



# A Study On Adjustment Among Local And Non Local Students Studying In Coaching Institute

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## 1. Abstract:

This study was conducted to examine the effect of adjustment on the students of coaching institutions in Jaipur district. The sample was selected from local and non local students studying in coaching institutions. Tools for collecting the data included Adjustment Inventory for School Students constructed and standardized by Alpna sen and Arun Kumar (2000). The data was analyzed using descriptive and inferential statistics. The findings of the study revealed that there is no significant difference in adjustment of coaching institutions. The findings of the study may be used in devising skill training programme to develop a harmony between need and circumstances of an individual.

Keywords: Adjustment, gender, local, academic stream, local and non local, coaching.

## 2. Introduction

Adjustment as a process, is of major importance for psychologists, teachers and parents. To analyze the process we should study the development of an individual longitudinally since the time of his birth. Adjustment is a process by which a living being maintains a balance between its needs and the circumstances that influences the satisfaction of these needs, the process of adjustment starts right from the birth of the child and continues till his death. The main purpose of education is to train children for life's personal, social and economic problems. Adjustment is a process of maintaining a balance between the needs such as physical, social, psychological and the circumstances that influence the satisfaction of these needs. Adjustment is a continuous process to produce harmonious relationship between a man and his environment. Adjustment implies proper degree of social feelings and sense of social responsibility. Adjustment is a state, which promotes happiness and efficiency in an environment.

In the words of Coleman, James C. "Adjustment is the outcome of the individual's attempt to deal with the stress and meet his needs, also his efforts to maintain harmonious relationship with the environment."

**Adjustment: Concept and Definitions** The term adjustment is often used as a synonym for accommodation and adaptation. It is used to emphasize the individual's struggle to survive in his or her social and physical environment. Adjustment, derived from the Latin word ad-justare, is the process by which one balances needs and the obstacles in his or her environment. The term adjustment refers to the process by which a living being maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. In Encyclopedia Britannica it is stated that adjustment is the process of behaviour by which all creatures maintain an equilibrium between their needs and demand an obstacles to the environments. It is therefore a harmonious relationship with the environment involving the ability to satisfy most of one's needs and meet most of the demands both physical and social that are put upon one. Thus we may say that adjustment is a process of maintaining a balance between the needs such as physical, social, psychological and the circumstances that influence the satisfaction of these needs.

### 3. Objectives

1. To examine the difference between local and non local on adjustment among coaching students.

### 4. Sample-

Sample for the present study consists of 150 local and 150 non local students studying in coaching institutes of Jaipur. The sample of respondents was drawn using the stratified random sampling technique.

### 5. Variables :-

Studied In the light of the hypothesis formulated, the following variables are studied.

#### Dependent Variable-

1. Adjustment 2. coaching institutions

#### Independent Variables

1. Nature of course 2. Age

### 6. Statistical Analysis :-

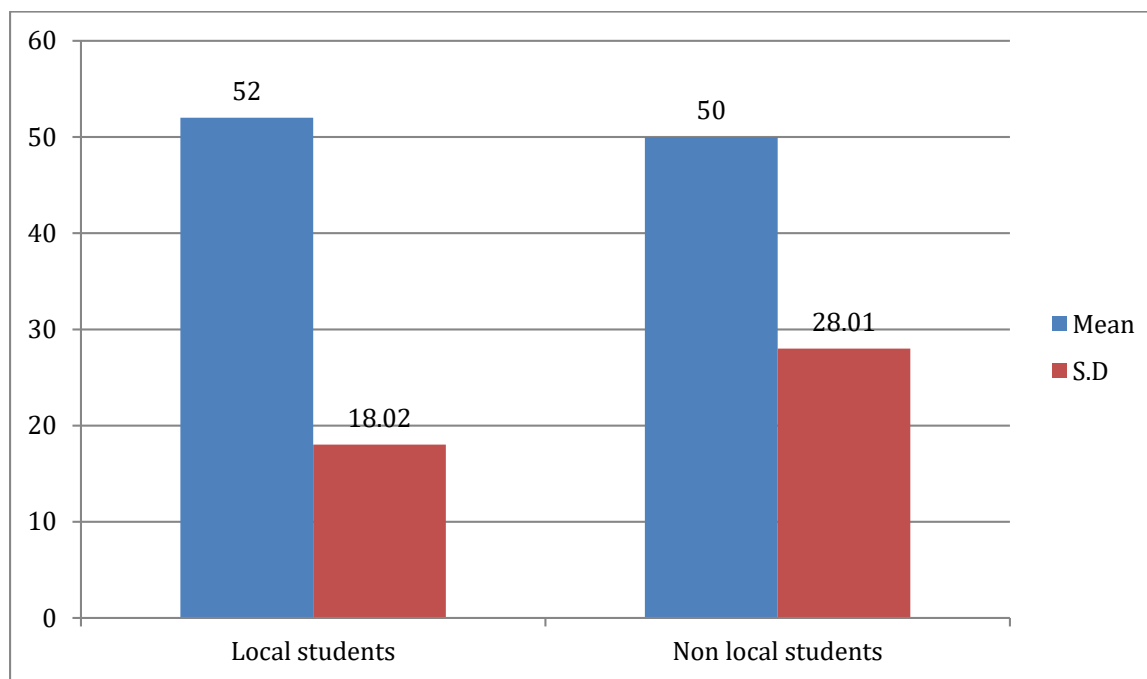
The obtained data was analyzed statistically in order to test the hypothesis using Mean, Standard deviation and 't' test.

**7. Tool:-** Standardized (Arun Kumar and Alpna sen)

**8. Hypothesis:-** There is no significant difference in the adjustment of local and non local students studying in coaching institutes.

Table -1

S.N	Group	Sample	Mean	S.D.	T - test	Result
1.	Local students	150	52	18.02	0.72	0.05
2.	Non local students	150	50	28.01	0.72	0.01



### Finding:-

It is clear from the above table that on a comparative study of adjustment of local and non-local students studying in a coaching institute, the mean is 52 and 50 respectively and the standard deviation is 18.69 and 28.11 respectively and the t-value is 0.72, which is the degree of freedom of 2.98. The t-value on the basis of the t-value at the table level is 1.97 and 0.01, which is less than 2.59, which shows that there is no significant difference between the two groups. Therefore, there is no significant difference in the adjustment of local and non-local students studying in the coaching institute. Therefore, no significant difference is found in the adjustment of non-local students to local students studying in coaching institutes. Awareness is found equally among local and non-local students.

### 9. Conclusion

Life presents a continuous chain of struggle for adjustment. Adjustments are the outcome of the individual's attempt to deal with stress and meet with needs and also his efforts to maintain harmonious relationship with the environment. According to Smith, H.C. 'A good adjustment is one which is both realistic and satisfying. At least in long run, it reduces the frustration, tensions and anxieties which a person must endure'. From the

finding, research work lead the researcher to conclude that there are no significant differences observed between the local and non local students in adjustment and academic achievement. So if the adolescent students adjust in good way, then there is a possibility to perform good academically. But if they have any adjustment problem then counseling and continuous assistance is necessary, which will play a vital role in providing adequate coping skills with the situation. Students should be given an opportunity to express their ideas and discuss their problems with school authorities. It develops self-confidence and mental satisfaction among the students. Pursuing hobbies, excursions, discussions, etc. provide excellent opportunities to explore and express their feelings. These should be organised for developing good mental health of students and their healthy adjustment. Parents and teachers should provide intellectual, social and emotional support to students at the time of stress and tension.

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