"A Descriptive study to assess the adjustment problems among the first-year basic B.Sc. Nursing students of Desh Bhagat School of Nursing Mandi Gobindgarh of district Fatehgarh sahib Punjab"

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Abstract

The tool used for the data collection consisted of structured questionnaire. The 40 self -structured closed ended questionnaires were prepared for assessing the determining the adjustment problems among first year B.Sc. Nursing student. Closed ended question was prepared which is descriptive in nature. Study instruments used by the researcher consisted of Consent form, structured questionnaire, which has two sections. Section I - It consisted of 13 items as demographical data to assess the adjustment problems faced by the first year Basic B.Sc. Nursing students. Section II- Collection of information on the academic, psychological, physical and social adjustment problems faced by the first year Basic B.Sc. Nursing students. The findings of the present study revealed that 23% students are poorly adjusted, 77% students are adjusted and 0% students are well adjusted. The data revealed that the mean score was 107.5 followed by standard deviation 14.6. The One-way ANOVA value showed that there was a significance association between the levels of Adjustment, the association between demographic variable of age, gender, residential area, religion, marital status, type of family, monthly family income, accommodation, ordinal position in the family and adjustment problem is significant. Based on the finding it was concluded that majority of the students are adjusted (77%) among the first year basic B.Sc. Nursing student, and 23% students are poorly adjusted.

Introduction

Adjustment is a continuous process by which a person varies his behavior blub to produce a more harmonious relationship between himself and environment. It implies changes in our thinking in way of life to the demand of the situation. Based on the above definition adjustment could be seen as a condition or state in which one feels that one's needs have been fulfilled and one's behavior conforms to the needs of a given environment. Adjustment means the reaction to the demand and pressure of social environment imposed upon the individual. Adjustment is a continuous process by which a person varies his behavior to produce a more harmonious relationship between himself and environment. It implies changes in our

thinking in way of life according to the demand of the situation. Adjustment could be seen as a condition or state in which one feels that one's need have been fulfilled and one's behavior confirms to the needs of a given environment. Adjustment is the process through which a person tries to strike balance between his requirements (need, desire, and urges) and varying life situations. Adjustment is the psychological processes accustomed to adapt, cope, and manage the issues sweet-faced in the standard of living. For university students, the adjustment could be a multifaceted side that may be divided into four completely different elements that square measure educational, social, Personal-emotional adjustment and attachment to the university.

Objectives of the study

- To assess the adjustment problems among first year basic B.Sc. Nursing students.

- To find the association between adjustment with their selected demographical variables and the adjustment problems among first year Basic B.Sc. Nursing students.

Methodology

A descriptive research design approach was adopted for current study. The study consists of 100 Basic B.Sc. nursing 1st year students who fulfilled the inclusion criteria. Convenient sampling technique was used to allocate the samples Socio-Demographic questionnaire, Self – structured questionnaire was used to assess adjustment problems of Basic B.Sc. nursing 1st year students for Data collection. The Reliability was found to be 0.980. Ethical consideration was taken from ethical committee. Data has been collected through forms within time period of the month of July 2021.

Findings of the Study: Major Findings are:

Findings related to sample characteristics of Basic B.Sc. nursing 1st year students:
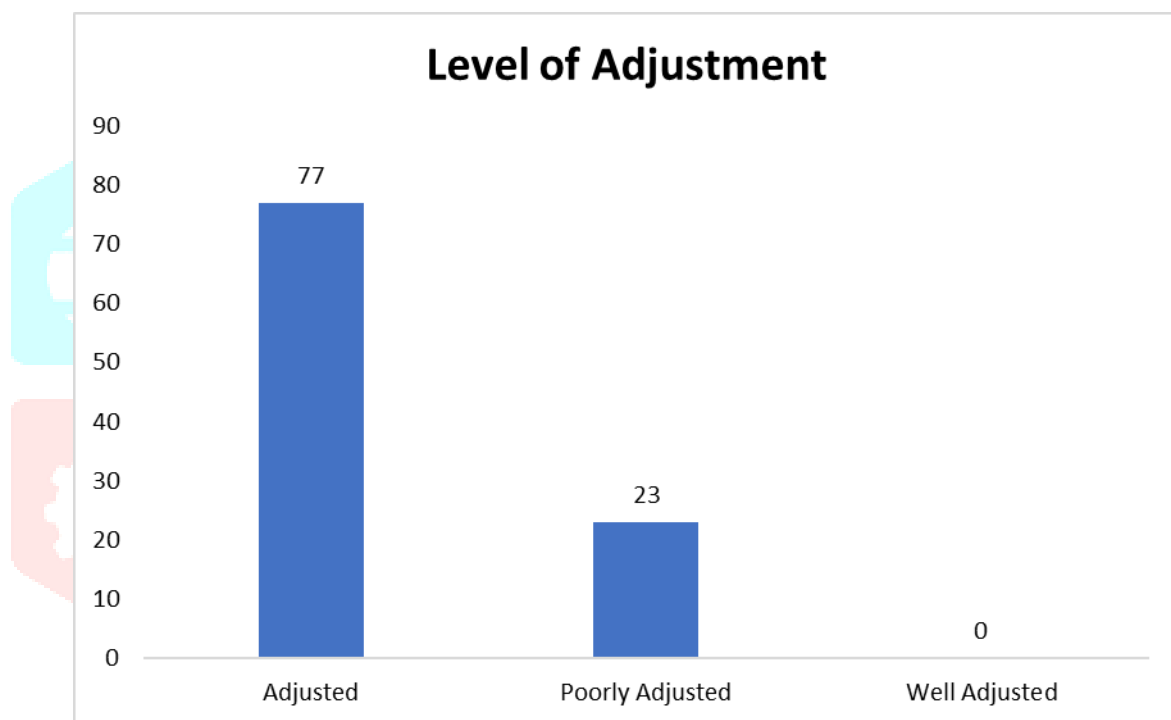
The majority of students (45%) were in the age group of <18 years and minimum students (17%) were in the age group of 19 years. Majority of the students (65%) were females and the minimum students (35%) were males. Majority of the students (60%) belongs to rural area and minimum students (40%) belongs to urban area. Majority of the students (48%) belongs to Muslim religion and minimum students (4%) were Christian. Majority of the students (98%) were unmarried and minimum students (2%) were married. Majority of the students (53%) belongs to nuclear family and minimum students (2%) belongs to extended family. Maximum number of students (38%) were having monthly family income less than 10,000 and minimum number of students (17%) were having monthly family income 10,001- 15,000. Majority of the nursing students (60%) were hosteller and minimum of the nursing students (8%) were paying guest. Majority of the students (43%) were first child of their family and minimum students (23%) were having more than second ordinal position in the family.

Table no.1 Level of Adjustment among students.

N=100

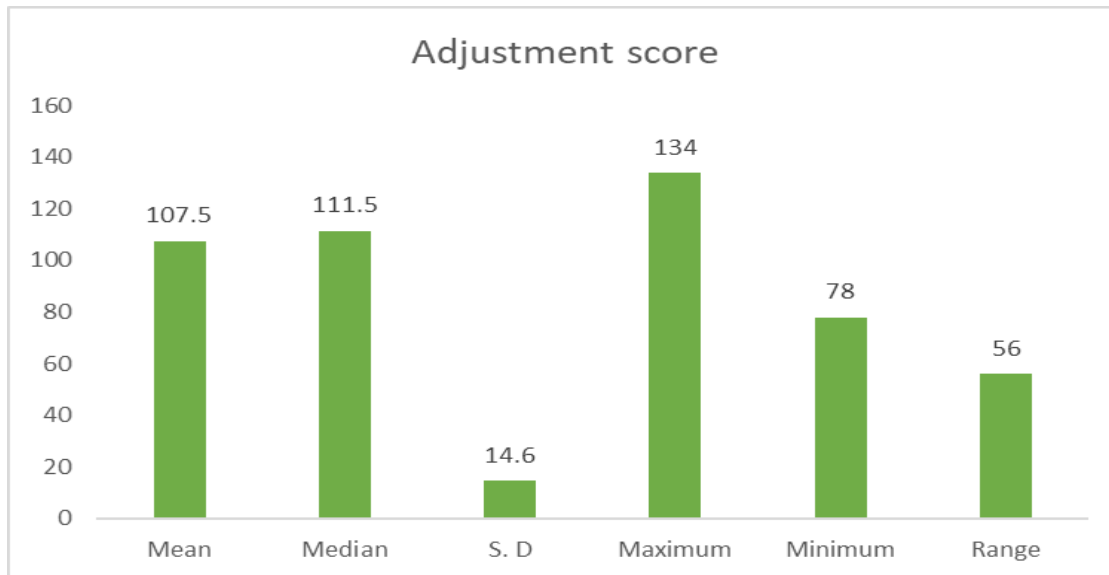| Level of Adjustment	Frequency(f)	Percentage (%)
Poorly Adjusted	23	23 %
Adjusted	77	77%
Well Adjusted	0	0%

Table 1. Illustrate that out of 100 B.Sc. nursing students 23% are poorly adjusted followed by 77% are adjusted and 0% are well adjusted. Hence, it concluded that majority of the student are adjusted (77%).

Fig 1: Level of adjustment among Students

Table 2: Assessment of adjustment of Basic B.Sc. Nursing 1st Year students

N=100

Descriptive Statistics	Mean	Median	S. D	Maximum	Minimum	Range
Adjustment score	107.5	111.5	14.6	134	78	56

The above table no. 2 showing Descriptive Statistics. This showed that median score was 111.5 followed by mean score was 107.5, Moreover, S.D score was only 14.6.

Fig 2: Bar Diagram showing adjustment of Basic B.Sc. Nursing 1st Year students

Association between adjustment with selected demographical variables

There is a significant association found between adjustment towards and demographical variables.

DISCUSSION

Similarly, Habibah E, Mahyuddin R, Uli J conducted a study Malaysia University (2009) Adjustment among First Year, it was reported that 26% found to be in the low category for their overall adjustment; had adjustment problem 42.8% of the respondents were found to be at the low level for the Personal-Emotional Scale which indicated that many subjects in this study were exposed to psychological and somatic problems in adjusting themselves to campus life. In United State students are likely to experience the following difficulties: academic pressures, financial problems, poor health, loneliness, interpersonal conflicts, difficulty in adjusting to change, and problems with developing personal autonomy.

A Anjani Devi N, Bismi K Alias and Mary Madhuri Thomas conducted Contradictory study at Nellore district (2016). in which age calculated value is 7.505 and there is no significance, in mother's education calculated value is 3.743 and there is no significance, in father's education calculated value is 1.99 and table value is 12.59 and there is no significance, in medium of language calculated value is 6.628 and the table value is 12.59 so there is no significance, in mothers tongue calculated value is less than table value. so, there is no significance, in religion calculated value is less than table value so, there is no significance, in duration of hostel stay calculated value is less than table value so there is no significance, in hobbies calculated value is less than table value. so, it is no significance, in leisure time activity calculated value is less than table value, calculated 11.768 and table value is 12.59, in hours of sleep per day calculated value is less than table value, calculated value is 9.716 and table value is 12.59.so there is no significance.

LIMITATION OF STUDY

The study sample was confined only to the Basic Nursing First Year Students. Only Students who fulfil the inclusion criteria are included in this study, there are several limitations of this study. Future analysis to determine the relationship between demographic characteristics and adjustment problem should be considered.

CONCLUSION

After the detailed analysis, this study leads to the following conclusion: -

It was concluded that majority of the students are adjusted (77%) among the first year basic B.Sc. nursing student and it concluded that association between all the demographic variables and adjustment problems is significant.

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