of Punjab, Bathinda.

To study the difference between the adjustment of PG hostellers in science and humanities streams, inventory was analyzed using t- test and the data is given in table 3.4 showing the mean, SD, t- value and level of significance.

**Table 3.4: Level of Significance of Adjustment of Science and Humanities Streams Post-Graduate Hostellers of CUPB**

Variables	Total no. of hostellers	Mean	S.D.	't' value	Level of significance (0.05 level)
Science	100	50.35	13.06	2.39	Significant
Humanities	100	55.79	18.53		

**Graph 3.4 shows Mean and Std. Dev. of Adjustment of Science and Humanities Streams Post-Graduate Hostellers of CUPB**



### Interpretation

From the table no 3.4 it was found that mean value of adjustment of science PG hostellers is 50.35 and for humanities PG hostellers mean value is 55.79. The SD value of adjustment of science PG hostellers was 13.06 whereas of humanities PG hostellers was 18.53. Calculated t- value of adjustment of science PG hostellers and humanities PG hostellers is 2.39. Calculated t- value is greater than the table value at 0.05 level of significance. Thus, the null hypothesis was rejected and alternate hypothesis was accepted. This result reveals that there was significant difference in the adjustment of science and humanities PG hostellers of Central University of

**Table 3.5: Correlation between social intelligence and adjustment of PG hostellers of CUPB**

Variables	Total no. of Hostellers	'r' value	Remarks
Social intelligence	200	0.23	Positive correlation at 0.05 level
Adjustment	200		

### Interpretation

From table no 3.5, it was found that coefficient of correlation between social intelligence and adjustment is 0.23 which is a positive correlation. So, it can be interpreted that there was significant positive correlation between social intelligence and adjustment among PG hostellers of Central University of Punjab, Bathinda. Therefore null hypothesis was rejected.

### Significant difference between the social intelligence of PG hostellers of CUPB with differential dimensions of adjustment

**H<sub>0</sub>6**

There is no significant difference between the social intelligence of PG hostellers of Central

**Table 3.6: Significant Difference between the Social Intelligence of PG Hostellers of CUPB with Differential Dimensions of Adjustment**

Source of variation	Sum of squares	Df	Mean Square (Variance)	F ratio	Remarks
Between Sets	2311442.03	146	15831.79	1.20	Significant at 0.01 level
Within Sets	16430.76	27893	0.58		
Total	2327872.80	28039			

### Interpretation

From the table no 3.6 it was found that F value is 1.20 which is greater than the table value of F at 0.01 level of significance, therefore, the result is significant. Hence H<sub>0</sub>6 is rejected and it can be inferred that there exists significant difference in the social intelligence of PG hostellers of Central University of Punjab, Bathinda with differential dimensions of adjustment that is home, health, social and emotional.

### Findings and Conclusion

On the basis of careful analysis and interpretation of the objectives and hypotheses of the study it can be concluded that;

1. There was no significant difference in social intelligence of male and female PG hostellers of Central University of Punjab, Bathinda.
2. Adjustment of males PG hostellers was better as compared to female PG hostellers.
3. Social intelligence of science PG hostellers was better as compared to humanities PG hostellers.

Punjab, Bathinda. Adjustment of science PG hostellers was better as compared to humanities PG hostellers.

### Correlation between social intelligence and adjustment of PG hostellers of CUPB

**H<sub>0</sub>5**

There is no significant relationship between social intelligence and adjustment of PG hostellers of Central University of Punjab, Bathinda.

To study the relationship between social intelligence and adjustment of PG hostellers of CUPB, SIS and Bell's inventory was analyzed using correlation and the data is given in table 3.5 showing the r value and level of significance.

University of Punjab, Bathinda with differential dimensions of adjustment.

The investigator wants to find out the adjustment of PG hostellers of Central University of Punjab in relation to their social intelligence. There are different dimensions of adjustment i.e., home, health, social and emotional adjustment. The investigator has applied one way ANOVA to find out if there is any significant difference between the social intelligence with the differential levels of adjustment.

The following table shows the analysis of the data of social intelligence of the PG hostellers in relation to their adjustment levels.

4. Adjustment of science PG hostellers was better as compared to humanities PG hostellers.
5. There was significant positive correlation between social intelligence and adjustment among PG hostellers of Central University of Punjab, Bathinda.
6. There was significant difference in the social intelligence of PG hostellers of Central University of Punjab, Bathinda with differential dimensions of adjustment that is home, health, social and emotional.

### Educational Implications

In view of the present study the investigator laid down the following educational implications.

1. Complaints associated to sexual harassment, mental harassment must be taken seriously and should be investigated in an unbiased manner. The support of students and faculty members are inevitable for the student under depression, suffering from fear of failure, not able mix-up with the other students, home sickness and other psychological problems.

2. All students should be encouraged to participate in co-curricular activities so that they get more opportunities to increase their social intelligence. Individual counselling, group counselling, career counselling, etc. should be done from time to time. Good rapport between teachers and students should be there so that students can share their problems with them.
3. Group work should be given to all the students to increase their social skills such as group projects-work, community service etc.
4. Counselling cell should regularly interact with the students to find out the adjustment problems of the students
5. Individuality of each and every student must be respected by every institution.

#### Suggestions for further Research

1. Study can be conducted to compare the social intelligence and adjustment of hostellers and day scholars of Central University of Punjab.
2. Study can be conducted to compare the social intelligence and adjustment of students of State University and Central University

#### Limitations

1. The study was limited only to the post graduate students of Central University of Punjab.
2. The study was limited only to the science and humanities stream students of Central University of Punjab.
3. The study was limited to PG hostellers of Central University of Punjab.
4. The study was limited to sample size of 200 students only of CUPB.

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