ACKNOWLEDGEMENT

We give thanks to you, O God, We thanks to you!

We proclaim how great you are and tale of the wonderful things you have gone. (psalm 75:1)

It takes vision, passion and commitment to bring dream into reality. It also takes an extra - ordinary amount of support. My dissertation on "A Case study of adjustment problems and coping mechanism of boys and girls in Navodaya Vidyalaya of Narmada district in Gujarat" was one such dream. Having reached that milestone, it is my privilege to reflect up on the path I have covered for this journey and express my heartfelt gratitude to those whose support helped me to fulfil this part of my dream. My first and foremost gratitude is to the Lord Almighty for bestowing his blessing, kindling the light in me, so that I could accomplish my task successfully.

Smt. Dr. Archana Tomar, my mentor, Guru and guide, without whom this work would never have been possible, brought an exceptional wealth of wisdom, experience, and generosity in my project. Her in-depth knowledge in research methodology and attitude mapping stood me in good stead. I express my heartfelt gratitude for her ungrudging remarkable insightful guidance, her vision towards innovative ideas in education, worthwhile direction and effective suggestions.

I express my thanks to Prof. S. C. Panigrahi, Head of the department, CASE, for giving me permission to use library of CASE, MSU, Baroda. I offer my gratitude towards all the teachers those who helped me in my tools validation.

I am extremely thankful to Shri. Anand. M. Chaware, the principal, JNV, Dist: Narmada for allowing me to collect data. And my special thanks to Aniyash and students of all the classes for contributing their valuable time and suggestions.

I am conscious of my gratitude towards my friends Manish Kumar Meena, Aavrut Bhatt for their ready assistance at any point of time. I deeply express my indebtedness to my parents and my dear wife Yogeshvari N. Vasava for their constant encouragement and inspiration.

I conclude by thanking once again one and all who has contributed directly or indirectly in completing my project successfully.

Narendra Vasava

DECLARATION

I hereby declare that the Dissertation entitled "A CASE STUDY OF ADJUSTMENT PROBLEMS AND COPING MECHANISM OF BOYS AND GIRLS IN NAVODAYA VIDYALAYA OF NARMADA DISTRICT IN GUJARAT" submitted by me for the partial fulfilment of the M.Ed. programme to Indira Gandhi National Open University (IGNOU) New Delhi, is my original work and has not been submitted earlier either to IGNOU or any other institution for the fulfilment for any course of study. I also declare that no chapter of this manuscript in whole or in part is lifted and incorporated in this report from any earlier work done either by others or me.

Place:	
Date:	Enrolment No. 110272844
	Narendra Kumar G. Vasava
	A-99 Dream Residency
	Nr.Makarpura Rly. Station
	Maneia Vadodar:

CERTIFICATE

This is to certify that **Mr. Narendra Kumar G. Vasava**, student of M.Ed from Indira Gandhi National Open University, New Delhi has worked under my supervision and guidance for his Dissertation for the Course MESP-068. His Dissertation "A Case study of adjustment problems and coping mechanism of boys and girls in Navodaya Vidyalaya of Narmada district in Gujarat", which he has submitted is his genuine and original work. The dissertation incorporates the results of independent investigation carried out by him. I find it fit for submission and evaluation.

Date:

DR. ARCHANA TOMAR

Assistant Professor

School of Science and Education

Navrachana University,

Vadodara

LIST OF CONTENTS

ACKNOWLEDGEMENT	I-II
DECLARATION	III
CERTIFICATE	IV
TABLE OF CONTENTS	V-VIII
BIBLIOGRAPHY	VIII
LIST OF APPENDICES	VIII

TABLE OF CONTENTS

CHAPTER – I

INTRODUCTION

SR. NO	CONTENTS	PAGI
		NO
1.0	Introduction	1
1.1	The Navodaya Vidyalaya System	1
1.1.1	The Origin of Navodaya Vidyalaya System	1
1.1.2	Objectives of Navodaya Vidyalaya Scheme	3
1.1.2.1	Six Specific Objectives:	4
1.1.3	Salient Features of Navodaya Vidyalaya System	4
1.1.4	Organizational Structure	5
1.1.4.1	The Navodaya Vidyalaya Samiti	5
1.1.4.2	Organisational Chart of Navodaya Vidyalaya Samiti	6
1.1.4.3	Regional Offices of Navodaya Vidyalaya Samiti Throughout India	7
1.1.5	The Growth f Navodaya Vidyalaya System	7
1.1.6	Brief History of Jawahar Navodaya Vidyalaya, Dist: Narmada	8
1.1.7	Goals of Jawahar Navodaya Vidyalaya, Dist: Narmada	8
1.1.7.1	Objectives of Jawahar Navodaya vidyalaya, Dist: Narmada	9

1- 15

1.1.8	Admission Procedure In Jawahar Navodaya Vidyalaya, Dist: Narmada	10
1.1.8.1	Eligibility	10
1.1.8.2	Reservation	10
1.1.9	Migration System	11
1.1.10	Students' Life	11
1.1.10.1	Daily Routine and Residential Life	11
1.1.10.2	Academic Life	12
1.1.10.3	House System	13
1.1.11	Problems Faced by Vidyalaya and Children in Vidyalaya, JNV, Narmada	13
1.2	Rationale of the Study	13
1.3	Statement of the problem	14
1.4	Research Questions	15
1.5	Objectives of the Study	15
1.6	Delimitations of the Study	15
	CHAPTER: II	
	REVIEW OF RELATED LITERATURE	16-20
SR.NO	CONTENTS	PAGE
		NO.
2.0	Introduction	16
2.1	Related Literature	16
2.2	Implications for the Present Study	19
	CHAPTER: III	
	RESEARCH METHODOLOGY	21-22
SR.NO	CONTENTS	PAGE
		NO.
3.0	Introduction	21

3.1	Research design	21
3.2	Population	21
3.3	Sample	21
3.4	Tools and techniques for data collection	21
3.5	Process of Tool Validation	22
3.6	Procedure of data collection	22
3.7	Procedure of data analysis	22
	CHAPTER: IV	
	DATA ANALYSIS AND INTERPRETATION	23-51
SR.NO	CONTENTS	PAGE
		NO
4.0	Introduction	23
4.1	Objectives of the Study	23
4.2	Data Analysis and Interpretation	23
4.2.1	Social Adjustment Problems and Coping Mechanism	24
4.2.2	Academic Adjustment Problems and Coping Mechanism	29
4.2.3	Hostel Adjustment Problems and Coping Mechanism	36
4.2.4	Comparison of the Adjustment Problems in Girls and Boys	42
4.2.5	Comparison of the Coping Mechanism in Girls and Boys	45
	CHAPTER: V	
	SUMMARY AND CONCLUSIONS	52-61
SR.NO	CONTENTS	PAGE
		NO
5.0	Introduction	52
5.1	Rationale of the study	52
5.2	Statement of the problem	53

Research Questions	54
Objectives of the study	54
Delimitations	54
Methodology	54
Population	54
Sample	55
Tools and techniques for data collection	55
Data Collection	55
Data Analysis	55
Major findings of the Study	55
Discussion	59
Suggestions for Further Research	60
Implications and Conclusions	61
	Objectives of the study Delimitations Methodology Population Sample Tools and techniques for data collection Data Collection Data Analysis Major findings of the Study Discussion Suggestions for Further Research

BIBLIOGRAPHY

- Books
- Journals
- Dissertations/Thesis
- Reports

LIST OF APPENDICES

Appendix-1 Approval of Dissertation Proposal

Appendix-2 Questionnaire

Appendix-3 Staff Position

Appendix-4 Vidyalaya Advisory Committee

Appendix-5 Vidyalaya Management Committee

Appendix-6 Purchase Advisory Committee

Appendix-7 Parents Teacher Council