



# A Study Of Adjustment Among Students Studying In Degree Colleges Of Jammu City.

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## Abstract

The present study is intended to examine the problems of adjustment among students studying in Degree colleges of Jammu city. Adjustment is the process of living itself or dynamic equilibrium of total personality. It is a long process in which an individual learns ways of behavior through which he enters a relationship of harmony with his environment. Adjustment affects the various aspects of a student's life. The present study was conducted to know the adjustment level among degree colleges students in relation to their five areas of adjustment i.e., home, health, social, emotional and educational. The investigator selected 200 students who are studying in various degree colleges of Jammu city. The tool used in the study was Adjustment Inventory for College students standardized by A.K.P Sinha and R.P. Singh (2012). The data thus obtained was analyzed by using appropriate statistical techniques such as mean, standard deviation and critical ratio. The result showed that there was significant difference in adjustment among boys and girls students studying in Degree colleges. Boys are more adjusted than girls in all five areas.

**Key words:** - Adjustment, home adjustment, health adjustment, social adjustment, emotional adjustment, educational adjustment, Gender

## INTRODUCTION

In this rapidly changing world adjustment is a persistent feature of human personality. Unless a person is not able to adjust himself to the environment, he/ she cannot develop his/her wholesome personality. A man of adjusting nature can lead a cheerful and wholesome life but a less adjusting nature always leads a depressed and unhealthy life. Adjustment is a process by which an individual learns certain ways of behavior to cope with the situation which he/she attains through harmony with his/her environment. After completing secondary school many students join colleges and other institutions. The transition to colleges can be a stressful experience for students. College is an exciting time of life, one filled with many profound transitions in preparation for an exciting and fulfilling future. They must adjust with their own changes in personality on one side and the changing socio-economic environment on the other side.

In recent years there has been growing interest in adolescent's tradition to college and the development of socio-emotional challenges that accompany the transition, only half of the entering college students manage to finish their degree in a specified period & the remaining half dropout at some stage. A significant degree of our culture's dissatisfactions and disappointments with life, work & relationship are what we expect too much from them. Adjustment is a built-in mechanism for coping with the problematic or other realities of life. Adjustment has been considered as an index to integration a harmonious behavior of the individual by which other

individuals of the society recognize person as well adjusted (1990).

In modern society, life is becoming very complex & conflicting day by day. If a person is well adjusted only then can one survive without psychological stress which may result in maladjustment. Hence adjustment is very important in one's life. Adjustment during the period of late adolescence will determine to a larger extent what kind of person one will be as an adult. Generally, this period is believed to be a period of great stress & storm as rapid physical as well as mental changes occur during this period. Every cultural group has expectations from an individual according to their development stage. Successful achievement of such development tasks leads to happiness and helps to succeed in later tasks, failure to unhappiness & development.

## REVIEW OF RELATED LITERATURE

**Salvo (2012)** studied adjustment problems. A sample of 100 students in the age range of 17-20 years with a distribution of 50 first born (25 boys & 25 girls) & 50 last born (25 boys & 25 girls) were randomly selected. Adjustment inventory for college students developed by Sinha & Singh was used for the assessment. Anova & t-test were used for statistical analysis. Results showed no significant difference among first born & last born in areas of adjustment namely emotional, social, health & educational except in home adjustment. Home adjustment was found to differ significantly between last- & first-born girls and boys.

**Chauhan (2013)** conducted a study on adjustment of higher secondary school students of Durg district on 111 higher secondary students. For data collection, she used the adjustment scale developed by A.K.P. Sinha and R.P. Singh. According to the findings of her research, there is a significant difference in adjustment between students in higher secondary schools. In comparison to male pupils, she observed that female students show a higher level of adjustment.

**Makwana & Kaji (2014)** conducted a study on adjustment of secondary school students in Relation to their Gender and the results reveal that there is no significant difference in boys and girls secondary school student's home, school, and emotional adjustment. However, at the 0.05 level, there is a significant difference in social adjustment between males and girls in high school. It means that boys adjust to social situations better than girls.

**Gill (2014)** conducted a study on educational, social and emotional adjustment of visual handicapped students at a special school at Faridabad. The findings of the study revealed that there was no significant difference in the educational adjustment of boys and girls studying in the special school. The study also revealed that there was no significant difference in the social and emotional adjustment of boys and girls studying in the special school.

**Nidhi and Kermane (2015)** studied the adjustment problems of college students in relation to gender, socio-economic status and academic achievement. The findings of the study revealed that there was no significant difference found in adjustment problems of students with high academic achievement and those with low academic achievement. There exists a negative relationship between adjustment problems and achievement.

**Dillon. (2016)** examined a study on the Adjustment status of students in relation to Intelligence. A total of 192 students were selected from undergraduate classes at five different colleges. The study's goals were to learn about college students' adjustment level and intelligence levels, as well as to research the relationship between adjustment status and intelligence level. The main findings revealed that most of the students had an average or below-average degree of adjustment, and that most of the students were intelligently average. Above-average intelligent students showed excellent general home, health, and educational adjustment, but both above-average students were similarly adjusted in social and emotional domains. It was clearly demonstrated that the level of intelligence and adjustment has a significant relationship.

**Verma and Kumari (2016)** studied the academic achievement of children at the elementary stage in relation to their adjustment. The findings of the study revealed that a significant relationship exists between adjustment and academic achievement of elementary school students. It was also found that the adjustment of elementary school students is affected by gender.

**Bimla (2019)** examined a Comparative Study of Adjustment of College-Going Students. The study's goal is to compare how students adjust based on their gender, location, and stream. The study employed a normative survey method. Through stratified random sampling, 200 college students from rural and urban areas were chosen

as a sample from various degree colleges in the district of Haridwar. A total of 100 male and female students were included in the study. The data was examined using the mean, standard deviation, and t-test. There was a significant difference between male and female college students in terms of family, health, and emotional adjustment. The home, health, social, emotional, and educational adjustment of rural and urban college students differed. Rural students were better adjusted in the areas of the home, health, social, and emotional adjustment, but urban students were better adjusted in education. On the other hand, no significant differences were detected in any of the five categories of adjustment between science and non-science college students.

**Pandey & Sharma (2021)** investigated a comparative study of general intelligence and adjustment amongst college students. The data was collected from 500 students from various degree colleges in Ujjain City using a stratified random sampling technique. The data was examined using the Mean, S.D., and the 'T-test. The findings revealed that while there was no significant difference in overall IQ scores between male and female students, there was a significant difference in the home, health, and emotional adjustment between male and female college students. Both general intelligence and adjustment of urban and rural college students show considerable differences. While urban college students scored higher in general intelligence than their rural counterparts, rural students were better adjusted in the areas of the home, health, social, and emotional adjustment, whilst urban students were better adjusted in the educational area. Science students have stronger overall intelligence than arts students when it comes to streams. On the other hand, no significant differences were detected in any of the five categories of adjustment between science and non-science college students.

**Hemant Kumar Bunker (2021)** conducted a study to investigate whether there is any significant relationship between adjustment of secondary school students from urban and rural areas. The sample consists of 120 secondary school students from 2 schools in Ahmedabad District, Gujarat, India. The tool used for the present study was the School Adjustment Inventory developed by A.K.P. Sinha and R.P. Singh (2007). The results revealed that there is no significant difference in emotional, Social and Educational adjustment of urban and rural secondary school student. Further, the study revealed that gender has no influence on the adjustment of students.

**Syed Inshaallah Tahir, Insha Rasool, Shazia Jan (2022)** conducted a descriptive study on home environment and social adjustment of Secondary School students of Kashmir. The data were collected from 300 students using a self-constructed questionnaire. The study revealed a significant association between home environment and social adjustment of secondary school students of Kashmir. The data also revealed that when it comes to the home environment and social adjustment, male and female secondary school students had significantly different mean scores. When students were assessed based on their geographic location (urban vs rural), it was evident that rural secondary school students had better home contexts and social adaptations than their urban counterparts.

## OBJECTIVES OF THE STUDY

1. To study the significant differences in adjustment between Girls and Boys students studying in Degree colleges of Jammu city.
2. To study the significant differences in Home Adjustment among Girls and Boys students studying in Degree Colleges of Jammu city.
3. To study the significant differences in Health adjustment among Girls and Boys students studying in Degree Colleges of Jammu city.
4. To study the significant differences in Social Adjustment among Girls and Boys students studying in Degree Colleges of Jammu city.
5. To study the significant differences in Emotional Adjustment among Girls and Boys students studying in Degree Colleges of Jammu city.
6. To study the significant differences in Educational Adjustment among Girls and Boys students studying in Degree colleges of Jammu city.

## HYPOTHESIS OF THE STUDY

1. There will be significant differences in adjustment among Girls and Boys students studying in degree Colleges of Jammu city.
2. There will be significant differences in home adjustment among Girls and Boys students studying in degree Colleges of Jammu city.
3. There will be significant differences in Health adjustment among Girls and Boys students studying in degree Colleges of Jammu city.
4. There will be significant difference in social adjustment among Girls and Boys students studying in degree Colleges of Jammu city.
5. There will be significant differences on Emotional adjustment among Girls and Boys students studying in Degree Colleges of Jammu city.
6. There will be significant differences in educational adjustment among Girls and Boys students studying in degree Colleges of Jammu city.

## DELIMITATIONS OF THE STUDY

The delimitations of present study are as follow:

1. The present study is carried out on a sample of 200 students only.
2. The present study is limited to Jammu city only.
3. The present study is confined to 100 girls and 100 boys' students studying in degree Colleges of Jammu city.

## RESEARCH METHODOLOGY

In the present study the sample of 200 students was selected from different Degree colleges of Jammu city. The investigator used Adjustment Inventory for College Students by A.K.P Sinha and R.P. Singh (2012).

## SCORING PROCEDURE

The inventory with answer sheet provided to the students was scored according to the scoring key. There were separate transparent scoring keys for each area and the responses marked under circle are considered and each response must be assigned a weightage of one (1) score.

## STATISTICAL TECHNIQUES USED

In the present study, the following are the statistical techniques:

- Mean
- Standard deviation
- Critical ratio

## ANALYSIS AND INTERPRETATION OF DATA

**Table A:** - Showing critical ratio between the adjustment among Girls and Boys students studying in Degree Colleges of Jammu city.

CATEGORY	N	MEAN	S.D	CRITICAL RATIO	LEVEL OF SIGNIFICANCE
Girls	100	55.76	1.003	17.13	Significant at 0.01
Boys	100	50.74	2.75		

## INTERPRETATION

It is evident from table 4.1 that the calculated value of critical ratio come out to be 17.13 is greater than 2.58 at 0.01 level of significance. This indicates that when the adjustment among girls and boys of degree colleges are compared, significant differences have been obtained.

**Table B:** - Showing critical ratio between the home adjustment among Girls and Boys students studying in Degree colleges of Jammu city

CATEGORY	N	MEAN	S.D	CRITICAL RATIO	LEVEL OF SIGNIFICANCE
Girls	100	9.16	1.61	4.23	Significant at 0.01
Boys	100	8.42	0.097		

**INTERPRETATION**

It is evident from table B that the calculated value of critical ratio comes out to be 4.23 which is greater than 2.58 level of significance. Table indicates the mean score of girls i.e., M=9.16 is higher than the mean score of boys i.e., M=8.42. But as per the manual individual scoring high in home area tend to be unsatisfactory adjusted towards their home surroundings. So, the above result reveals that better adjusted to the home area of adjustment as compared to girls. This indicates that when girls and boys of degree colleges have been compared based on home adjustment, significant difference has been obtained.

**Table C:** - Showing critical ratio between the health adjustment among Girls and Boys students studying in Degree colleges of Jammu city.

CATEGORY	N	MEAN	S.D	CRITICAL RATIO	LEVEL OF SIGNIFICANCE
Girls	100	7.95	0.9	8.15	Significant at 0.01
Boys	100	7.20	0.2		

**INTERPRETATION**

It is evident from table C that the calculated value of critical ratio comes out to be 8.15 which is greater than 2.58 at 0.01 level of significance. Table indicates the mean score of girls i.e., M=7.95 is higher than the mean score of boys i.e., M= 7.20. But as per the manual individuals having high scales in health area reflect unsatisfactory adjustment. So, the above result reveals that boys are better adjusted to the health area of adjustment as compared to girls. The results reveal that there is a significant difference between Health adjustment of Girls and Boys studying in Degree Colleges of Jammu city.

**Table D:** - Showing critical ratio between the social adjustment among Girls and Boys students studying in Degree Colleges of Jammu city.

CATEGORY	N	MEAN	S.D	CRITICAL RATIO	LEVEL OF SIGNIFICANCE
Girls	100	10.01	2.007	3.27	Significant at 0.01
Boys	100	9.35	0.273		

**INTERPRETATION**

It is evident from table D that the calculated value of critical ratio comes out to be 3.27 which is greater than 2.58 at 0.01 level of significance. The table indicates the mean score of girls i.e., M=10.01 is higher than the mean score of boys i.e., M=9.35. But as per manual individuals scoring low are submissive and retiring. High scores indicate aggressive behavior. So, the above result reveals that boys are better adjusted to the social area of adjustment as compared to the boys.

**Table E:** - There will be significant differences on Emotional adjustment among Girls and Boys students studying in Degree colleges of Jammu City.

CATEGORY	N	MEAN	S.D	CRITICAL RATIO	LEVEL OF SIGNIFICANCE
Girls	100	17.75	0.68	15.61	Significant at 0.01
Boys	100	15.71	0.8		

## INTERPERTATION

It is evident from table E that the calculated value of critical ratio comes out to be 15.61 which is greater than 2.58 at 0.01 level of significance. The table indicates the mean score of girls i.e.,  $M= 17.45$  is higher than the mean score of boys i.e.,  $M=15.71$ . But as per the manual high score indicate unstable emotional. Individuals with low scores tend to be emotionally stable. So, the above result reveals that boys are better adjusted in emotional area of adjustment as compared to girls.

**Table F:** - Showing critical ratio between the educational adjustment among Girls and Boys students studying in Degree colleges of Jammu City.

CATEGORY	N	MEAN	S.D	CRITICAL RATIO	LEVEL OF SIGNIFICANCE
Girls	100	11.58	1.042	11.54	Significant at 0.01
Boys	100	10.38	0.0297		

## INTERPRETATION

It is evident from table F that the calculated value of critical ratio comes to 11.54 which is greater than 2.58 at 0.05 level of significance. Table indicates the mean score of girls i.e.,  $M= 11.58$  is higher than the mean score of boys i.e.,  $M= 10.38$ . But as per the manual individuals score are poorly adjusted towards curricular and co-curricular programmes. People with low scores are interested in educational activities. So, the above result reveals that boys are better adjusted in the educational area of adjustment as compared to girls.

## FINDINGS OF THE STUDY

- Significant difference has been found in the adjustment among boys and girls studying in Degree colleges of Jammu city.
- Significant difference has been found in the home adjustment among boys and girls studying in Degree colleges of Jammu city.
- Significant differences have been found in the health adjustment among boys and girls studying in Degree colleges of Jammu city.
- Significant difference has been found in the social adjustment among boys and girls studying in degree colleges of Jammu city.
- Significant difference has been found in the emotional adjustment among boys and girls studying in Degree colleges of Jammu city.
- Significant difference has been found in the educational adjustment among boys and girls studying in Degree colleges of Jammu city.

## EDUCATIONAL IMPLICATIONS

The present study has its implication for teachers, educational administrators, curriculum frames and parents.

1. The first responsibility of the parents and teachers should be to know the areas where the students lack adjustment and try to give better conditions for proper adjustment in every sphere.
2. The college environment should be cordial and congenial.
3. There should be proper provision of co-curricular activities in the college.
4. Parents should have knowledge of the school environment and facilities before getting their wards admitted to college.
5. Administrators should appoint well-qualified staff.
6. Teachers should provide a congenial environment and equal opportunity for all students for exploration.
7. College authorities and parents should pay attention to minimize the adjustment problems of college going students.
8. Appropriate interventions programs can be planned to assist college students who have problems in coping with the demands and challenges which can create stress and tension to their life on campus.
9. General information on perceived academic, social and cultural issues in campus environment should be provided to make students transition smooth.

10. The college authorities should give specific attention to students' financial needs as serious financial problems could leave a negative impact on their adjustment in college.
11. College administration should organize health awareness programs. They should be made aware of the available resources and services so that the students can easily benefit from them.

## CONCLUSION

The finding of the current study indicated that there is a significant difference in adjustment between boys and girls studying in degree colleges of Jammu city. It was also found that boys are more adjusted than girls. The results call for action from families, academicians, policy makers and stakeholders, all are taking necessary decisions to facilitate better adjustment skills among students studying in Degree colleges.

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