

A study of adjustment among male and female college going students

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ABSTRACT

Adjustment is the continuous process in which a person varies his behaviour to produce a more harmonious relationship between himself and his environment. The purpose research attempted to Study of gender difference between Home, Social, Emotional and Health Adjustment. **Objectives:** To examine the Home, Social, Emotional and Health Adjustment of male and female Adolescence. **Hypotheses:** There will be no significant difference between Home, Social, Emotional and Health Adjustment on Male and Female College Going students. **Method:** The sample of the study consisted 100 College Going Students, in which 50 were Male (25 Urban and 25 Rural) and 50 Female College Going Students (25 Male and 25 Female).). The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1. Where gender were considered as independent variables and Home, Social, Emotional and Health Adjustment as dependent variables. The scale was used for data collection Bell's Adjustment Inventory by Lalit Sharma was used data collection. 2x2 factorial designs was used and data were analysis by Mean, SD and 'F' values. **Statistical Analysis:** Statistical Analysis was done using the statistical software namely Statistical Package of Social Science (SPSS-16.0) and the data collected was statistically treated by using mean, SD and ANOVA. **Results:** Mean, SD and 'F' values significant difference between Male and Female College Students on Home, Social, Emotional and Health Adjustment. **Conclusions:** Female Students Better Home, Social, Emotional and Health Adjustment than Male Students.

Keywords: Home Adjustment, Social Adjustment, Emotional Adjustment, Health Adjustment.

In psychology, adjustment is studied especially in abnormal psychology and also in social psychology. In our daily life there has been continues struggle between the needs of the individual and the external forces, since time immemorial. Whenever we make an adjustment between two things adapt or modify one of both to correspond to each other. For example wearing of cloths according to the requirement of the seasons is an example of the adjustment.

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Areas of Adjustment

Home Adjustment: Home is the essential part of human life. Proper home adjustment makes good personality of adolescents, which influence their education and future life.

Social Adjustment: Social adjustment is a process whereby the individual attempts to maintain or further his security, comforts, status or creative inclination in the fact of the ever changing conditions of the society through such efforts.

Emotional Adjustment: Frequent, intense and apparently unjustified emotional outbursts lead others to judge the individual as “Immature”. Suppression of emotional expression results in moodiness which tends to make the individual rude, un co-operative and pre-occupied with self.

Health Adjustment: Heightened emotionality even when the expressions are controlled tends to make one nervous or ill. It is often accompanied by specific mannerism such as nail biting or giggling, creates the impression that the person is silly or immature. Heightened emotionality is especially common among pre-pubescent girls at the time of menstrual period of students.

REVIEW OF THE LITERATURE

Khokhar and Brijesh Kumar Upadhyay (2007) this study Results revealed boys were found more sensitive to environmental enrichment in relation to peer adjustment than the adolescent girls.

Pankaj Singh, et. All, (2017) this study found that 1) college going students girls high mean indicate unsatisfactory at home adjustment and college going students boys low mean indicate low unsatisfactory at home adjustment.2) college going students girls high mean indicate unsatisfactory at health adjustment and college going students boys low mean indicate low unsatisfactory at health adjustment.3) Social Adjustment result shows no significant difference. College going student’s boys and Girls College going student’s girls. 4) College going students girls high mean indicate unsatisfactory at emotional adjustment and college going students boys low mean indicate low unsatisfactory at emotional adjustment.

Rakhi Ghatak,(2018) this study found that significance difference was found in home adjustment between male and female adolescents.

Thiyam Kiran Singh et. All, (2014) this study found that there is no significant difference between boys and girls in the domains of home adjustment, health adjustment, social adjustment, emotional adjustment and overall adjustment.

Roy, Ekka and Ara(2011) observed that Girl students were better adjusted in all areas of adjustment than Boy students.

Lama (2010) reported that male students are better adjusted in overall adjustment on the campus as compared to female students.

Rahamtullah (2007) this study examine that boys are significantly better adjusted than girls on the emotional adjustment.

Enochs and Roland (2006) the result indicate out that males are more adjusted than females.

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Dutta et. All. (1998) this study found that there is no significant difference between the boys and girls in the area of social adjustment.

Muni and Pavigrahi (1997) conducted a study on emotional, social and total areas of adjustment. They found that girls were better adjusted in the all the areas of adjustment pattern than boys.

Singh (1995) this study examine that adolescent girls are better adjusted in the areas of emotional whereas adolescent boys were better adjusted in the area of health and social adjustment.

Anita (1994) this Study found that girls better adjusted in emotional, social, educational and total areas of adjustment areas of adjustment compared to boys.

Leelavathi (1987) in her study found that males had good social and total adjustment than females.

Priyanka Sharma and Nisha Saini, (2013) this study concluded that girls are average in health and social adjustment and unsatisfied in emotional adjustment. The boys are average in social adjustment and unsatisfied in health and emotional adjustment. The girls and boys do not differ significantly in health, social and emotional adjustment.

Statement of The Problem for Present Study

“A Study of Adjustment among Male and Female College Going Students.”

Objectives for Present Study

1. To examine the Home Adjustment on Male and Female College Going students.
2. To examine the Social Adjustment on Male and Female College Going students.
3. To examine the Emotional Adjustment on Male and Female College Going students.
4. To examine the Health Adjustment on Male and Female College Going students.

Hypotheses for Present Study

1. There will be no significant difference between Home Adjustment on Male and Female College Going students.
2. There will be no significant difference between Social Adjustment on Male and Female College Going students.
3. There will be no significant difference between Emotional Adjustment on Male and Female College Going students.
4. There will be no significant difference between Health Adjustment on Male and Female College Going students.

METHODOLOGY

Sample for Present Study

The present study sample go was selected from Aurangabad district in Maharashtra. Total sample of present study 100 College Going Students, in which 50 were Male (25 Urban and 25 Rural) and 50 Female College Going Students (25 Male and 25 Female).). The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1. Thus total sample includes as shown in the following table.

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Sample Design

Location	Gender			Total
		Male	Female	
	Urban	25	25	50
	Rural	25	25	50
		50	50	100

Research Design

2x2 factorial designs use for the present study.

B	A		
		A1	A2
	B1	A1,B1	A2,B1
	B2	A1,B2	A2,B2

A -Gender - A1- Male A2- female

B-Location - B1- Urban B2- Rural

Variables of The Study

Variable	Type of variable	Sub. variable	Name of variable
Gender	Independent variables	02	1) Male 2) Female
Adjustment	Dependent Variables	04	Health Adjustment Social Adjustment Emotional Adjustment Health Adjustment

Operationalization of The Term

Home Adjustment: Home adjustment is expressed in terms of satisfaction or dissatisfaction with home life, appropriate and inappropriate expectations of behaviour, trust of family, and satisfaction and affection within the family and certain health related aspects.

Social Adjustment: Social adjustment is expressed in terms of comfort or discomfort in social gatherings, shyness, submissiveness and introversion relating to group activities.

Emotional Adjustment: Emotional adjustment is expressed in the terms of disappointment, irritation, feelings of inferiority, sleeplessness and nervousness.

Health Adjustment: Health adjustment is expressed in terms of illness, fatigue, stress and indigestion.

Research Tools For Present Study

Bell's Adjustment Inventory

Bell's adjustment was developed by Lalit Sharma. . The present inventory consists of 80 items, retained as a result of item-analysis out of 140 items. High scores on the inventory indicate low adjustment whereas low score indicates high adjustment in different areas of adjustments namely home (21 items), (20 items), social (21 items) and emotional (18 items) as well as taken as a whole (80 items). This inventory reliability was split half (odd even method) 0.897 and test retest method was 0.927 and validity Co-efficient was found to be very high 0.834.

Procedures of Data Collection

The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each scale.

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Statistical Analysis And Data Analysis

The Means and SD with graphical representation for gender on Bell's Adjustment Inventory was analysed. 2x2 factorial design was selected to adequate of statistical analysis of 'F' values in to examine the roll of main as well as subsequently on student's Adjustment.

RESULTS AND DISCUSSION

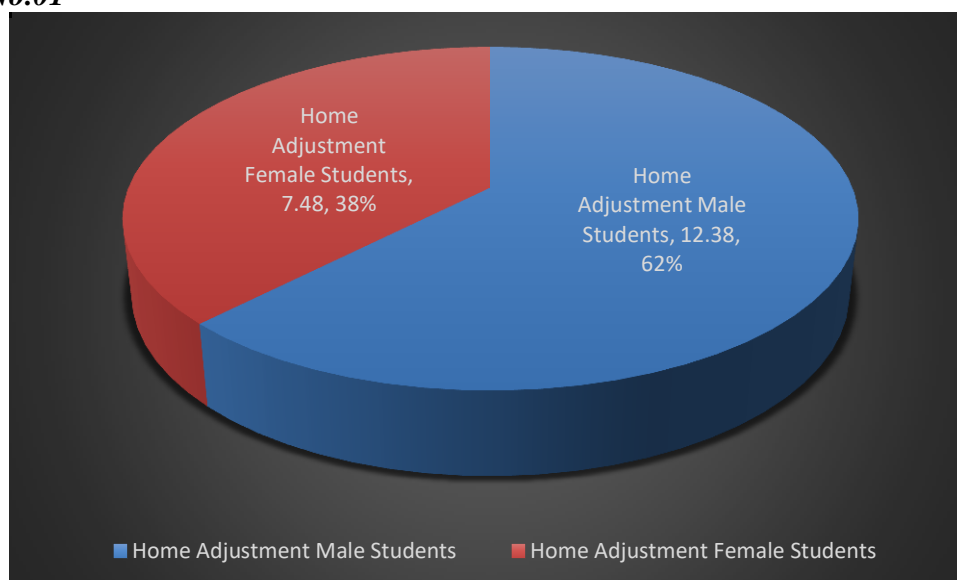
The analysis of data interpretation and discussion of the results are presented below.

Table No.01 Show the Mean, SD and F Value of Gender on Home Adjustment

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Home Adjustment	Male Students	12.38	1.88	50	98	165.54	0.01
	Female Students	7.48	1.88	50			

(Critical value of "f" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.01



Observation of the table No.01 and Figure No.01 indicated that the mean value of two classified group seems to differ from each other on Home Adjustment. The mean and SD value obtained by the Male students 12.38, SD 1.88 and Female students was 7.48, SD 1.88, Both group 'F' ratio was 165.54 at a glance those Male students shows high score than Female students.

In the present study was hypothesis related Gender on Home Adjustment. It was "There will be no significant difference between Home Adjustment on Male and Female College Going students." Gender effect represent the Home Adjustment was significant (F- 165.54, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value are high than table values at 0.05 and 0.01. In the present study was found that Male and Female Students is differ from Home Adjustment. The findings of the not supported this hypothesis, they are this hypothesis rejected the present study. This Study found that Female Students Better Home Adjustment than Male Students. Similar results found that Pankaj Singh, at. All, (2017) this study found that college going students girls high mean indicate unsatisfactory at home adjustment and college going students boys low mean indicate low unsatisfactory at home adjustment. Opposite result found that Muthukumar, and Lal Kumar, (2015) this study

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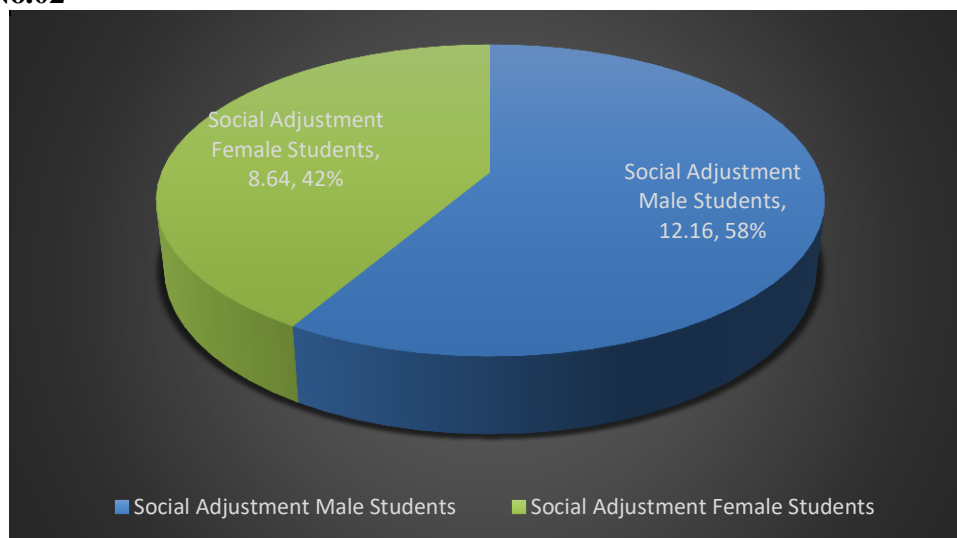
found that there is no significant difference between male and female high school students on home adjustment.

Table No.02 Show the Mean, SD and F Value of Gender on Social Adjustment

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Social Adjustment	Male Students	12.16	1.94	50	98	53.34	0.01
	Female Students	8.64	2.92	50			

(Critical value of "f" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.02



Observation of the table No.02 and Figure No.02 indicated that the mean value of two classified group seems to differ from each other on Social Adjustment. The mean and SD value obtained by the Male students 12.16, SD 1.94 and Female students was 8.64, SD 2.92, Both group 'F' ratio was 53.34 at a glance those Male students shows high score than Female students.

In the present study was hypothesis related Gender on Social Adjustment. It was "There will be no significant difference between Social Adjustment on Male and Female College Going students." Gender effect represent the Social Adjustment was significant (F- 53.34, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value are high than table values at 0.05 and 0.01. In the present study was found that Male and Female Students is differ from Social Adjustment. The findings of the not supported this hypothesis, they are this hypothesis rejected the present study. This Study found that Female Students Better Social Adjustment than Male Students. Similar results found that Anita (1994) this results that girls better adjusted in social adjustment compared to boys. Opposite result found that Thiyam Kiran Singh et. All, (2014) this study found that there is no significant difference between boys and girls in the domains of social adjustment.

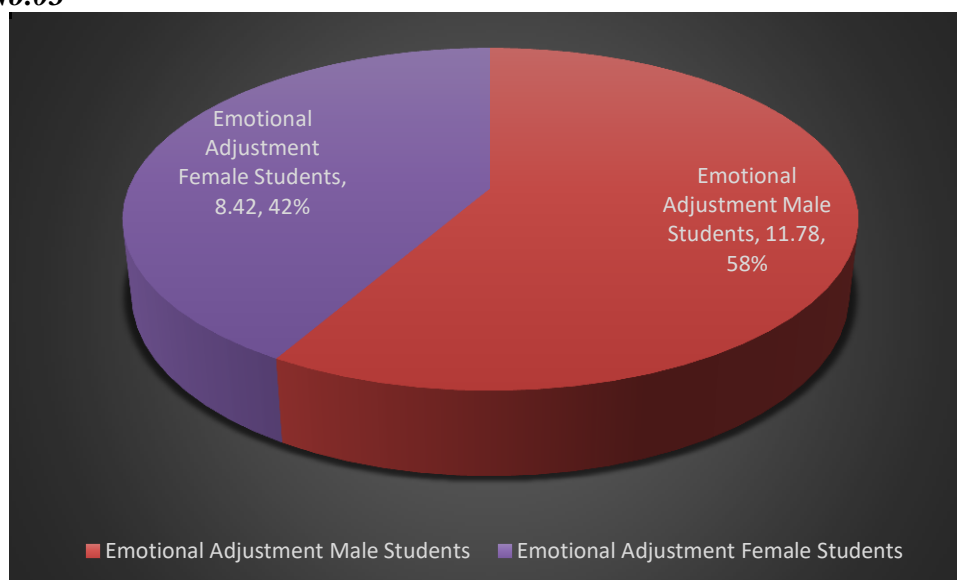
Table No.03 Show the Mean, SD and F Value of Gender on Emotional Adjustment

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Emotional Adjustment	Male Students	11.78	1.79	50	98	64.57	0.01
	Female Students	8.42	2.34	50			

(Critical value of "f" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

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Figure No.03



Observation of the table No.03 and Figure No.03 indicated that the mean value of two classified group seems to differ from each other on Emotional Adjustment. The mean and SD value obtained by the Male students 11.78, SD 1.79 and Female students was 8.42, SD 2.34, Both group 'F' ratio was 64.57 at a glance those Male students shows high score than Female students.

In the present study was hypothesis related Gender on Emotional Adjustment. It was "There will be no significant difference between Emotional Adjustment on Male and Female College Going students." Gender effect represent the Emotional Adjustment was significant (F- 64.57, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value are high than table values at 0.05 and 0.01. In the present study was found that Male and Female Students is differ from Emotional Adjustment. The findings of the not supported this hypothesis, they are this hypothesis rejected the present study. This Study found that Female Students Better Emotional Adjustment than Male Students. Similar results found that Singh (1995) observed that adolescent girls are better adjusted in the areas of emotional whereas adolescent boys. Opposite result found that Priyanka Sharma and Nisha Saini, (2013) this study concluded that the girls and boys do not differ significantly in emotional adjustment.

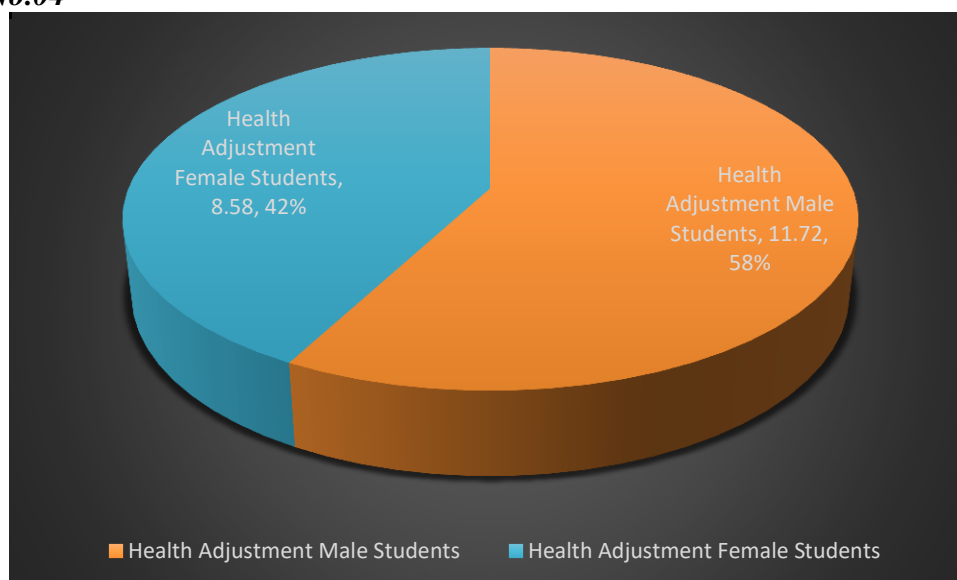
Table No.04 Show the Mean, SD and F Value of Gender on Health Adjustment

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Health Adjustment	Male Students	11.72	2.99	50	98	45.98	0.01
	Female Students	8.58	2.51	50			

(Critical value of "f" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

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Figure No.04



Observation of the table No.04 and Figure No.04 indicated that the mean value of two classified group seems to differ from each other on Health Adjustment. The mean and SD value obtained by the Male students 11.72, SD 2.99 and Female students was 8.58, SD 2.51, Both group 'F' ratio was 45.98 at a glance those Male students shows high score than Female students.

In the present study was hypothesis related Gender on Health Adjustment. It was "There will be no significant difference between Health Adjustment on Male and Female College Going students." Gender effect represent the Health Adjustment was significant (F- 45.98, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value are high than table values at 0.05 and 0.01. In the present study was found that Male and Female Students is differ from Emotional Adjustment. The findings of the not supported this hypothesis, they are this hypothesis rejected the present study. This Study found that Female Students Better Health Adjustment than Male Students. Similar results found that Pankaj Singh, et. All, (2017) this study found that college going students girls high mean indicate unsatisfactory at health adjustment and college going students boys low mean indicate low unsatisfactory at health adjustment. Opposite result found that Thiyam Kiran Singh et. All, (2014) this study found that there is no significant difference between boys and girls in the domains of health adjustment.

Limitations of The Study

1. The finding of the study is based on very sample.
2. The sample was restricted to Aurangabad in Maharashtra.
3. The study was restricted to only arts college students (arts facility) only.
4. The study was restricted students are only 18-21 years only.
5. Small sample size of only 100 students are selected which is too small to generalize the findings.

Major Findings of The Study

The following are the important findings of the study: —

1. Female Students Better Home Adjustment than Male Students.
2. Female Students Better Social Adjustment than Male Students.

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3. Female Students Better Emotional Adjustment than Male Students.
4. Female Students Better Health Adjustment than Male Students.

Suggestion for Future Research

1. No research is conclusive in real sense. Every research paves the way and carves the way for future research.
2. A sample of 100 students was taken in the present study. Same study can be conducted on a large sample.
3. The present study was confined to Male and Female College Students only. It can be expanded to more such colleges for broader generalisation.
4. Similar study can be conducted to study the comparison between Urban and Rural students of college.
5. Similar research can be conducted in other regions of other District and state to study adjustment problems.

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Conflict of Interest

The author declared no conflict of interests.

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