

Level of Adjustment between Outstation and Local College Students

Simran Bhalla^{1*}, Aradhana Balodi Bhardwaj²

ABSTRACT

A METROPOLITAN! What more could a child belonging to a small town could ask for? For him/her, it's a place of dreams and possibilities, which one could ever hope of living. With developing trend of pursuing higher education outside the birthplace, Urban Indian students set out in major college cities. Such areas bring with themselves the concerns that every person has in terms of adjustment such as home/family adjustment, health adjustment, social adjustment and emotional adjustment such students; adjust as they experiment with newfound freedom and responsibilities. Thus, adjustment is a relationship between man and his surroundings. The primary aim of this project was to understand the level of adjustment between outstation and local students. 90 students (45 outstation and 45 local students) completed the questionnaire for the variables of the study. The questionnaire consisted bell adjustment inventory. The results indicated that there is a significant difference in level of adjustment between outstation and local students.

Keywords: *Metropolitan, Higher education, Adjustment, Surroundings, Outstation, Local.*

Living is a process of adjustment and it is a process of unique importance in human life. The concept of adjustment was originally borrowed from biology. It was modeled after the biological term adaption, which refers to the efforts by specie to adjust to changes in its environment. Thus, adjustment refers to the psychological processes through which people manage or cope with the demands and challenges of everyday life. It is stated that a chain of adjustment commences every time a need is felt and ends with it when it can be satisfied. For instance, hungry people are provoked by their physiological need to hunt for food. When they have food, they minimize the provoked action that induced them to such activity, and they are adjusted to this particular need.

The adjustment mechanism is a system through which an individual minimizes his anxiousness or stress in order to adapt him/herself accordingly to the environment. For fixing

¹ Research Scholar, Amity University Noida, Uttar Pradesh, India

² Professor, Amity University Noida, Uttar Pradesh, India

[*Responding Author](#)

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his/her problems as well as to meet conflicting scenarios, a child uses specific self-adjustable ways which may protect him or her from his frustrated situations. For instance a child trained to sleep throughout night without requesting for milk. A kid who plays his role efficiently gets love and psychological security from his mom and he adjusts very well to his home environment. On the other side, if the child does indeed not sleep properly and carries on his infantile role, he may receive scolding and spanking coming from his mother. He might not exactly be taken care of properly and his mother's attitude might become indifferent and formal about him. Naturally the child may feel disappointment. Adjustment therefore is a process which leads us to happy and contented life; maintains a balance between our needs and the capacity to meet these needs; and gives us strength and ability to bring desirable changes in the conditions of our environment.

Normal Adjustment: When a relationship among a person and his environment is according to proven norms then that romantic relationship is considered as regular adjustment. A child who obey his parents, who will be not unduly stubborn; who studies regularly and features neat habit is regarded as adjusted. *Abnormal Adjustment:* Abnormal adjustment means problem habits or popular speaking maladjustment. Maladjustment takes place once the relationship between a great individual and his environment is not according to established standards or rules. A delinquent child changes along with his environment but this individual is a maladjusted kid because he is breaking certain moral codes.

Home /family adjustment: A person is not born adjusted or maladjusted, it is his physical, mental and psychological potentialities that are affected and directed by the factors of environment in which he found him or herself that adjustment or maladjustment slowly but surely develop. Home is one of the first social establishment wherever a baby must be adjusted. He must be trained to change his strictly self-focused interests and to join forces within the activities of and for the welfare of others. From the onset only he imitates the speaking and uptake habits of his family and step by step reflects attitudes learned within the home toward elders. Acceptable or dangerous behavior that area unit displayed is carried by the kid into this relationships with persons outside the house. Therefore the family attitudes become a crucial thought within the adjustment of a baby.

Health adjustment: Health is one of the major things through which we survive our living in this environment. It is our body that functions according to its needs and desires and if the body does not respond in an efficient manner than the person will have issues in adjusting with his surroundings like fulfilling his expectations and others expectations. For e.g. A person is not able to come to office for a month because of his constant illness then his or her boss will eventually tell his or her to resign and look for some replacement rather than wasting their time and be a stressful factor in the working of the company.

Social adjustment: Social adjustment is an attempt created by a person to deal with his or her standards, values and desires of a society so as to be acknowledged. It are often outlined as a psychological method. We can also define it as getting along with others members of society.

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Individuals aim to be comfortable in their surroundings and meet their needs for love and affection from social networks they reside in. At the point when requirements appear, particularly in new or changed surroundings, they respond to interpersonal action proposed to fulfill those necessities. As stated by Erikson in psychosocial development theory of stage industry vs. Inferiority If children do not learn to cope with others or have negative experiences at home or with peers, an inferiority complex might develop into adolescence and adulthood.

Emotional adjustment: Emotional adjustment is one the most important at the first place as adjustment in emotions direct towards normal behavior and on the other hand maladjustment leads to abnormal behavior of a person. Emotions provoke the person and make him to overcome laid -back attitude, hence sometimes emotions may be a great barrier for adjustment. Human being is considered as a rational being. However in the embrace of emotions people act like immature. Some individuals fail completely as they cannot take proper decisions, and many people even breakdown in severe emotional arousal, because of changes in their important systems such as heart, lungs, brain, etc.

REVIEW OF LITERATURE

Vijaya v. mysorekar (2012) conducted a study on Need for mentorship to improve learning in low-performers in which he investigated that failure in academics between undergraduate medical students is because of reasons such as stress, hostel accommodation and language barrier. It was observed that Lifestyle in a hostel likewise were a crucial stress-inducing aspect, from the view that day-scholars undergo the pressure of daily commuting among the university and home. Language problems can easily hamper proper understanding and bring about poor oral and written expression, thus decreasing performance as was observed.

Rani Mohan raj and Latha (2005) conducted a study on Perceived Family Environment in Relation to Adjustment and Academic Achievement Investigated that Family member's environment factors on house adjustment revealed that house adjustment is influenced simply by amount of support and commitment in the family. The moment adolescent perceive more angeriness, criticism and arguments in the family their educational performance goes down. Outcomes prove that home ambience influences academic achievement. House atmosphere should be favorable to academic performance.

Dr. Priyanka Sharma, Nisha Saini. (2013) conducted a study on Health, social and emotional problems of college students, the students of two colleges- one urban and one rural of Jammu region. The main goal of the study was to identify the adjusting problems among college or university heading students. Three dimensions of adjustment I. e. Overall health, Social and Emotional were studied across two individual's I. e. Boys and Girls and in non-urban and urban areas. The findings of the study revealed that Women are average in the dimensions of health and social adjustment and unhappy in emotional areas. Males are average in the dimensions of social adjusting and unsatisfied in health and emotional areas.

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Sangeeta, Chirag (2012) conducted a study on of adjustment problems of college students in relation to gender, socio-economic status & academic achievement, the objective of the study was to find college students and their relationship with academic success. Evaluation of results indicates that university students have a satisfactory amount of adjustment and there is a significant relationship between academic success and adjustment of university students. The study unveiled significant dissimilarities in the university adjustment in regards to gender and monetary status.

Roland Yeow, Roger KO, Sharmaine LOH, (2011), “An exploratory study of social adjustment among Youth in residential homes”, the purpose of this study was to examine differences of social adjustment factors between youths living in residential care setting and the non-residential care youths. Results showed that residential care youths had a more negative perception of teachers compared to nonresidential care youths; residential care youths had a more positive perception of family bonding compared to nonresidential care youths. For residential care youths, there was also an increase in self-initiated learning behaviors as age increased. Results indicated that residential care youths were not as maladjusted as initially thought and lent support to the strengths based approach to working with youths.

V. Ramaprabou (2014) conducted a study on the effect of family environment on the adjustment patterns of adolescents, the current investigation was undertaken to analyze the effect of family environment on adjustment habits. In this 70 adolescents learning undergraduate programs were aimlessly selected from the arts and Science Colleges of Pondicherry. Results from the study revealed that family environment has significant effect on the adjusting patterns of the college students.

Enochs, Wendy K. Roland, Catherine B. (2006) conducted a study on Social Adjustment of College Freshmen: The Importance of Gender and Living Environment and investigated the relationship between living environment, gender and both overall adjustment to college and social adjustment in freshmen students. The relationship between living surroundings, gender and each overall adjustment to school and social adjustment in freshmen students was examined during this study. Males were found to own a considerably higher overall adjustment levels than females notwithstanding living surroundings.

Dr. M.Y. Ganai, Muhammad Ashraf Mir, Dr. M.Y. Ganai, Muhammad Ashraf Mir (2013) conducted a study on a comparative study of adjustment and academic achievement of college students in which Emotional Stability (ES), Overall adjustment (OA), Autonomy (AY), Security- Insecurity (SI), Self – Concept (SC), Intelligence (IQ) was analyzed and the findings revealed that the male and female adolescents differ significantly on mental health. However the two groups showed no difference on academic achievement. Further the two groups showed difference on various dimensions of the Mental Health Battery including Emotional Stability (ES), Overall Adjustment (OA), Security Insecurity (SI) and General Intelligence.

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Maxine Gallander Wintre, Mordechai Yaffe (2000) conducted a study on First-Year Students' Adjustment to University Life as a Function of Relationships with Parents investigated the attitude of first-year students 'transition to university is their relationship with parents. The perceived parenting style, current relationships with parents, and psychological well-being variables make toward perceived overall adjustment to university, from both socio/emotional adaptation perspectives and actual academic achievement. Results indicated that mutual reciprocity and discussion with parents, as well as the psychological well-being variables, have direct links to adjustment to university.

Dimpy Mahanta, Vikasni Kannan (2015) conducted a study Emotional Maturity and Adjustment in First Year Undergraduates of Delhi University: freshman year is undoubtedly one of the most stressful adjustment phases of ones' lives. The primary purpose of the present study is to explore the relationship between adjustment and emotional maturity of first year undergraduate students. It also aimed at investigating if there exist any gender difference in emotional maturity and adjustment. The results showed a significant positive correlation between emotional maturity and various dimensions of adjustment (namely, emotional, family, college and social adjustment) at .01 and 0.05 level of significance. Also the t-test showed no significant difference in emotional maturity between the two genders. The study further revealed that there was no significant difference in the adjustment dimensions between boys and girls except for only the dimension of emotional adjustment, where females scored significantly higher than their male counterpart.

Runjun Saikia; Minati Choudhury (2015) conducted a study on Adjustment Problems of the undergraduate female students in Nagaon district of Assam investigated the Adjustment problems of the undergraduate female students in Nagaon district of Assam and descriptive survey method was used for that purpose. A total of 100 undergraduate female students were selected from 10 colleges of Nagaon district of Assam by applying stratified random sampling method. The Bell's Adjustment Inventory (BAI) developed by Dr. R. K Ojha used for data collection as a tool. Mean, Standard deviation, t-test, ANOVA has been applied for analysis of data. There is no significant difference in the adjustment of the undergraduate female students in the home, health, social and emotional areas. The percentages of the female students are highest in the excellent category of adjustment in the social area, good in the home & emotional area and average category in the health area. There is significant difference in the adjustment of the undergraduate female students of rural and urban colleges. The adjustment of the urban college students is found to be better than rural students in all the area of adjustment.

METHODOLOGY

Aims and Objectives:

Being an outstation student has been a struggle from a decade and staying at home has been a comfort of every student in their lives. As per the earlier studies it was seen that the level of adjustment between outstation and local students has several differences in the areas of home/family adjustment, health adjustment, social adjustment and emotional adjustment.

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Thus, the purpose of this research is to compare the level of adjustment level of outstation and local students with the following objectives:

1. To study the level of adjustment between outstation and local students.
2. To study the level of home adjustment between outstation and local students.
3. To study the level of health adjustment between outstation and local students.
4. To study the level of social adjustment between outstation and local students.
5. To study level of emotional adjustment between outstation and local college students.

Hypotheses:

1. There will be a significant difference between adjustment level of outstation and local college students.
2. There will be a significant difference between home adjustment level of outstation and local college students.
3. There will be a significant difference between health adjustment level of outstation and local college students.
4. There will be a significant difference between social adjustment level of outstation and local college students.
5. There will be a significant difference between emotional adjustment level of outstation and local college students.

Research Design:

Comparative research design has been adopted to study the level of adjustment between outstation and local college students. The study was conducted in one of the reputed university, Amity University Noida, this place was chosen as the study site because of the target of the population i.e. students and the researcher interacted with few outstation and local students studying in bachelors and explained them about the nature and purpose of the study. The sample includes all students between the ages of 18- 22 years, staying locally with their parents and outstation students staying in a hostel or paying guest accommodation. All major psychological and physical disorders have been excluded.

Tools for data collection:

Bell adjustment inventory was prepared in 1968, when one of the Ph.D. students was conducting his research work under the guidance of the author. This inventory includes four parts –home, health, social and emotional. Each part has 35 questions, which are answered on a three point scale. Home adjustment is expressed in terms of satisfaction or dissatisfaction with home life; health adjustment in terms of illness; social adjustment in terms of shyness, submissiveness, introversion; and emotional adjustment in terms of depression; nervousness etc. high scores on the inventory indicate low adjustment and low score high adjustment in different specific areas, and also in respect of adjustment taken as a whole.

The present adjustment inventory has been prepared on the basis of bell adjustment inventory (student form).With an aim to measure to measure adjustment of students. Bell published his

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inventory in 1934. He pointed out specifically, “the inventory has been successful when used with high school students and college students. It is also suitable for both the sexes.”

Participants

There were total 90 student participants. 45 were selected from amity university Noida and where local students and 45 were outstation students and they were asked if they would volunteer to participate in “comparative study on level of adjustment between outstation and local students. The participants then completed the bell adjustment inventory after taking the informed consent.

ANALYSIS OF RESULT

The aim of the study was to assess the level of adjustment between outstation and local student’s. The bell adjustment inventory (student form) was used to assess the level of adjustment of 45 outstation and 45 local students. After scoring the data was put into statistical analysis and the results are as follows:

TABLE 1.1, Table showing the mean and standard deviation score of level of adjustment between outstation and local students in the four areas of adjustment (Home, Health, Social and Emotional)

Groups	Home		Health		Social		Emotional	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
1.Outstation Students	12.48	6.02	12.37	5.90	18.06	4.61	16.24	6.13
2.Local Students	11.71	5.18	11.66	6.04	17.73	4.18	15.28	6.45

The above table shows the mean and standard deviation of the variable in both the groups in areas of adjustment as follows:

It indicates that the mean and standard deviation scores of home adjustment in outstation student and local student is 12.48and 11.71respectively. While the standard deviation scores of outstation and local students is 6.02 and 5.18 respectively.

It indicates that the mean and standard deviation scores of health adjustment in outstation student and local student is 12.37and 11.66 respectively. While the standard deviation scores of outstation and local students is 5.90 and 6.04 respectively.

It indicates that the mean and standard deviation scores of social adjustment in outstation student and local student is 18.066 and 17.73 respectively. While the standard deviation scores of outstation and local students is 5.90 and 4.18 respectively.

It indicates that the mean and standard deviation scores of emotional adjustment in outstation student and local student is 16.24 and 15.28 respectively. While the standard deviation scores of outstation and local students is 6.13 and 6.54 respectively.

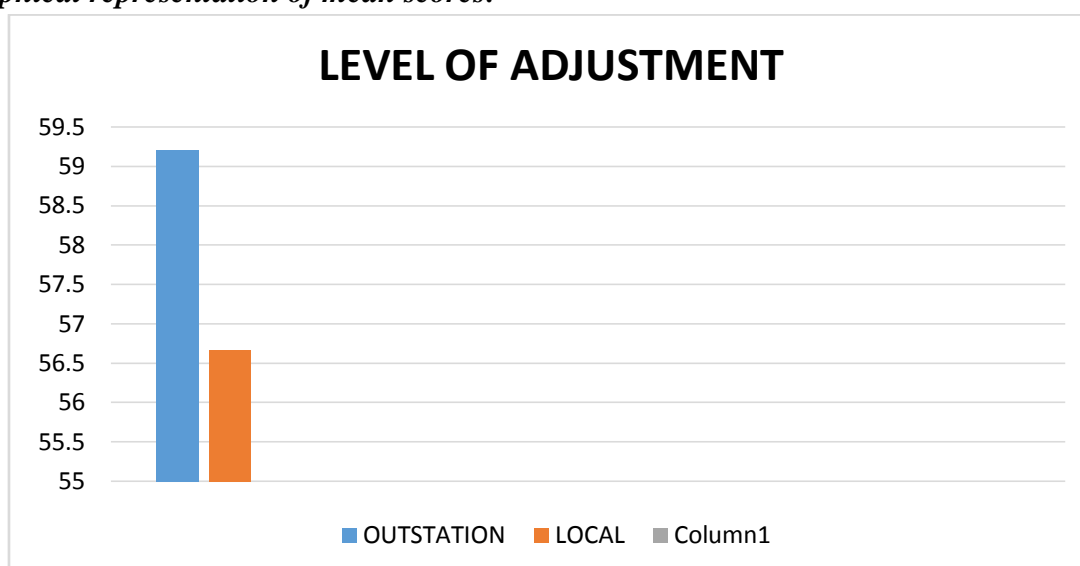
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Table 1.2, Table showing the mean and standard deviation score of overall level of adjustment between outstation and local students

Group	Mean	SD
Outstation	59.2	16.9
Home	56.57	16.76

The above table shows overall mean and standard deviation of level of adjustment between outstation and local students is 59.2 and 56.57. While the standard deviation is 16.99 and 16.76 respectively.

Graphical representation of mean scores:



Hence, the higher level of mean score indicates low level of adjustment among outstation students and low score indicates a higher level of adjustment in local students.

TABLE 2.1, Table showing T value of home adjustment between outstation and local students.

Groups	Mean	SD	t value	Degree of freedom (DF)
Outstation	12.48	6.02	0.539	N-1=44
Home	11.71	5.18		

*At 0.05, t= 1.679

At 0.01, t= 2.412

**t-score is significant at both levels.

The above table states the mean and standard deviation scores of level of home adjustment between outstation and local students. The mean score of home adjustment are 12.48 and 11.71 respectively. The standard deviation scores for home adjustment are also stated which are 6.0288 and 5.18 respectively. The t-value has also been calculated which came out to be 0.539. This value is significant i.e. $P < 0.05$ at both levels since $t = -0.539$ is less than the t values at 0.05 and 0.01.

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TABLE 2.2 Table showing *T* value of health adjustment between outstation and local students.

Groups	Mean	SD	t value	Degree of freedom (DF)
Outstation	12.37	5.90	0.593	N-1=44
Home	11.66	6.04		

*At 0.05, t= 1.679

At 0.01, t= 2.412

**t-score is significant at both levels.

The above table states the mean and standard deviation scores of level of health adjustment between outstation and local students. The mean score of home adjustment are 12.37 and 11.66 respectively. The standard deviation scores for home adjustment are also stated which are 5.90 and 6.04 respectively. The t-value has also been calculated which came out to be 0.593. This value is significant i.e. $P < 0.05$ at both levels since $t=0.593$ is less than the t values at 0.05 and 0.01.

TABLE 2.3, Table showing *T* value of social adjustment between outstation and local students.

Groups	Mean	SD	t value	Degree of freedom (DF)
Outstation	18.06	4.61	0.712	N-1=44
Home	17.73	4.18		

*At 0.05, t= 1.679

At 0.01, t= 2.412

**t-score is significant at both levels.

The above table states the mean and standard deviation scores of level of social adjustment between outstation and local students. The mean score of home adjustment are 18.066 and 17.73 respectively. The standard deviation scores for home adjustment are also stated which are 4.16 and 4.18 respectively. The t-value has also been calculated which came out to be 0.712. This value is significant i.e. $P < 0.05$ at both levels since $t=0.712$ is less than the t values at 0.05 and 0.01.

TABLE 2.4, Table showing *T* value of emotional adjustment between outstation and local students.

Groups	Mean	SD	t value	Degree of freedom (DF)
Outstation	16.24	6.13	0.467	N-1=44
Home	15.28	6.45		

The above table shows at 0.05, t= 1.679

at 0.01, t= 2.412

**t-score is significant at both levels.

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The above table states the mean and standard deviation scores of level of home adjustment between outstation and local students. The mean score of home adjustment are 16.244 and 15.288 respectively. The standard deviation scores for home adjustment are also stated which are 6.135 and 6.454816 respectively. The t value has also been calculated which came out to be 0.467. This value is significant i.e. $P < 0.05$ at both levels since $t = -0.467$ is less than the t values at 0.05 and 0.01

TABLE 2.5 Table showing T value of home adjustment between outstation and local students.

Groups	Mean	SD	t value	Degree of freedom (DF)
Outstation	59.2	16.99	0.479	N-1=44
Home	56.57	16.76		

At 0.05, $t = 1.679$

At 0.01, $t = 2.412$

**t-score is significant at both levels.

The above table states the mean and standard deviation scores of level of adjustment between outstation and local students. The mean score of home adjustment are and 11.711 respectively. The standard deviation scores for home adjustment are also stated which are 6.0288 and 5.181357 respectively. The T-value has also been calculated which came out to be 0.479035861. This value is significant i.e. $P < 0.05$ at both levels since $t = -0.479$ is less than the t values at 0.05 and 0.01.

DISCUSSION

Being an outstation student has been a struggle from a decade and staying at home has been a comfort of every student in their lives. With developing trend of pursuing higher education outside the birthplace, Urban Indian students set out in major college cities. Such areas bring with themselves the concerns that every person has in terms of adjustment such as home/family adjustment, health adjustment, social adjustment and emotional adjustment such students, adjust as they experiment with newfound freedom and responsibilities. Thus, adjustment is a relationship between man and his surroundings.

As per the earlier studies it was seen that the level of adjustment between girls and boys of undergraduate students and rural or urban students has several differences in the areas of home/family adjustment, health adjustment, social adjustment and emotional adjustment. Studies by Dr. Priyanka Sharma, Nisha Saini (2013), Roland Yeow, Roger KO, Sharmaine LOH (2011), Enchos, Wendy K. Roland, Catherine B. (2006) and Dimpy Mahanta, Vikasni Kannan (2015) showed a difference between level of adjustment in males and females and also level of adjustment between rural and urban students.

In the present study, a comparison was made between level of adjustment between outstation students and local students. The objective of this study were to (1) To study the level of adjustment between outstation and local students (2) To study the level of home/family

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adjustment between outstation and local students, (3) To study the level of health adjustment between outstation and local students, (4) To study the level of social adjustment between outstation and local students, (5) To study level of emotional adjustment between outstation and local college students.

The first variable of this study is home/ family adjustment. Home is the foremost immense cause of satisfaction and security to its members, the terms among the family members and their ways of reaction have a dominant role in adjustment of an individual.

The second variable of this study is health adjustment which means one's natural capabilities are in compliance with the indicated rest at the identical maturity and there is never a problem in continuation by reason of deficiency in body structure. The third variable of the study was social adjustment, which demands of the advancement of social features and characters in a human and it also demands that a human should be civil enough to be existent in social agreement with all and accept authority and agreement towards his companions, society and nation. The last variable of the study was emotional adjustment, it acts an extreme role in a human to improve him/herself and environment. A human is called emotionally capable if he/she is able to convey his/her emotions in a convenient approach and point.

The hypothesis of the study were (1) There will be a significant difference between adjustment level of outstation and local college students, (2) There will be a significant difference between home adjustment level of outstation and local college students, (3) There will be a significant difference between health adjustment level of outstation and local college students, (4) There will be a significant difference between social adjustment level of outstation and local college students. (5) There will be a significant difference between emotional adjustment level of outstation and local college students. The research design used was a comparative research design. The sample consisted of 90 students (45 outstation students and 45 local students), chosen via purposing sampling technique. The tool that was used is bell adjustment inventory (student form).

The findings of the study were:

The first objective was to study the level of adjustment between outstation and local students. Adjustment refers to a balanced communication between a man and his surroundings. The results indicated that there is a significant difference in level of adjustment between outstation and local students. Thus, the hypothesis stated that there will be a significant difference between level of adjustment between outstation and local college students is accepted, i.e. there is significant difference between outstation and local students.

The second objective was to study the level of home/family adjustment between outstation and local students. Mooney et al. (1991) had explored distance from home as a predictor of college adjustment. Home is the foremost immense cause of satisfaction and security to its members, the terms among the family members and their ways of reaction have a dominant role in adjustment of an individual. The results indicated that there is a significant difference

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in level of home/family adjustment between outstation and local students. Thus, the hypothesis stated that there will be a significant difference between home/family level of adjustment between outstation and local college students is accepted, i.e. there is significant difference between outstation and local students.

The third objective of the study was to study the level of health adjustment between outstation and local students. However in a study by Hung & Yun Ying K., (2010) the actual variable, adjustment to college, stated a statistically significant ability to know the students health-enhancing behavior. Thus, health adjustment which means one's natural capabilities are in compliance with the indicated rest at the identical maturity and there is never a problem in continuation by reason of deficiency in body structure. Hence, the results indicated that there is a statistical difference in the level of health adjustment between outstation and local students. Thus, the hypothesis stated that there will be a significant difference between level of health adjustment between outstation and local college students is accepted, i.e. there is significant difference between outstation and local students.

The fourth objective was to study the social adjustment between outstation and local students. In a study by Kathleen A. Ingman, it was revealed that international students who are in the United States report significantly lower levels of social adjustment than American students. Social adjustment, demands of the advancement of social features and characters in a human and it also demands that a human should be civil enough to be existent in social agreement with all and accept authority and agreement towards his companions, society and nation Hence, the results indicated that there is a statistical difference in the level of social adjustment between outstation and local students. Thus, the hypothesis stated that there will be a significant difference between level of social adjustment between outstation and local college students is accepted, i.e. there is significant difference between outstation and local students.

The last objective was to study the emotional adjustment between outstation and local college students. Emotional adjustment, it acts an extreme role in a human to improve him/herself and environment. A human is called emotionally capable if he/she is able to convey his/her emotions in a convenient approach and point. Hence, the results indicated that there is a statistical difference in the level of emotional adjustment between outstation and local students. Thus, the hypothesis stated that there will be a significant difference between level of emotional adjustment between outstation and local college students is accepted, i.e. there is significant difference between outstation and local students.

This concludes the discussion. The next chapter deals with the future implications, limitations and the conclusion of this study.

SUMMARY AND CONCLUSION

The present investigation focused on the level of adjustment between outstation and local college students. The objectives of the study were to (1) The objective of this study were to

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(1) To study the level of adjustment between outstation and local college students (2) To study the level of home/family adjustment between outstation and local college students, (3) To study the level of health adjustment between outstation and local college students, (4) To study the level of social adjustment between outstation and local college students, (5) To study level of emotional adjustment between outstation and local college Students. A comparative design was used. The study was conducted in amity university Noida. The sample consisted of students who are pursuing a bachelor's degree. Total a sample size of 90 students consisting of 45 out and 45 local students. The tool used in the study was bell adjustment inventory (student form). T test was used for data analysis.

Alpha levels were taken at .05 and .01.

Based on the results four hypothesis were accepted which are,

(1) There will be a significant difference between adjustment level of outstation and local college students ($t = 0.479$), (2) There will be a significant difference between home adjustment level of outstation and local college students ($t = 0.539$), (3) There will be a significant difference between health adjustment level of outstation and local college students ($t = 0.593$), (4) There will be a significant difference between social adjustment level of outstation and local college students ($t = 0.712$). (5) There will be a significant difference between emotional adjustment level of outstation and local college students ($t = 0.467$) Thus, a significant difference in level of adjustment between outstation and local students was established between home adjustment, health adjustment, social adjustment, emotional adjustment.

FUTURE IMPLICATIONS:

- More variables such as culture, security, financial aid, sexuality and adaptation and quality of education should be included for further studies.
- The sample size should be increased.
- Other demographic factors such as rank and socio-economic status should be included.
- Individual scores can be assessed to understand the effect of individual differences.
- Students who are staying with their far off cousins should be given a different scale.

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