



Gender Based Study of Adjustment & Anxiety Among College Students

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Introduction:

Effective adjustment of a person in various situations of life depends upon satisfactory life situations as well as over all adjustment & anxiety. The adjustment and anxiety also differs according to gender. Generally female do more adjustment in compare to men and have more level of anxiety in compare to men. The present study to explorer that level of anxiety and adjustment of male and female college students. The study was administered on 50 adolescent college students (25 adolescent boys and 25 adolescent girls).

Definition of Adjustment:

Warren (1934): Adjustment refers to any Operation whereby on organism or organ becomes more favorably related to the environment or to the entire situation environmental & Internal.

James Dreier (1952):

Adjustment means the modification to compressed for or meet special conditions.

Need For Adjustment:

Life is an ongoing process. The developmental stages in it began with infancy and end with death and at every stage of the process the individual has creation needs since life is ever changing the needs to keep changing.

Adjustment level is in value environmental intellectual emotional spiritual physical social and to the every time situation if further includes positive association



with in intermarriage pertness friends neighbors team mate's room mate's social worker as well as fellow students.

Definition of Anxiety:

Anxiety is a multi system response to a perceived threat or change. It reflects a combination of biochemical changes in the body. The person personal history and memory and social situation ability to use memory and imagination

Methodology:

Objectives:

- (1) To study the level of adjustment of adolescent on adjustment
- (2) To Study the anxiety on gender basics.

Hypothesis:

- 1) There will be no significant difference between adjustments of adolescents is gender basis.
- 2) There will be no significant difference between anxiety of adolescents and gender basis.

Design:

The present study in values between groups design the independent variables were classified as gender M/F area urban and rural the dependent variable for study was adjustment and anxiety controlled variables for study was age (18 to 22) years and education qualification. Total samples selected for the study were 50 (25 boys & 25 Girls). The samples were collected from various college of Jalna tahsil. The dependant variable for study was adjustment and anxiety controlled variables for study was age (18-22) Years and Educational qualification Adjustment scale by Bell's adjustment inventory by Dr.Mrs.Lalit Sharma and Sinha's Compressive anxiety test SCAT Sinha's.

Procedure :

The samples were selected using random sampling methods. All the sample adolescent male and female students were contacted personally and the test was administrated.

Statistical analysis:

The obtained data was analyzed using mean S.D Standard Division and to measure the significant difference among adjustment and anxiety of college students.

Result & Discussion:

Keeping in view the specific objectivities of the study mean, S.D and T. Values are calculated and presented in following table.

Adjustment	Mean	S.D.	T-Value
Boys	37.28	1.51	1.75
Girls	34.52	1.51	1.75
Anxiety G	Mean	S.D.	T-Value
Boys	12.28	1.34	0.75
Girls	11.52	1.34	0.75

NS at 0.05	Level
No NS at 0.01	Level

On observing the results table it is clear that the values obtained to find out the significant difference between adjustment of adolescence (boys & girls) are not significant at both the level thus rejecting hypotheses no.1. Values dimpled on results table no.2 farther than show no significant difference between adjustment of adolescent's (boys & girls) at both the level this farther rejects null hypotheses no.2, it is concluded that the "t" values are not found significant at both levels on both variable. Thus there is no significant difference between the adjustment and anxiety of college student's gender basis.

References:

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