



THE EFFECT OF INFERIORITY AND INSECURITY ON ADJUSTMENT AMONG STUDENTS

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ABSTRACT

The aim of this paper is to study the effect of Inferiority and Insecurity on Adjustment among college students. Inferiority feelings are those general human feelings of incompleteness, smallness, weakness, unawareness, and dependency included in our first experiences of ourselves in infancy and early childhood. Insecurity is an inner feeling of being threatened and/or inadequate in some way. Being insecure means feeling anxious and fearful about yourself or something in your life. Adjustment is the behavioural process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. A well-adjusted person is aware of his own strength and limitation, respects himself and others, has adequate level of aspiration, has flexibility in behaviour, has the capacity to deal with adverse circumstances. A sample of 60 college students was taken. Inferiority & Insecurity Questionnaire developed by Dr. G.C. Pati (1976) and Adjustment Inventory developed by H.S. Asthana (1968) were used to collect data. Correlation coefficients were calculated from the obtained data. Findings suggest that inferiority and insecurity has negative effect on adjustment among college students ($r_1 = -0.40$ and $r_2 = -0.66$).

Keywords: Inferiority, insecurity, adjustment, college students

RATIONALE

The purpose of working on this topic is to explore the effect of Inferiority and Insecurity on Adjustment among college students. These variables have been chosen because the problem of inferiority and insecurity among students has become increasingly alarming. Teenage years are the prime years of bearing the burden of inferiority feelings. Inferiority complex is a kind of psychological obstacle that occurs usually in puberty and its reasons are complicated and its effects are negative and harmful. Students face the challenge of adjusting in changing environments at every stage of their life. The struggle to be able to get adjusted in various areas such as health, family, social, academics etc. is obstructed when feelings of inferiority and insecurity takes control of the person. Therefore it becomes important to cope with such feelings in order to be a better adjusted and fully functioning person.

CHAPTER 1

Chapter 1 deals with the introduction of variables- Inferiority, Insecurity and Adjustment. It explores the definition of Inferiority & Insecurity, indicative signs of inferiority and insecurity, theory of inferiority complex, definition and concept of adjustment, nature, areas and characteristic of adjustment. This chapter gives an overall understanding of the variables

INTRODUCTION

INFERIORITY AND INSECURITY-

Anything in the individual that is below the average, that incites adverse or gives him a feeling of impotency or ineffectiveness and social and interpersonal deficiencies are the causes that condition the development of inferiority and insecurity (Murray H.A., 1938).

Inferiority feelings are those general human feelings of incompleteness, smallness, weakness, unawareness, and dependency included in our first experiences of ourselves in infancy and early childhood. Inferiority feelings perpetuate to be experienced to greater or lesser degree throughout adult life. For the well-adapted individual, whose sense of solidarity and belonging among others is cultivated by improvement and inspiration, these feelings accommodate as spurs to effort and as a source of motivation to surmount obstacles, to grow, and to upgrade oneself and the community. To be a human being designates to retain a feeling of inferiority which continuously presses toward its own conquest. The inferiority feeling dominates the psychological life and can clearly be understood from the feeling of faultiness and of incompleteness and from the nonstop striving of man and mankind. Inferiority feelings are not in themselves abnormal. They are the reason of all improvements in the position of mankind.

Insecurity is an inner feeling of being threatened and/or inadequate in some way. Being insecure means feeling anxious and fearful about yourself or something in your life. It's quite normal to have feelings of self-doubt once in a while, chronic insecurity can damage your success in life and can be particularly damaging to your intimate relationships.

Indicative signs of existence of inferiority or insecurity feelings

Feelings of smallness, humiliation, failure, becoming sensitive, nervous, self-conscious, which are expressed in hesitation, speechlessness, confusion, stammering, sweating, gullibility, avoidance of work and responsibility, etc., may serve as indicators of the presence of inferiority feelings (Murray H.A., 1938).

Feelings of shame, guilt, rejection, isolation, tension, perception of the world and life as dangerous and human beings as bad, leading to actions like putting up grievance, looking pathetic, begging, pleading, weeping and accepting favours unhesitatingly, etc., may serve as indicative signs of the presence of insecurity feelings (Maslow, A.H., 1945).

Inferiority complex and Alfred Adler's theory

According to Alfred Adler, who was the first one to coin the term inferiority complex, every child experiences the feelings of inferiority as the result of being surrounded by stronger and more capable adults. As the child grows he becomes obsessed by his original feelings of inferiority he experienced earlier and so he strives for power and recognition. If the child failed to meet certain life challenges during his act of compensation then he will develop an inferiority complex. So according to Adler every child feels inferior but not everyone develops an inferiority complex which only affects those who failed to reimburse correctly.

ADJUSTMENT

The term adjustment is often used as a synonym for accommodation and adaptation. It is used to emphasize the individual's struggle to along or survive in his or her social and physical environment. Adjustment is the behavioural process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments.

Good (1959) states that adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes in the environment. Shafer (1961) emphasized that adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. Kulshrestha (1979) explained that the adjustment process is a way in which the individual attempts to deal with stress, tensions, conflicts etc., and meet his or her needs.

In this process, the individual also makes efforts to maintain harmonious relationships with the environment. In adjustment, the two crucial factors are the individual and the environment. In the study of the individual, the considerations are the heredity and biological factors, the psychological factors, and the quality of socialization given to him or her, whereas the environment includes all the social factors. Every individual from the time he or she steps out of the family and goes to school and college makes to a long series of adjustments between the whole unique personality and the environment.

Nature of Adjustment

- It is a perpetuates process
- Two-way process
- Not only the process of fitting oneself into available circumstances but withal the process of transmuting the circumstances to fit one's needs.
- It is the process of need reduction
- It is an achievement
- It brings bliss, efficiency and some degree of convivial feelings
- It involves psychological and physiological quandaries.

Areas of adjustment

- Health and physical environment
- Finance, living conditions and employment
- Social and recreational activities
- Sex and marriage
- Social psychological relation
- Personal psychological relations
- Moral and religious
- Home and family
- Adjustment to school and college work

Characteristics of a Well-adjusted Person

- Awareness of his own strengths and weaknesses
- Respecting himself and others
- An adequate level of aspiration
- Satisfaction of basic needs
- Absence of a critical or fault-finding attitude
- Flexibility in behaviour
- The capacity to deal with adverse circumstances.
- A realistic perception of the world
- A balanced philosophy of life.

A phenomenological approach to adjustment theory

The objective or normative approach of traditional psychology has been of little avail in therapy with atypical persons. A more subsidiary theory is developing with the client-centred or phenomenological approach, which postulates that the objective situation is less consequential than the subject's self-perception. The maladjusted person perceives his self-concept as threatened either by his own actions or by the environment. The individual discards his perceptions in terms of his self-definition, thus perpetuating errors. Therapy, to be prosperous, must palliate the threat enough to sanction altered self-perception and more adequate perception of the environment.

The moral model of adjustment

This represents the oldest view-point about adjustment or maladjustment. According to this view, adjustment or maladjustment should be judged in terms of morality i.e. absolute norms of expected behaviour. Those who follow the norms are adjusted (virtuous or good people) and those who violate the norms are maladjusted (sinners).

The medico-biological model of adjustment

This model holds genetic, physiological and biochemical factors responsible for a person being adjusted or maladjusted to his self and his environment. According to this model, maladjustment is the result of disease in the tissues of the body, especially in the brain. Such diseases can be the result of heredity or damage acquired during the course of a person's life- by injury, infection or hormonal disruption arising from stress, among other things. In the opinion of Lazarus (1976), the correction of adjustment failures or disorders requires correction of the tissue defect through physical therapies such as drugs, surgery and the like.

CHAPTER 2

Chapter 2 deals with various studies and previous literatures on inferiority & insecurity and adjustment among adolescents and college students. It is divided into two sections:

- Section A deals with previous literatures on inferiority and insecurity and related studies.
- Section B deals with previous literatures on adjustment and related studies

REVIEW OF LITERATURE

Section A: Inferiority & Insecurity and related studies

A study was done to investigate the relationship between Inferiority complex and Frustration in adolescents. It was conjectured that Inferiority complex in adolescents is positively correlated with Frustration resulting in reactions of Aggression, Resignation, Fixation and Regression. The sample comprised of 100 pre-University college students in the age range of 16-18. The results exposed that Inferiority complex correlated significantly with Frustration. The correlation was specifically high on Aggression ($r=0.516$), Resignation ($r=0.413$) and Frustration on the whole ($r=0.511$). Further regression analysis was carried out to see whether Frustration would predict Inferiority complex. It was revealed that Frustration significantly predicts Inferiority complex (Rajeshwari. N. Kenchappanavar, 2012).

This study was aimed to determine the effect of academic achievement on inferiority-insecurity feeling. The sample for the present study consisted of 100 adolescents, on this samples 50 high academic achiever (25 boys and 25 girls) and 50 low academic achievers (25 boys and 25 girls) from Dev Sanskriti Vishwavidyalaya, Haridwar. For amassing the data, Inferiority and Insecurity Questionnaires developed and standardized by Dr. G.G. Pati (1976) was utilized. Analysis of data was done by utilizing, mean, SD, and 't' test. The study revealed that: (i) There is no paramount distinction between high academic achiever and low academic achiever student on the caliber of inferiority feeling. (ii) There is no consequential distinction between high academic achiever and low academic achiever student on the caliber of insecurity feeling. (iii) There is no paramount distinction between high academic achiever boys and high academic achiever girls on the caliber of inferiority feeling. (iv) There is no paramount distinction between high academic achiever boys and high academic achiever girls on the caliber of insecurity feeling. (v) there is no consequential distinction between high academic achiever and low achiever boys on the caliber of inferiority feeling. (vi) There is no paramount distinction between high academic achiever and low achiever boys on the caliber of insecurity feeling. (vii) There is no consequential distinction between high academic achiever and low achiever girls on the caliber of inferiority feeling. (viii) There is no consequential distinction between high academic achiever and low achiever girls on the caliber of insecurity feeling. It is apperceived by the result of this field study that the variable has academic achievement effected to inferiority and insecurity feeling (Manoranjan Tripathy, 2017).

A Study on Insecurity Feelings Faced by the Children of Alcoholics: Children of Alcoholics is a general term used to describe individuals with one or more alcoholic parents. Albeit the ramifications of living with an addict, alcoholic parents are variable, proximately all children from alcoholic families are in peril for behavioural and emotional difficulties. The aim of the study is to study about their socio-demographic of the respondents. To study on insecurity feelings for the children of alcoholics. Descriptive research design was adopted for the study. The researcher used census sampling method and sample size was 45. The researcher utilized the questionnaire method. More than a moiety of the respondents was Boys. More than a moiety of the respondents had low caliber of insecurity feeling. Cent percentage of the respondents have intrigued with their studies. Astronomical majority of the respondents are not involved for buying the drug (or) alcohol. The convivial worker had major role to avail the children of alcoholic to lead a better life. The convivial worker had major role to amend the skills of the children by providing personality and adeptness predicated trainings (Ms. S. Monisha and Ms.PL. Rani).

Effect of Home Environment upon Inferiority among School Going Students : A study conducted by Ministry of Home Affairs Incipient Delhi. "Crime in India", 1958 to 1964, it was found that most of the malefactors emanated from broken homes where no code of discipline subsisted lack of interpersonal harmony and consistency leads to a viscous home atmosphere. The different hypothesis which was made for this study- "Home environment plays a vital role in the personality development of children. The better the habitation environment will be, the lesser feeling of inferiority is found in children" has been substantiated on the

substratum of the obtained data and statistical treatment. The proposal passed by UNO in chapter 27, that every child in the world has the right to live and it is the parents responsibility to provide a congenial and harmonious home environment for the child, so that he can get sundry opportunities and motivation to develop skills, confidence and over all perfect personality (Dr. Latika Varma, 2016).

A study was done to study the effects of inferiority complex. It was found that when person experiences inferiority complex, their interpersonal values get distracted, which in turn gets reflected in their psychological well-being. When he/she is free of Inferiority complex, depression, anxiety, excessive stress and worry, addictions, and other psychological problems diminishes, he/she is more able to live his/her lives to the fullest. Inferiority complex generates hostile frustration (Kabir & Rashid 2017).

Section B: Adjustment and related studies

A study aims to explore the social adjustment issues connected with adolescent orphans in the classroom. Investigator culled Lack of Cooperation, Feeling of Insecurity and Inferiority complex as 3 variables and predicated on these constructed an implement namely Adolescent Orphans Adjustment Quandaries Inventory. The implement was standardized and distributed among 130 adolescent orphans in 10 orphanages in 5 districts of Kerala. It includes 65 adolescent orphan boys and girls from 66 rural adolescent orphans and 64 urban adolescent orphans. After the analysis and interpretation of data the investigator comes to the conclusion that both the rural and urban adolescent orphans have gregarious adjustment quandaries in the classroom. The study revealed that adolescent orphan boys have more gregarious adjustment quandaries than that of girls (Rajalekshmi J, 2017).

A study was conducted to investigate whether there is any paramount relationship between adjustment and academic achievement of higher secondary school students. In this survey study, the investigators used stratified arbitrary sampling technique for culling the sample from the population. The stratification was done on the substructure of gender and locality of students. The sample consists of 350 higher secondary school students from ten schools in Thanjavur District, Tamil Nadu, India. The implements utilized for the present study were Adjustment Inventory developed by A.K.P. Sinha and R.P. Singh (2007) and academic achievement constructed by the investigator. The statistical techniques utilized for analysing the data for the present study was Karl Pearson's product moment co-efficient of correlation. The finding shows that, there is a consequential relationship between emotional, gregarious, inculcative adjustment of higher secondary school students in cognation to academic achievement (Sekar and Lawrence, 2016).

A study was done evaluate the relationship between the adjustment and spiritual astuteness among the adolescents was conducted on a sample of 300 students in sundry colleges of Ludhiana district, Panjab, India. Normative survey method was utilized in the present study. Two valid and reliable instruments Adjustment Inventory by Dr. Penny Jain (1990) and Spiritual Perspicacity Scale by Santosh Dhar and Upinder Dhar (2010) were habituated to assess student's spiritual perspicacity and adjustment. For the analysis of data, the descriptive statistics like mean, standard deviation, correlation and 't'-test was employed. Test of consequentiality for adjustment and spiritual perspicacity was studied with veneration to gender and locale. No consequential difference was found in spiritual perspicacity, whereas a consequential difference was found in adjustment of adolescents with deference to gender. The results of Correlation analysis disclosed the paramount positive relationship between adjustment and spiritual wisdom among adolescents (Dr. S.K. Brar, 2107).

A study conducted was a sincere endeavour to understand the difficulties of adjustment faced by adolescents in areas- Emotional, Gregarious, Inculcative and General/ Total sphere. The sample consisted of 699 students studying in high school classes in the state of Haryana. To study student's adjustment in the edifying, gregarious and emotional areas in cognation to their personality and achievement motivation three tests - Adjustment inventory for school students A.K.P. Sinha and R.P. Singh, Agra; Eysenck's Personality Questionnaire (Junior) for E and NHindi adaptation by Dagar and Achievement Motivation Test- P. Mehta, Delhi were applied. It was found that achievement motivation has no effect on the adjustment, extraversion has positive effect on social, inculcative and general adjustment and neuroticism has negative effect on the emotional, gregarious, inculcative and general adjustments. Effect of other secondary aspects on adjustment like sex and school location are additionally analysed and found that rural students proved better than the urban students on convivial, Scholastic and General/Total adjustment (Dr. Nirmala Devi, 2011).

A study was conducted to investigate the adjustment of secondary school students in cognation to academic achievement and gender. Academic Achievement and Gender were treated as independent variables whereas adjustment was treated as dependent variable. The sample comprised of 250 secondary school students from Bhiwani District. Arbitrary sampling technique was acclimated to cull the sample. Adjustment Inventory for school students (AISS) by Sinha and Singh (2013) [10] was acclimated to assess the adjustment of the students. The data was analysed statistically utilizing ANOVA supplemented by t-test. The findings of the study revealed that academic achievement and gender has paramount effect on the adjustment of the secondary school students. Paramount interaction effect of academic achievement and gender on the adjustment of the secondary school students was withal found. Thus, efforts should be made to avail the students to amend their academic achievement, which will avail them in ameliorating their level of adjustment. Workshops and seminars should withal be organised in all edifying institution to guide the students about the sundry techniques of making adjustment (Dr. Madhu Gupta and Dimple Mehtani, 2017).

The problem of adjustment is of gigantic importance for all the people especially to the students who should be helped in developing good adjustment besides the intellectual progress. This study investigates the adjustment problems of the college students status and academic achievement. The objectives of the study were; 1) To evaluate the adjustment problems among male and female college students; 2) To evaluate the adjustment among low and high socioeconomic college students; 3) To evaluate the adjustment among low and high achievement college students; 4) To evaluate the relationship between adjustment problems and academic achievement. The sample consists of 80 college students 40 male and 40 female from Dehradun district of Uttarakhand. Findings include that college students have average adjustment; there was no significant difference in the adjustment problems of male and female college students. The students having low socio-economic status have more adjustment problems than that of high socio-economic college students. No significant difference was found in adjustment problems of high academic achievement students and low academic achievement students. There exists a negative relationship between adjustment problems and academic achievement. (Nidhi Sharma and Muntazir Maqbool Kermene, 2015)

CHAPTER 3

Chapter 3 deals with the methodology i.e. the systematic method in which the study was conducted. It includes the purpose of the study, sample size and type of sampling used, hypotheses, scales used for data collection, type of analysis done, research design and the procedure of the study.

METHODOLOGY

PURPOSE- To study the effect of inferiority and insecurity on adjustment among college students.

SAMPLE- 60 college students participated in this study. Convenience sampling was used. Convenience sampling (also known as availability sampling) is a specific type of non-probability sampling method that relies on data collection from population members who are conveniently available to participate in study. In other words, this sampling method involves getting participants wherever you can find them and typically wherever is convenient. In convenience sampling no inclusion criteria identified prior to the selection of subjects.

HYPOTHESIS:-

- 1) There will be no effect of inferiority on adjustment among college students.
- 2) There will be no effect of insecurity on adjustment among college students.

DATA COLLECTION & ANALYSIS:-

SCALES-

- **The Inferiority & Insecurity Questionnaires-** A 20 items questionnaire developed by Dr. G.C. Pati (1976). Pearson correlation coefficient was calculated to obtain the validity coefficient: for Inferiority it came out to be .717(R) and for Insecurity it came out be .713(R). These are sufficiently high validity coefficients, significant above one percent level. Statistics of “test-retest” reliability was used for measuring consistency coefficients: for Inferiority Questionnaires it came out to be .920 and for Insecurity Questionnaire it came out to .936.
- **The Adjustment Inventory-** A 40 items questionnaire developed by H.S. Asthana (1968). The validity coefficients were determined for **each item** by the biserial correlation method. This revealed comparatively low validity of items 21 and 24. Consequently , these items were expunged when preparing the revised form of the inventory. The split-half reliability method using Spearman-Brown correlation yielded reliability coefficient of 0.97.

ANALYSIS-

Correlation: Correlation is a statistical measure that indicates the extent to which two or more variables fluctuate together. A positive correlation indicates the extent to which those variables increase or decrease in parallel; a negative correlation indicates the extent to which one variable increases as the other decreases.

A **correlation coefficient** is a statistical measure of the degree to which changes to the value of one variable predict change to the value of another. When the fluctuation of one variable reliably predicts a similar fluctuation in another variable, there’s often a tendency to think that means that the change in one causes the change in the other.

Descriptive statistics: Descriptive statistics are used to describe the basic features of the data in a study. They provide simple summaries about the sample and the measures. Together with simple graphics analysis, they form the basis of virtually every quantitative analysis of data.

RESEARCH DESIGN:-

Correlational design is one of the types of ex-post facto design in which the experimenter collects two or more sets of data from the same group of subjects so that the relationship between the two subsequent sets of data can be determined. It is used in this research as the researcher is trying to know whether inferiority and insecurity is correlated with adjustment among college students.

PROCEDURE:-

The purpose of the study was to explore the effect of Inferiority & Insecurity on adjustment among college students. The study has been designed based on the previous literature that depicts negative effect of inferiority and insecurity on the overall adjustment of college students. The data has been collected from a defined population of 60 college students in person. A healthy rapport was formed with the participants before the collection of data in person. The Inferiority & Insecurity Questionnaires and Adjustment Inventory were administered on all the participants. Instructions were given to all the participants as how to fill the questionnaire. After the data collection, analysis of the data was done. The results were interpreted and discussion was done. The implications and scope for future research has been discussed.

CHAPTER 4

Chapter 4 deals with the results of the study- “Effect of Inferiority & Insecurity on Adjustment among college students” , other findings of this study and discussion supported with previous literatures or related studies on the same variables.

RESULTS AND DISCUSSION

The purpose of the study was to explore the effect of Inferiority and Insecurity on Adjustment among college students. Inferiority feelings are those general human feelings of incompleteness, smallness, weakness, unawareness, and dependency included in our first experiences of ourselves in infancy and early childhood. Insecurity is an inner feeling of being threatened and/or inadequate in some way. Adjustment is the behavioural process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. It is the process of fitting oneself into available circumstances.

The study was conducted among 60 college students. Inferiority & Insecurity Questionnaire developed by Dr. G.C. Pati (1976) and Adjustment Inventory developed by H.S. Asthana (1968) were used to collect data. The scoring was done according to the manual. Then the Pearson correlation coefficients were calculated with the obtained data.

The results reveal that there is a negative effect of inferiority and insecurity on adjustment among college students. The first hypothesis which stated that ‘there is no effect of inferiority on adjustment among college students’ was not retained as there is a significant relation found between inferiority and adjustment and it was a negative correlation ($r_1 = -0.40$). This means that a person with high inferiority feelings will be low in adjustment. The second hypothesis which stated that there is no effect of insecurity on adjustment was also not retained as there is a significant relation found between insecurity and adjustment and it was a negative correlation ($r_2 = -0.66$). This means that if a person has high insecurity feelings will be low in adjustment.

TABLE 1: Following table shows the correlation coefficient between inferiority and adjustment and its interpretation.

Variables	Correlational value	Interpretation
Inferiority and Adjustment	$r = -0.40$	Negatively correlated.

TABLE 2: Following table shows the correlation coefficient between insecurity and adjustment and its interpretation.

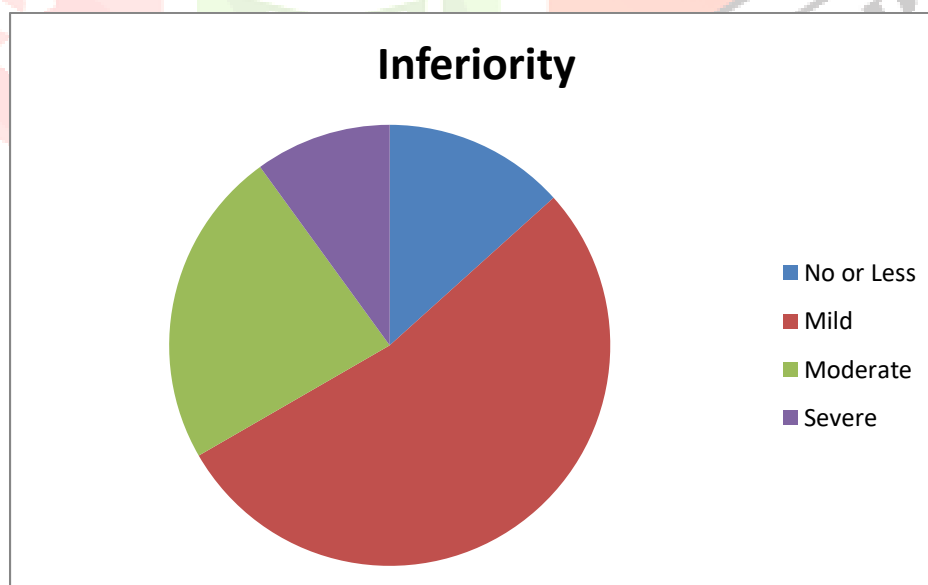
Variables	Correlational value	Interpretation
Insecurity and Adjustment	$r = -0.66$	Negatively correlated.

Similar studies have been conducted which shows negative effects of inferiority and insecurity and issues of adjustment.

A study was done to study the effects of inferiority complex. It was found that when a person experiences inferiority complex, their interpersonal values get distracted, which in turn gets reflected in their psychological well-being. When he/she is free of inferiority complex, depression, anxiety, excessive stress and worry, addictions, and other psychological problems diminishes, he/she is more able to live his/her lives to the fullest. Inferiority complex generates hostile frustration (Kabir & Rashid 2017).

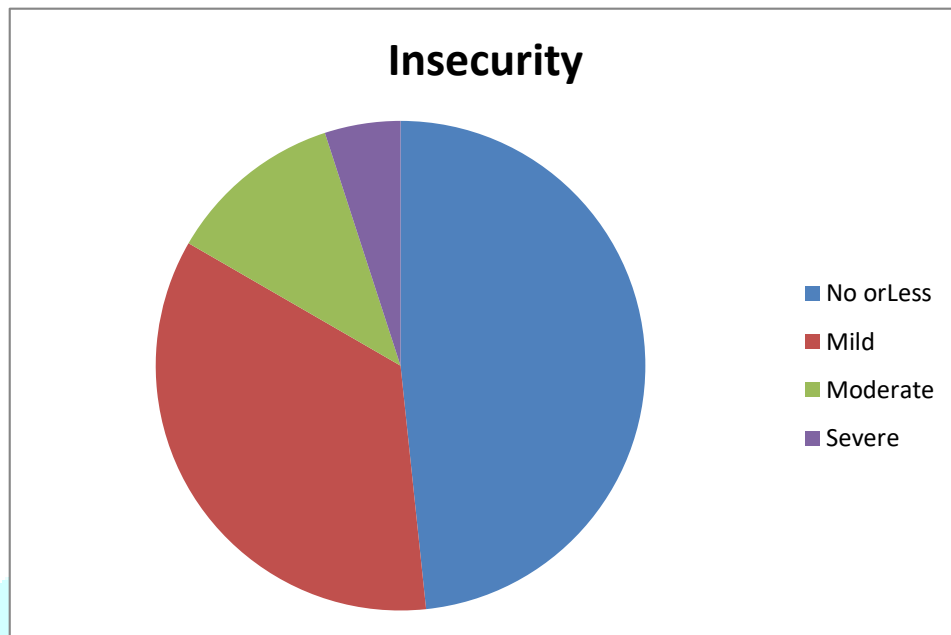
A study was conducted to understand the difficulties of adjustment faced by adolescents in areas- Emotional, Gregarious, Inculcative and General/ Total sphere. It was found that achievement motivation has no effect on the adjustment, extraversion has positive effect on social, inculcative and general adjustment and neuroticism has negative effect on the emotional, gregarious, inculcative and general adjustments.

Other findings reveal that inferiority and insecurity feelings perpetuate to be experienced to greater or lesser degree among the college students. Almost every participant experienced some amount of inferiority and insecurity feelings. After the analysis of the data collected, it was found that among 60 college students 13.33% of students have no or less inferiority feelings, 53.33% of students have mild inferiority feelings, 23.33% of students have moderate inferiority feelings and 10% of students have severe inferiority.



Pie chart showing percentage of college students experiencing Inferiority at different levels

Similarly, it was found that out of 60 college students, 48.33% of students experienced no or less insecurity feelings, 35% of students experienced mild insecurity, 11.66% of students experienced moderate insecurity and 5% of students experienced severe insecurity.



Pie chart showing percentage of college students experiencing Insecurity at different levels

CHAPTER 5

Chapter 5 includes the conclusion showing the results and findings of this study, suggestions for further studies in this topic and implications or applications of this study on people and society at large.

CONCLUSION

The objective research analysis was to study the effect of Inferiority and Insecurity on adjustment among college students. The hypotheses of this paper which stated- 1) 'there will be no effect of inferiority on adjustment' and 2) 'there will be no effect of insecurity on adjustment', were both not retained as after the analysis of data it was found that there is a negative correlation between inferiority and adjustment ($r = -0.40$) and negative correlation between insecurity and adjustment ($r = -0.66$). To be a human being means to possess a feeling of inferiority which constantly presses toward its own conquest. The inferiority feeling dominates the psychological life and can easily be understood from the feeling of imperfection and of incompleteness and from the incessant striving of man and mankind. For the well-adapted individual, whose sense of solidarity and belongingness among others is cultivated by education and encouragement, these feelings serve as spurs to effort and as a source of motivation to overcome obstacles, to grow, and to improve oneself and the community. It can be concluded that high levels of inferiority and insecurity feelings can cause difficulty in adjustment in the changing circumstances.

SUGGESTIONS

- A sample of diverse population could be taken in further studies to have more valid generalized results.
- The sample size can be increased as the one in this research is fairly modest.
- Future studies could be conducted to see the effect of age and gender difference on the inferiority and insecurity.

IMPLICATIONS

- Issues of adjustment among students are common and field of psychology needs such kind of researches to address the issues.
- Higher level of inferiority and insecurity effects wellbeing of students negatively and this also raises various issues among students such as stress, suicidal tendencies, unhealthy relationships, etc. which needs to be addressed.
- Interventions could be planned for overcoming inferiority and insecurity and adjustment issues among students.

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