



A Study of Adjustment Among College Students

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ABSTRACT

Adjustment is a continual process by which a person varies his behavior to produce a more harmonious relationship between himself and environment. The purpose research attempted to study of Adjustment among College Students. **Objectives-** To examine the Adjustment of College Students. **Hypotheses:** There is no significant difference between Male and Female College Students with dimension Adjustment on Health Adjustment, Social Adjustment, Emotional Adjustment, and Health Adjustment. **Methodology Sample:** The present study samples go was selected from Beed district in Maharashtra. Total sample of present study 100 College Going Students, in which 50 were Male and 50 Female College Going Students. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. **Research Design:** the present study Simple Research design was used. **Variables-** The independent variables are Gender (Male and Female Students) and Dependent variables are Adjustment (Health Adjustment, Social Adjustment, Emotional Adjustment and Health Adjustment). **Research Tools-** Bell's Adjustment Inventory by Lalit Sharma. **Statistical Treatment:** Mean, SD and 'F' values used. **Conclusions-** 1) there is no significant difference between Male and Female Students on Home Adjustment, Social Adjustment, Health Adjustment and Adjustment.2) Male Students high Emotional Adjustment than Female Adjustment.

Keywords- Male, Female, Adjustment, Health Adjustment, Social Adjustment, Emotional Adjustment, and Health Adjustment.

INTRODUCTION

The concept of adjustment is as old as human race on earth systematic emergence of this concept start from Darwin. In those days the concept was purely biological and he used the term adaptation, biologists used the term adaptation for physical demands of the environment but psychologists used the term adjustment for varying condition of social or interpersonal relations in the society. Thus we see that adjustment means reaction to demand and pressure of social environment imposed upon the individual. Though the interaction between ability and situation mean establish and harmony or adjustment with the world around her. The concept of adjustment is as old as human race on earth. Systematic emergence of this concept starts from Darwin. In those days the concept was purely biological and he used the term adaptation. The adaptability to environmental hazards goes on increasing as we proceed on the psychogenetic scale from the lower extreme to the higher extreme of life. Insects and germs, in comparison to human beings, cannot withstand the hazards of changing conditions in the environment and as the season changes, they die. Hundreds of species of insects and germs perish as soon as the winter begins.

AREAS OR ASPECTS OF ADJUSTMENT

Home Adjustment:-

Home is the wellspring of most noteworthy fulfillment and security to its individuals. The connections among the relatives and their methods for conduct assume driving job in the change of a youngster. Home adjustment is expressed in terms of satisfaction or dissatisfaction



with home life, appropriate and inappropriate expectations of behavior trust of family, and satisfaction and affection within the family and certain health related aspects. Home adjustment is expressed in terms of satisfaction or dissatisfaction with home life, appropriate and inappropriate expectations of behavior trust of family, and satisfaction and affection within the family and certain health related aspects.

Social Adjustment:-

Social modification requires the advancement of the nature of social righteousness in a person. It additionally necessitates that one ought to be social enough to live in amicability. Social adjustment is expressed in terms of comfort or discomfort in social gatherings, shyness, submissiveness and introversion relating to group activities.

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Emotional Adjustment:-

An individual, said to be candidly balanced, requires one's parity enthusiastic advancement and legitimate preparing in the outlet of passionate.

Emotional adjustment is expressed in the terms of disappointment, irritation, feelings of inferiority, sleeplessness and nervousness.

Health Adjustment:-

One is said to be balanced as to one's wellbeing and physical advancement, if a tyke's physical improvement and capacity are in similarity with those of his age mates and he feels any trouble in the advancement because of a few deformities or lack of ability in his physical organ. He appreciates full chance of being balanced. Health adjustment is expressed in terms of illness, fatigue, stress and indigestion. Health adjustment is expressed in terms of illness, fatigue, stress and indigestion.

REVIEW OF LITERATURE

Anita (1994) this Study found that girls better adjusted in emotional, social, educational and total areas of adjustment areas of adjustment compared to boys. Dutta et. All. (1998) this study found that there is no significant difference between the boys and girls in the area of social adjustment. Dutta et.al.(1997) this study results reported that boys to be better adjusted than girls in the areas of health adjustment. Dutta etal (1998) this study conducted that no significant difference among the boys and girls in the area of social adjustment. Enochs and Roland (2006) this study indicate out those males are more adjusted than females. Jain and Jandu (1998) this study conducted that girls were better adjusted than boys. Lama (2010) this study reported that male students are better adjusted in overall adjustment on the campus as compared to female students. Leelavathi (1987) in her study found that males had good social and total adjustment than females.

Muni and Pavigrahi (1997) this study conducted that girls were better adjusted in the all the areas of adjustment pattern than boys. Pankaj Singh, at. All, (2017) this study found that 1) college going students girls high mean indicate unsatisfactory at home adjustment and college going students boys low mean indicate low unsatisfactory at home adjustment.2) college going students girls high mean indicate unsatisfactory at health adjustment and college going students boys low mean indicate low unsatisfactory at health adjustment.3) Social Adjustment result shows no sign cant difference. College going student's boys and Girls College going student's girls. 4) College going students girls high mean indicate unsatisfactory at emotional adjustment and college going students boys low mean indicate low unsatisfactory at emotional adjustment.

Priyanka Sharma and Nisha Saini, (2013) this study concluded that girls are average in health and social adjustment and unsatisfied in emotional adjustment. The boys are average in social adjustment and unsatisfied in health and emotional adjustment. The girls and boys do not differ significantly in health, social and emotional adjustment. Rahamtullah (2007) this

study examine that boys are significantly better adjusted than girls on the emotional adjustment. Rakhi Ghatak,(2018) this study found that a significance difference was found in social adjustment between Male and Female adolescents and not significant difference.

Rakhi Ghatak,(2018) this study found that significance difference was found in home adjustment between male and female adolescents. Raut Rameshwar Babasaheb, (2019) this study found that Female Students Better Adjustment than Male Students. Roy, Ekka and Ara(2011) this study observed that Girl students were better adjusted in all areas of adjustment than Boy students. Singh (1995) this study examine that adolescent girls are better adjusted in the areas of emotional whereas adolescent boys were better adjusted in the area of health and social adjustment. Sunita (1986) this study found that Boys were more socially adjusted than girls. ThiyamKiran Singh et. All, (2014) this study found that there is no significant difference between boys and girls in the domains of home adjustment, health adjustment, social adjustment, emotional adjustment and overall adjustment.

STATEMENT OF THE PROBLEM

“A comparative Study of Adjustment among College Students”

OBJECTIVES OF THE STUDY

- To examine the Adjustment of Male and Female Students.

HYPOTHESES OF THE STUDY

Ho -There is no significant difference between Male and Female Students with dimension Adjustment on Health Adjustment, Social Adjustment, Emotional Adjustment, and Health Adjustment.

Methodology:-

Sample

The present study sample go was selected from Beed district in Maharashtra. Total sample of present study 100 College Going Students, in which 50 were Male and 50 Female College Going Students. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1.

RESEARCH DESIGN

Simple research design used.

VARIABLES OF THE STUDY

Independent Variables Gender- 1) Male Students 2) Female Students

Dependent Variables Gender- Adjustment-1) Health Adjustment 2) Social Adjustment

3) Emotional Adjustment 4) Health Adjustment

RESEARCH TOOLS:-

Bell's Adjustment Inventory -

Bell's adjustment was developed by Lalit Sharma. The present inventory consists of 80 items, retained as a result of item-analysis out of 140 items. High scores on the inventory indicate low adjustment whereas low score indicates high adjustment in different areas of adjustments namely home (21 items), (20 items), social (21 items) and emotional (18 items) as well as taken as a whole (80 items). This inventory reliability was split half (odd even method) 0.897 and test retest method was 0.927 and validity Co-efficient was found to be very high 0.834.



STATISTICAL TECHNIQUES

Mean, S.D and ANOVA were College Students to analyses the data.

RESULTS

Table No.01 Show the Mean, SD and F Value of Gender on Adjustment

Table No.	Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Table No. 01 (A)	Home Adjustment	Male Students	11.23	2.09	50	98	1.78	NS
		Female Students	10.26	3.36	50			
Table No. 01 (B)	Social Adjustment	Male Students	11.70	2.01	50	98	3.85	NS
		Female Students	10.36	3.12	50			
Table No. 01 (C)	Emotional Adjustment	Male Students	12.83	2.66	50	98	4.98	0.01
		Female Students	11.36	2.41	50			
Table No. 01 (D)	Health Adjustment	Male Students	9.93	2.99	50	98	3.32	NS
		Female Students	11.33	2.95	50			
Table No. 01 (E)	Adjustment	Male Students	45.70	6.31	50	98	1.42	NS
		Female Students	43.33	8.82	50			

(Critical value of "F" with df58 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

DISCUSSION

GENDER ON HOME ADJUSTMENT

Hypotheses: - 01

- There is no significant difference between Male and Female Students on Health Adjustment.

Observation of the Table No. 01 (A) indicated that Mean and SD of Male Students was 11.23 ± 2.09 and Female Students was 10.26 ± 3.36 on Home Adjustment and F value is 1.78 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted it mean that There is no significant difference between Male and Female Students on Home Adjustment.

GENDER ON SOCIAL ADJUSTMENT

Hypotheses: - 02

- There is no significant difference between Male and Female Students on Social Adjustment.

Observation of the Table No. 01 (B) indicated that Mean and SD of Male Students was 11.70 ± 2.01 and Female Students was 10.36 ± 3.12 on Social Adjustment and F value is 3.85 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted it mean that There is no significant difference between Male and Female Students on Social Adjustment.

GENDER ON EMOTIONAL ADJUSTMENT

Hypotheses:- 03

- There is no significant difference between Male and Female Students on Emotional Adjustment.

Observation of the Table No. 01 (C) indicated that Mean and SD of Male Students was 12.83 ± 2.66 and Female Students was 11.36 ± 2.41 on Emotional Adjustment and F value is 4.98 which found significant at 0.01 level and 0.05 level at were null hypothesis was rejected and Alternative hypothesis is Accepted (There is significant difference between Male and Female Students on Emotional Adjustment) it mean that Male Students high Emotional Adjustment than Female Adjustment.



GENDER ON HEALTH ADJUSTMENT

Hypotheses:- 04

- There is no significant difference between Male and Female Students on Health Adjustment.

Observation of the Table No. 01 (D) indicated that Mean and SD of Male Students was 9.93 ± 2.99 and Female Students was 11.33 ± 2.95 on Health Adjustment and F value is 3.32 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted it mean that There is no significant difference between Male and Female Students on Health Adjustment.

GENDER ON ADJUSTMENT

Hypotheses:- 05

- There is no significant difference between Male and Female Students on Adjustment.

Observation of the Table No. 01 (E) indicated that Mean and SD of Male Students was 45.70 ± 6.31 and Female Students was 43.33 ± 8.82 on Adjustment and F value is 2.81 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted it mean that There is no significant difference between Male and Female Students on Adjustment.

THE LIMITATION OF THE STUDY

- The findings of the study are based on very small sample.
- The sample was selected only Beed District in Maharashtra.
- The study was using only college Students.
- The study was selected students are only 18 to 21 years.

CONCLUSIONS

- There is no significant difference between Male and Female Students on Home Adjustment.
- There is no significant difference between Male and Female Students on Social Adjustment.
- Male Students high Emotional Adjustment than Female Adjustment.
- There is no significant difference between Male and Female Students on Health Adjustment.
- There is no significant difference between Male and Female Students on Adjustment.

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