



# A COMPARATIVE STUDY TO ASSESS THE ADJUSTMENT PROBLEM FACED BY 1ST YEAR B.SC. NURSING AND POST BASIC B.SC. NURSING STUDENT IN COLLEGE OF NURSING PGIMS ROHTAK

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## Abstract:

Background of the Study: Adolescence is the most important period in one's life. It is a period of stress and strain, of daydreams, of intense affection and excitement the mind is pious and pure free of all wickedness. The adolescent is still teen and lacks maturity of thought and experiences. He and she is not aware of what is proper and what is improper and therefore is danger of going on the wrong path.

## Objectives of the study

- To assess the adjustment problem faced by the students.
- To compare the level of adjustment among Post Basic B. Sc. Nursing and B.Sc. Nursing 1<sup>st</sup> year student.
- To find the member of students who get well- adjusted or not.

## Methodology:

Quantitative research approach was used in this study and the research design adopted for the current study was based on non-experimental research design. Setting of the study was College of Nursing. PGIMS – Rohtak. A sample of 40 students out of which 20 from P. B. B.Sc. Nursing 1ST year and 20 students from B. Sc. Nursing 1st year were taken from college of nursing PGIMS. Rohtak. Sampling Technique adopted was Non – probability convenient sampling technique. Research tool was developed by the researcher to assess the adjustment problems faced by the samples. The tool was rating scale type. Data collection method was through self-reporting technique. Collected data were analysed through descriptive and inferential statistics.

**Results:** Out of 40 students, 25 students are well adjusted while 15 are facing mild adjustment problem collectively; while in B.sc nursing students out of 20 students, 13 students are well adjusted while 7 are having mild problem; and in Post Basic B.sc nursing out of 20 selected sample 12 are well adjustment while 8 are facing mild adjustment problem. But no one facing moderate and severe adjustment problem.

**Key Words:** Assess, Adjustment Problems, Nursing students, Nursing Colleges

### **Introduction:**

According to recent Ministry of Education statistics, the number of students dropping out of college has grown (**Ministry of Education, 2018**). Furthermore, first-year college students have lower levels of college life adjustment than students in later grades (**An and Lim, 2005**). The freshman year is the most difficult period of transition and may even be a crucial step towards a smooth transition to college life (**Hong, 2018**). College life may not just be an environmental change for freshmen, but it may also entail a range of variables stemming from the move from high school to college.

Recent research on college life adjustment has frequently introduced the concept of creativity, which is prevalent in the majority of university lectures, assignments, and group activities (**Lee et al., 2013**). Creativity is a significant factor that influences the problem-solving and adaptability of nursing students (**Kim et al., 2018**). Students with a greater ability to generate beneficial and original ideas were more likely to be adaptable in school, according to research on creativity (**Youn and Kim, 2012**). Specifically for students who have recently graduated from high school, the greater their daily creativity, the more effectively they employ adaptive strategies (Bae, 2011). Thus, it is anticipated that creativity can influence the college assimilation of first-year students.

Most students have trouble adjusting to college life at some point, but it's most common in their first year. This has far-reaching consequences, touching every aspect of a student's existence. For example, it may have implications for one's mental, physiological, social, and financial health. Some first-year and second-year B.S.N. students prefer to live away from home while they pursue their degrees. Students' anxiety, low self-esteem, and inability to focus on their work improve with its removal.

In addition, most students experience environment and other issues after being accepted to the first year of the B.Sc. Nursing or Post Basic B.Sc. Nursing programme. Changes in their physical environment can cause a variety of health problems, including hair loss, dandruff, headaches virtually every day, trouble eating and sleeping, and an increased risk of acid reflux. Managing monthly expenditures from pocket money sources like going to the movies and eating out, as well as feeling at ease with the college's mandated discipline, can be challenging for new students.

Some kids have trouble focusing on their schoolwork because they are troubled emotionally, whether by worries about their own lives or those at home. Nursing students, in particular those in their first year, sometimes struggle to meet the demands of their profession because of the stress that comes with studying. Because there is a lack of literature in the nursing setting, particularly on "A comparative study to access the adjustment problem faced by first year B.Sc. Nursing students in college of nursing PGIMS, Rohtak," we want to conduct our own study to determine the number of students in college of nursing PGIMS Rohtak who are well adjusted, as well as those who have minor, major, and severe problems.

### **Objectives:**

- To assess the adjustment problem faced by the students.
- To compare the level of adjustment among Post Basic B. Sc. Nursing and B.Sc. Nursing 1<sup>st</sup> year student.
- To find the member of students who get well- adjusted or not.

**Methodology:** The methodology which include research approach, research design, setting, population, sample, sample size, sampling validity, reliability, pilot study, procedure of data collection and plan for data analysis.

**Research Approach:** Quantitative Research Approach.

**Research Design:** Non – experimental research design.

**Setting for Study:** College of nursing PGIMS, Rohtak.

**Sample Size:** A sample of 40 students out of which 20 from P. B. B.Sc. Nursing 1<sup>st</sup> year and 20 students from B. Sc. Nursing 1<sup>st</sup> year were taken from college of nursing PGIMS, Rohtak.

**Sampling Technique:** Non – probability convenient sampling technique.

### **Criteria for sample collection:**

#### **Inclusive criteria:**

1. Students who are studying in P.B. BSc. Nursing and B.Sc. Nursing 1<sup>st</sup> year.
2. Students who are hostellers.
3. Students who are willing to participate.

#### **Exclusive criteria:**

1. Students who are not studying in P.B. BSc. Nursing and BSc. Nursing 1<sup>st</sup> year.
2. The students who are not willing to participate.
3. Students who were not present at the time of data collection.
4. Students who are day scholar.

## Development of Tool:

**Section A:** - Selected demographic variables such as Name, Age, Gender, Marital status, Economic status, Religion etc.

**Section B:** - This section will consist of 30 questions of descriptive rating scale question.

**Validity of Tool:** Experts were requested to judge the items based on their relevance clarity, feasibility and organization of items included in the study . They were requested to go through the scoring pattern too. Their comments and suggestion were invited.

**Method of data collection:** The purpose of the study was explained. Questionnaires about development problem was prepared by the research to collect the data from subjects. The tool for collection was prepared after validation by the experts.

**Data Analysis and Interpretation:** The data was organized, tabulated, analysed and interpreted by using descriptive and inferential statistics based on the objectives of the study.

### Ethical consideration:

1. Prior permission was taken from the principal of college PGIMS, Rohtak.
2. Informed consent was taken from the participants.
3. Confidentiality was maintained of all students during data collection.

### Results:

**Demographic Variables:** This part deals with the analysis of adjustment problem of nursing students demographic characteristics. These demographic variables are age, gender, course of b.sc nursing and post basic b.sc nursing students.

Economic status, history of being hosteller and job history .Tabulation is done for the socio-demographic data and frequency and percentage method is used for the description of the sample characteristics.

Table no 1: Frequency and Percentage of Socio – demographic variables of subjects of during the course of b.sc nursing in college of nursing PGIMS, Rohtak.

Numbers of students = 40

DEMOGRAPHIC DATA	FREQUENCY	PERCENTAGE
<b>AGE:</b> 20-25	35	87.5%
25-30	05	12.5%
<b>GENDER:</b> MALE	00	00%
FEMALE	40	100%
<b>COURSE:</b> BSC NURSING	20	50%
P.B.B.SC NURSING	20	50%

<b>ECONOMIC STATUS:</b>	04	10%
POOR	33	82.5%
GOOD	03	7.5%
VERY GOOD		
<b>HISTORY OF BEING HOSTELLAR:</b>	22	55%
YES	18	45%
NO		
<b>JOB HISTORY:</b>	07	17.5%
YES	33	82.5%
NO		

According to this, 35 students lies in age group 20-25 years and 5 in 25-30 years of age group.

This variable shows that most of students lie in 20-25 years of age group.

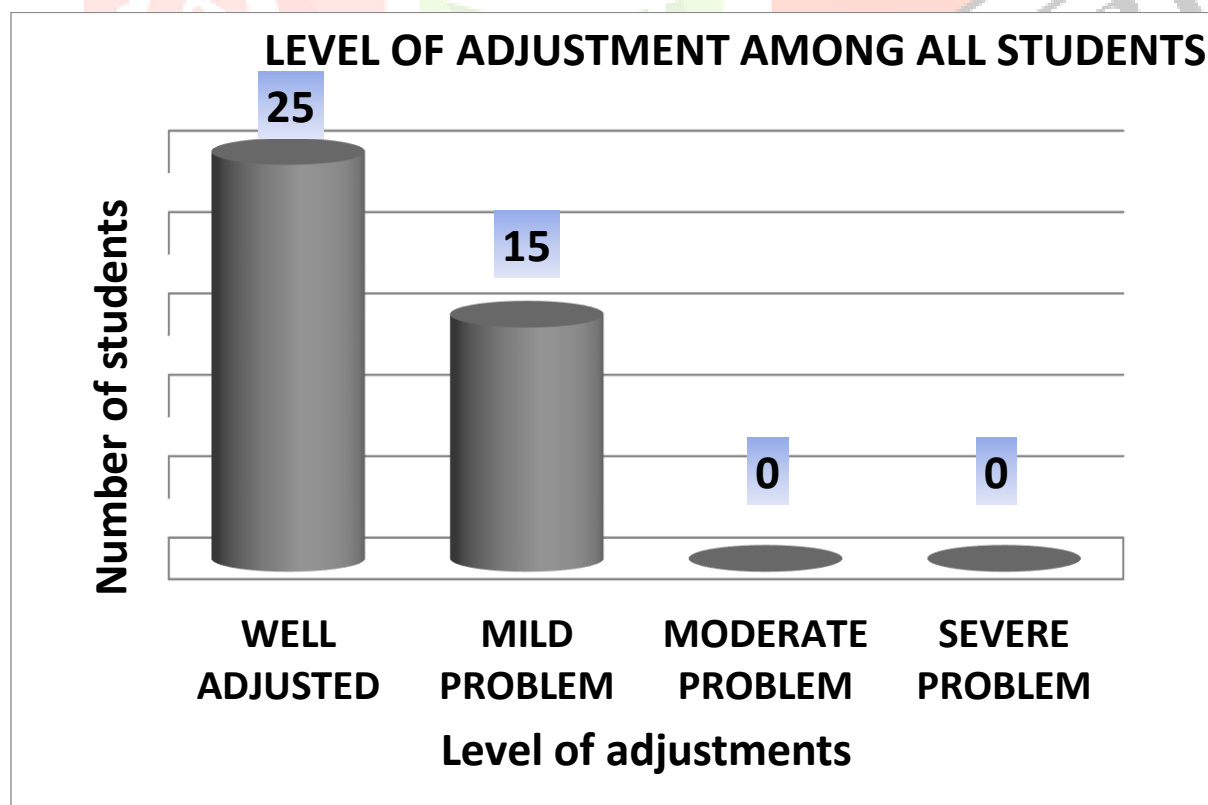
According to this green area shows 82.5% belong to good, red area shows 10% students to poor and blue area shows 7.5% students to very good socio economically status.

According to this, 22 students were hostellers and 18 students were non-hostellers.

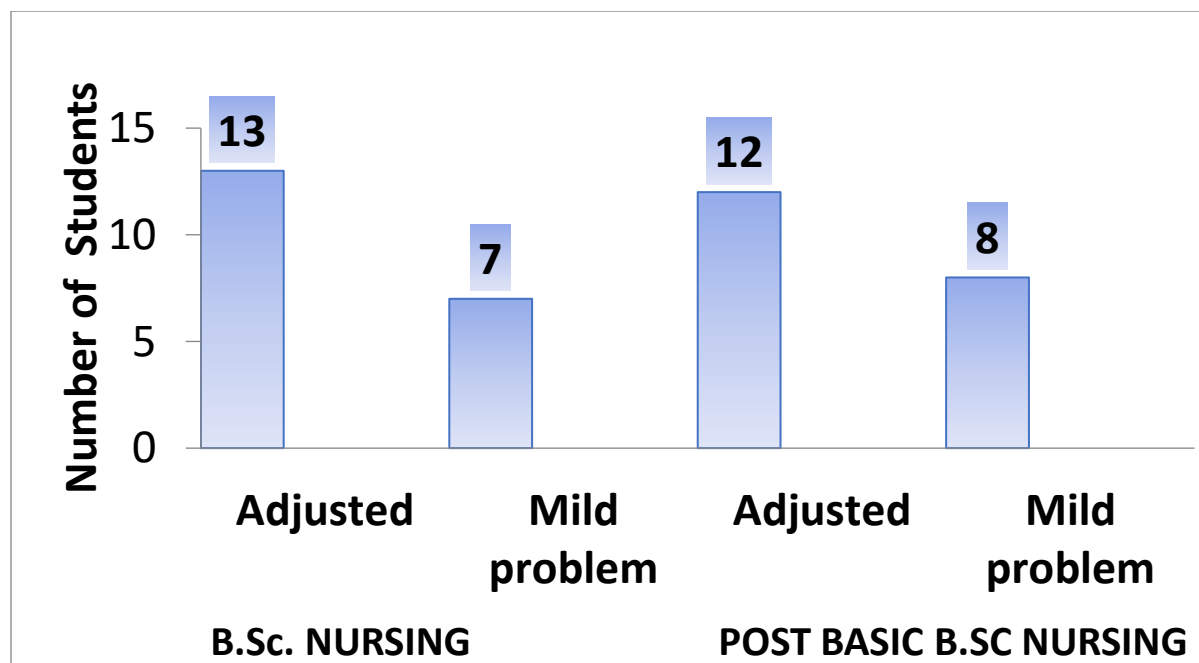
This variable shows that most of students were hostellers before this cours.

According to this, blue area shows 82.5% students have not done any type of job before while 17.5% students have done some type of job before.

Adjustment status of B. Sc Nursing and Post basic B.Sc. Nursing 1<sup>st</sup> year students collectively in graphical representation.



This graphical presentation of adjustments status represents that 25 students out of 40 well-adjusted while 15 are facing mild adjustment problems.



Comparison of level of adjustment among Post basic B. Sc. nursing and B.SC nursing 1<sup>ST</sup> Year students in college of nursing PGIMS, Rohtak.

This graphical shows adjustment status of B.Sc. Nursing and post basic nursing 1<sup>st</sup> year students solitarily.

#### Total B.Sc. Nursing students: 20

- Well-adjusted students: 13
- Mild problem in adjustment: 7

#### Total Post basic B.Sc. Nursing students: 20

- Well-adjusted students: 12
- Mild problem in adjustment: 8

#### Summary and Conclusion:

In this study, a total of 40 students were selected to compare the adjustment problem among B. Sc. Nursing and post b.sc nursing 1<sup>st</sup> year. with a view to develop a self-instruction module. The association between the level of adjustment of selected socio demographic variables of adjustment problem of B.sc Nursing and Post b.sc Nursing 1<sup>st</sup> year was studied. There are various strategies can be implemented as a future perspective for assessing adjustment problem. Data was collected by using 30 questions from karts. adjustment scale and perceived stress scale. Data was analysed and interpreted by using descriptive and inferential statistics. Out of 40 students, 25 students are well adjusted while 15 are facing mild adjustment problem collectively; while in B.sc nursing students out of 20 students, 13 students are well adjusted while 7 are having mild problem; and

in Post Basic B.sc nursing out of 20 selected sample 12 are well adjustment while 8 are facing mild adjustment problem . But no one facing moderate and severe adjustment problem. So this study concludes that B. Sc Nursing 1<sup>st</sup> year students are more adjusted than Post Basic B. Sc. Nursing 1<sup>st</sup> year students but the difference is not very much shown above.

### References:

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- Kartz adjustment rating scale from <http://psycnet.apa.org>
- Perceived stress scale from <http://www.midss.org>.

