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Research Paper

A Comparative study of the Adjustment of Graduate college Students

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ABSTRACT

The present study aims at comparing the adjustment of students with regard to their gender, area and stream. College students, in a transitional period from late adolescence to early adulthood, meet quite a few new and ever-complicated surroundings which they have never encountered before. They experience a wide variety of difficulties in making satisfactory adjustments to college life. Personality problems are frequently precipitated in college students by stressors met in attempted adjustments to perplexing situations. **Aim**: The study aims to measure the adjustment level of the college students. **Methodology**: It was college based study. Total 480 participants were selected for the study by using purposive sampling technique. 240 male students and 240 female students were selected. Tools used were Bell adjustment Inventory. **Result**: findings indicate that more students have average level of adjustment. **Conclusion**: The study concludes that male students have more adjustment then female students as well as students belong to rural area have more adjustment then urban areas.

Keywords: *Adjustment, Bell adjustment inventory*

India is taking a rapid turn with the fast changing world. Influence of globalization, modernization, changing needs of the society and individuals and awareness is making the youth more and more ambitious and hence affecting their adjustment significantly. The term adjustment refers to the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. 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. Adjustment may be defined as a process of altering behaviour to reach a harmonious relationship with the environment. When people say they are in an "adjustment period" they typically mean that they are going through a process of change and are searching for some level of balance or acceptance with the environment, others, or themselves. Each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike a balance among various forces. Coleman (1956) is of the view that "the effectiveness of the individuals effort to his need and adapt to his environment" is called adjustment. According to schneiders (1960) adjustment is the process

involving both mental and behavioural responses by which an individual strive to cope with inner needs. Tensions, frustration and conflict and to bring harmony between these inner demands and those imposed upon him by the world in which he lives.

Adjustment affects the various aspects of a student's life. Yellalah (2012) and Yengimolki, S., Kalantarkousheh, S.M. and Malekitabar, A. (2015) found that there was a significant relationship between Adjustment and academic achievement of students. Pasha, H.S. and Munaf, S. (2013) and Shirali1, E. and Golestanipour, M. (2017) concluded that social adjustment significantly affects the self-esteem of the university students. Poor school adjustment leads to low academic achievement, behavioral problems, irrelevant educational aspirations and even school dropout (Raju & Rahamtula, 2007). If the adolescence are not adjusted properly they suffer from various problems like mental complexity, conflicts and anxiety. Archna (2011) found that there is a significant positive relationship between the mental health of adolescents and their adjustment. Students with low adjustments tend to form less than desirable self-evaluations, which significantly affect their happiness, satisfaction and well-being. The researcher observed that adjustment may be affected by a number of socio-psychological factors. In this micro study the researcher attempts to fine the impact of gender, area and stream on the adjustment of college going students.

REVIEW OF LITERATURE:

There are many studies on college students that discussed in the college environment within its all components- satisfaction, and adjustment of the college students.

Leel (1993) studied the differences in adjustment to university life in King Faisal University in Saudi Arabia according to gender, social and psychological status, major, residence, and college and study level. The findings showed that there were no significant statistical differences in the adjustment attributed to the study variables except for gender and residence.

McWhiter (1997), in his study of 625 college students, found that female students are more likely to experience loneliness and social isolation than their male peers. Pittman and Richmond (2008), in his study of 79 college students, found that female students are more in social isolation than their male.

Sulieman and Menezzel (1999) study aimed to investigate the adjustment degree among Sultan Qabous university students according to gender, achievement, residence and semester. The study concluded that there is adjustment to university life in all domains except for the social domain and there are differences in the personal domain attributed to gender for the favor of males.

Al Banna (2008) conducted a study to identify the common stressed survival situations at Al-Aqsa University students in Gaza city. The study sample included 200 University students, (100 males and 100 females). The study revealed that the commonest of the most common of stress survival situations were arranged in the following order: Emotional situations, studying situations, personality situations, healthy situations, economic situations, family, and social situations. There were no significant differences in stress survival situations except health situations in favor of female.

Females have traditionally been thought of as being more social and having a more difficult time adjusting to the college environment and making social connections than their male

counterparts. Numerous studies have found high levels of differences in the social adjustment of males and female (Cook, 1995).

Al Qaisy (2010) examined the effect of place of residence of the new students adapt to university level have, in addition to knowledge of the differences between males and females in the level of adjustment for them. Results of the study indicated there are significant differences between males and females in the level of adaptation of university which was high in male-item social adjustment, while no differences sealed on other items on the scale of adjustment, due to the female tend to use relationships and socialization experiences in college to adjust more than their male counterparts (Kenny & Rice, 1995).

Al-khatib et. al (2012) conducted study to measure the degree of student's adjustment to university life at Albalqa applied technical university, study applied on 334 students by using random sample. The findings showed that the degree of student's adjustment to university life was moderate and there is no statistically significant difference, gender, study level and the interaction between them.

Peerzada (2013) showed that the social science teachers had more adjustment problems than science teachers.

Sekar, A. J. (2016) showed that there was significant relationship between emotional, social, educational adjustment of higher secondary school students in relation to academic achievement.

Alam, M. (2017) found that there was significant difference between adolescents from nuclear and joint families on the measure of emotional adjustment, social adjustment and educational adjustment.

Problem to be investigated
The present research has been taken to investigate the level of adjustment among college students. Moreover, the compare between gender and place of residence (Rural and Urban) among college students were examined.

AIMS: The study aims to measure the level of adjustment among college students.

METHODOLOGY:
The main objectives of the present study were as follows:
- To measure the level of adjustment among Graduate college students.
- To compare the level of adjustment between place of residence (Rural and Urban) and gender.

Hypotheses
The hypotheses of the study were formulated as follows:
- The level of adjustment will vary in various sample groups.
- Male sample group will be more adjusted than female sample groups.
- Students from rural area will have poor adjustment than students from urban area.

Research Design
The present research work was a cross- sectional research design college based study. In this design involves using different groups such as gender, place of residence.

The Sample
Size of the sample: The total number of sample size of present study was 480 were selected by stratified random sampling from the under graduation students of Madhubani District and its peripheral rural areas. The sample stratification was based on 2x2 factors. The sample design has been presented in Table-1.

Table 1: Sample Design

Gender	Place of residence		Total
	Rural	**Urban**	**Total**
Boys	120	120	240
Girls	120	120	240
Total	**240**	**240**	**480**

Inclusion Criteria:
- Only such constituent or newly constituent colleges were considered.
- Students of under graduation studying in college were included in the sample.
- Regular students were selected.

Exclusion criteria
- Students who have studying below graduation and above graduation were not selected in the sample.
- Students who are having history severe physical and mental morbidity were not selected.
- Dropout students were not considered.

Tools
The following tools were administered on the sample of the study:
1. Personal Data Questionnaire (PDQ)
2. Bell Adjustment Inventory(BAI)

Plan of analysis
In this research considering the objectives of present research and applied suitable statistical techniques (using SPSS-20 statistical software) such as Percentage of score and 't'- test for the analysis of data.

PROCEDURE:
Initially a list of colleges in Madhubani district which runs Post graduation courses was prepared. Then the lists of colleges were divided in two groups based on urban and rural location of colleges. List-I were consists of colleges situated in urban areas of Madhubani (Madhubani city) and lists-II were consists of colleges situated in rural areas of Madhubani District such as Rajnagar, Madhepur, Jainagar, Khutona etc. Then from the above list of colleges, three colleges each from the two lists will be selected by means of lottery method. Than Personal Data Questionnaire was given to all students of selected colleges for the purpose of collect the data regarding the respondents name, college names, age, gender, caste, sub-caste, religion, educational status, and place of residence, physical and mental

morbidity. Than after screening all research tools (Bell Adjustment Inventory, Personal Value Questionnaire and Self disclosure Inventory) was given to all selected students for the collect of data. Altogether, there are 4 list from each group 120 students were selected.

RESULT AND DISCUSSION:

Table-1 Adjustment among various sample groups of Graduate College Students.

Sample Groups	Good Adjustment		Average Adjustment		Poor Adjustment	
	N	%	N	%	N	%
Total	227	45.30	238	47.50	15	3.10
Male	157	63.30	81	33.80	2	0.80
Female	70	27.20	157	65.40	13	5.40
Urban	119	45.40	115	47.90	6	2.50
Rural	108	45.00	123	51.20	9	3.80

Table 1 Show the level of (percentage) adjustment (home, health, social and emotional) among college students. Result shows that 45.30% students had god adjustment, 47.50% students had average adjustment and 3.10% students had poor adjustment in which under good adjustments had 65.40% male students, 29.20% female students, 49.60% belongs urban students and 45.00% belongs rural students. Under average adjustment had 33.80% male students, 65.40% female students, 47.90% belongs urban students and 51.20% rural students. And under poor adjustment had 0.80% male students, 5.40% female students, 2.50% urban students and 3.80% rural students. The study findings indicate that more students had average adjustment and present findings have support to prior findings.

Table 2 Mean, S.D. and t-value showing the compare between male and female (Gender) on adjustment among college students

Gender	N	Mean	S.D.	t- value	Level of significant
Male	240	48.54	8.43	10.06	0.01*
Female	240	56.69	9.29		

*significant at 0.01 level of significance

Table 2 Show the compare between male and female students on adjustment. Result shows that mean value=48.54, and S.D. value=8.43of male students and mean value=56.69, and S.D.=9.29 of female students and t-value=10.06 that indicate male students more adjusted comparison to female students.

Table 3 Mean, S.D. and t-value showing the compare between residence (Rural and urban) on adjustment among Graduate college students

Residence	N	Mean	S.D.	t-value	Level of significant
Urban	240	51.08	9.67	1.82	0.05*
Rural	240	53.43	9.79		

*significant at 0.05 level of significance

Table 3 Show the compare between urban and rural students on adjustment. Result shows that mean value=51.08, and S.D. value=9.67of urban students and mean value=53.43, and S.D.=9.79 of rural students and t-value=1.82 that indicate urban students more adjusted comparison to rural students.

CONCLUSION:

The findings of the present study 63.30% male students have good level of adjustment and 27.20% female students have good adjustment that indicate male students have better adjustment than female students. As well as students belong to rural area have more adjustment comparison to students of urban areas.

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