

## A Study of Adjustment of College Student In Relation To Certain Variables in Bharuch Distract

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### ABSTRACT

The present study was conducted on adjustment in surat city. A random sample was selected from four urban and rural colleges and studying in B. Sc and M. Sc Adjustment is one of the most important psychological activities of human being. The present study was conducted on 5 urban college and 5 rural college students. K. G. Desai adjustment inventory was administered and to find out the result T - test was applied. The findings reveal that there are no significant difference between adjustment scores of boys and girls, B.A and M.A students. The third group find of the study reveals that is a significant difference between adjustment scores of urban and rural College.

**Keywords:** Adjustment, College Student, Certain Variables, Bharuch Distract

Pursuing a college education requires adjustment on the part of all students, though the type and degree of adjustment experienced by each student will vary depending on background, experience, and prior schooling. College is an exciting time of life, one filled with many profound transitions in preparation for an exciting and fulfilling future. One thing is likely true for all first year students: beginning college provides countless opportunities for growth, newly emerging challenges, and an accumulation of rich interpersonal experiences. Often, having a sense of what you're going through helps reduce the negative impact it can have on your life. It is process through which a person maintains a balance between his need and situations that effect need satisfaction ( Boring and Lang field ). According to Coleman, adjustment is effectiveness of a person's efforts to adapt his need satisfaction to his environment.

Adjustment is one of the most important psychological activities of human beings. If anyone wants satisfaction in life, they have to adjust themselves with their environment. Adjustment is precarious and even changing balance between need and desires of the individual on the one hand demands of the environment or society on the other. A process involving both mental and behavioral responses by which an individual strives to cope with inner needs. Tension,

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frustrations and conflicts and to brings harmony between these inner demands and those imposed upon him by the world in which he lives.

Life itself is a process of adjustment, living organism, consciously or unconsciously are ever engaged in which at other times the environment controls us. Psychology is concerned with overall adjustment of organism specially humans.

### ***Common Meaning Of Adjustment***

#### **Adjustment:**

Adjustment may be defined as a process of altering behavior to reach a harmonious relationship with the environment. When people say they are in an “adjustment period” they typically mean they are going through a process of change and are searching for some level of balance or acceptance with the environment, others, or themselves.

### ***Tips for Successful College Adjustment***

1. Don't waste time.
2. Attend one stop session.
3. Use the helping network that's there for you.
4. Pick your friends carefully.
5. Learn to manage your time.
6. Practice effective study habits.
7. Study with as many senses as you can.
8. Develop a love for learning.

### ***Research Problem***

Presented research study's problem: A study of adjustment of college student in relation to certain variables in surat distract.

### ***Research Purpose***

The purpose of all this research was to look at different types of student adjustment and contentment to living on campus. Researchers interested in this area have wanted to determine how well students fit into the lifestyles on campuses.

### ***Objectives***

1. To study the adjustment of college's student.
2. To study the effect of gender on adjustment.
3. To study the effect of degree on adjustment.
4. To study the effect of area on adjustment.

### ***Variables Of The Study***

1. **DEPENDENT VARIABLES :-** Adjustment is studied as a dependent variable
2. **INDEPENDENT VARIABLES :-** Gender, Degree, Type of Area
  1. **Gender :-** Boys and Girls

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2. **Degree :-** Bachelor of Science and Master of Science
3. **Type of Area :-** Urban and Rural

### *Hypotheses*

1. There will be no significant difference between the mean scores of Adjustment of boys and girls.
2. There will be no significant difference between the mean scores of Adjustment of B. Sc and M. Sc degree student.
3. There will be no significant difference between the mean scores of Adjustment of Urban and Rural Areas College's student.

### *Sample*

The sample of this study was consisted of 10 colleges student of surat district were selected. Out of which 160 were boys and 160 girls. The random technique was used for selection.

### *Statistical Method*

In keeping in view the purpose of presented research, for information statistical analysis, 'T - test' has been utilized. According to data collected, information statistical analysis was done by t value.

### *Tool*

Desai Adjustment Inventory developed by K. G. Desai was used as a tool four this research. It has 100 statements and against each a two point scale of 'yes' or 'no' are given respectively for the responses. The reliability of the inventory is 0.69 test-retest method.

### *Analysis Of Data*

The analyses of data were done in the following manner:

1. The means and standard deviations for all the dependent variables were computed.
2. The difference between means and significance for the difference between means were computed.
3. t- ratio were computed

## **RESULT**

*Table: 1, The t scores mean and standard deviation scores of adjustment for boys and girls*

Gender	No	X	SD	D	SED	CR	Level of significant
Boys	160	59.44	29.61	5.06	3.22	1.57	NS
Girls	160	64.56	27.91				

Note: table values of CR = Df =  $\infty$  for 0.05 levels 1.96, 0.01 levels 2.58 NS = not significant

**Table no.1** shows that the mean scores of adjustment for boys and girls studying in degree B.A and M.A are 59.44 and 64.56 respectively. The t-value difference between them is 1.57, which is not significant even at 0.05 level; therefore the null hypothesis is accepted.

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Therefore, it can be said that there is no significant difference between the mean scores of Adjustment of boys and girls.

**Table: 2, The t scores mean and standard deviation scores of adjustment for B. Sc and M. Sc degree student**

Level of Degree	No	X	SD	D	SED	CR	Level of significant
B.Sc Degree	160	65.50	29.31	4.56	3.24	1.41	NS
M.Sc Degree	160	60.94	28.63				

Note: table values of CR = Df = ∞ for 0.05 levels 1.96, 0.01 levels 2.58 NS = not significant

According to **table - 2** the mean of adjustment of B. Sc and M. Sc degree student were 65.50 and 60.94 respectively. Whereas SD value were 29.31 and respectively. The t value used to know the significance of difference between these means was 1.41 which is not significant even at 0.05 level. Therefore the null hypotheses are accepted. Therefore, it can be said that there is no significant difference between the mean score of Adjustment of B. Sc and M. Sc degree.

Other words it can said that adjustment is equal in studying student of B. Sc and M. Sc degree.

**Table: 3, The t scores mean and standard deviation scores of adjustment for Urban and Ruler Areas College's student**

Type of Area	No	X	SD	D	SED	CR	Level of significant
Urban	160	70.19	26.08	14.19	3.17	4.48	Significant 0.01 level
Rural	160	56.00	30.45				

Note : table values of CR = df = ∞ for 0.05 levels 1.96 , 0.01 levels 2.58 significant at 0.01 level

Table 3 showed significant effect of type of area on adjustment. The t ratio has been found significant at 0.01 level . Therefore null hypotheses are rejected. Therefore, it can be said that mean scores of adjustment of Urban and Ruler Areas College's student. The overall adjustment of Urban Areas College's student is found to be better in comparison to Ruler Areas College's student.

### **FAINDING OF THE STUDY**

The followings finding were found on the basis of analysis and interpretation of the data.

1. There is no significant difference between the Adjustment of boys and girls. It means adjustment of the boys and girls students are equivalent.

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2. There is no significant difference between the Adjustment of student from B. Sc and M. Sc degree. It means adjustment of student B. Sc are equivalent to that of student M. Sc degree.
3. There is no significant difference between the Adjustment of student from urban areas college students and Ruler areas college students. Adjustment of student from Urban Areas College is better than that of student from Rural Areas College.

### CONCLUSION

Adjustment of the student who build future of their life , so it is necessary of them. On the basis of the present study the adjustment of each kind of student can be known. And with help of it adjustment producing reason can be solved. This study useful to give guidance of the college student. To know the remove the problems of individual and social adjustment of the college student. The adjustment problems of the student find out by teacher and principal, friends and family.

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