

Relationship of Adjustment to Ego-Strength and Anxiety on Mental Health

Dr. Dinesh Prasad Sahu^{1*}

ABSTRACT

The aim of the present study was to see the relationship of adjustment to ego-strength and anxiety on mental health of undergraduate students which was conducted in Darbhanga district in Bihar (India). The sample consisted of college students N = 300 (hetero-sexuality). Mohsin-Shamshad Bell Adjustment Inventory, Hassan Ego-Strength Scale, Comprehensive Test of Anxiety Scale (C.T.A.S.) and Personal Data Sheet (PDS) was designed by former research scholar was used on each of the college students were selected randomly. The age of the sample was 18-19 years. Having the collected data through the questionnaire schedule. The revealed that college students of total adjustment indicate that low score (better adjustment) have greater ego-strength and lesser anxiety as compared to their high score (lesser adjustment). The difference between the mean of ego-strength, group namely, high and low t-values = 10.13 and anxiety, group namely, high and low t-value = 7.9 have been found to be highly significant at .01 levels.

Keywords: *Mental Health, Adjustment, Ego-strength, Anxiety*

Mental health encompasses emotional, psychological and social well-being, which influencing cognition, perception and behavior. In other words, the term 'Mental Health' is used to describe emotional, psychological and social well-being. The quality of person's mental health is often measured by how adaptively they can cope with everyday stressors. Mental health allows people to use their abilities, be productive making decisions and play an active role in their communities (W.H.O.). The organization also emphasizes that preserving and restoring mental health is important at individual, community and social levels. Having poor mental health is often confused with having a mental illness. But mental health actually refers to a person's state of mental well-being whether or not they have a psychiatric condition. Before mental health, 'Mental hygiene' was a term used in the 19th and 20th centuries to refer to the impact that mental processes have on overall health. A mental hygiene movement had formed in the U. S. A. in 1908 (Beers, 1908). Its goal was to advocate for people who care 'mentally sick' or people who had psychiatric conditions, in a more human ways as historically, people with mental illness were abused neglected and lack adequate care. Paul & Das (2025) have revealed a significant positive correlation between psychological well-being and academic motivation, indicating that emotional stability plays a crucial role in academic success. Das &

¹Assistant Professor, Department of Psychology, C. M. College Darbhanga (Bihar)

*Corresponding Author

Received: March 25, 2026; Revision Received: May 07, 2026; Accepted: May 11, 2026

Relationship of Adjustment to Ego-Strength and Anxiety on Mental Health

Amiruddin (2025) have revealed the mental health status and perceived stress level of undergraduate students and reported moderate to high stress level, particularly related to academic workload and uncertainly about future carriers. A holistic model of mental health generally includes concept based upon anthropological, educational, psychological, religious and sociological perspective.

In the context of the adjustment, the problem of adjustment is a vital problem of the modern world. Today we are facing a more complex world which taxes our adjustment capacities and we are feeling difficulty in achieving a sense of harmony with the environment. The present century is characterized by psychological disorder and disturbed interpersonal relationship. Modern life seems to produce maladjustment individuals a faster rate (Kaplan, 1959). Adjustment disorders are excessive reactions to stress that involve negative thoughts, strong emotions and changes in behavior. The reaction to a stressful change is much more intense than would typically be expected. This can cause a lot of problems in getting along with others as well as at workplace or school. The problem of adjustment can lead to emotional or behavioral symptoms such as sadness, anxiety or irritability, which can disrupt daily life. A study of young adults who have experienced stress events demonstrates that higher levels of mental health are correlated with fewer symptoms of adjustment disorder (Truskauskait et. al., 2020).

Anxiety is the world's most common mental disorders, affecting 359 million people in 2021. This disorder is a group of mental disorder characterized by uncontrollable feelings of anxiety and fear such that a person's social, occupational and personal functions are significant (DSM - V, 2013). Anxiety may cause physical and cognitive symptoms, such as a sense of impending doom, restless, irritability, easy fatigue, difficulty concentrating, increased heart rate, chest pain, abdominal pain and a variety of other symptoms that vary based on the individual. Anxiety is clinically defined as an unpleasant emotional state for which the cause is either not readily identified or perceived to be uncontrollable, whereas fear clinically defined as an emotional and physiological response to a external threat (WHO, 2009).

Ego-strength is a psychological concept that refers to an individual's ability to cope with stress, deals with adversity and recover from setbacks, when a person has good ego-strength, they can manage the challenges that they face without resorting to harmful or unhealthy coping mechanism. In Sigmund Freud's psycho-analytic therapy of personality, ego-strength is the ability of the ego to deal effectively with the demands of the id, the superego and reality. Those with little ego-strength may conflict feeling between these competing demands, while those with too much ego-strength can become too in suppressive and rigid. Ego-strength helps us maintain emotional stability and cope with internal and external stress (Besharat, et, al.,2018). By having a strong ego-strength, the individual feels that they can cope with problem and find new ways of dealing with struggles. These people can handle whatever life throws at term without losing their sense of self. People with good ego-strength tend to be very resilient in the face of life's difficulties. Rather than giving up in the face of an obstacle, these individuals view such events as tasks to be mastered and over come. On the other hand, those with weak ego-strength view challenges as something to avoid. In many cases, reality can seem to over-whelming to deal with. Deficits in ego-strength can include: anxiety, poor adjustment, cognitive distortions, problem in relationship, poor distress and frustration tolerance, lack of adequate coping resources, tendency to be overwhelmed by stress (Lee, et. al., 2023). Erick Erickson also described the concept of ego-strength in his theory of psycho-social development. According to Erickson,

Relationship of Adjustment to Ego-Strength and Anxiety on Mental Health

ego-strength are qualities people gain at each successive stage of life. People attain the sense of strength by successfully navigating each stage of development (Markstrome & Marshal, 2007).

Aims and Objective of the Study:

The relationship of adjustment to ego-strength and anxiety on mental health has not been investigated well. Now aims and objective of the study, as well as methodological dimensions are follows the study had been proposed to ascertain in the role of adjustment, anxiety and ego-strength. In this context following hypothesis were formulated -

1. High and low group of adjustment (home, health, emotional and social dimensions) would differ from ego-strength and anxiety.
2. Ego-strength and anxiety would affect individual adjustment which contributes to mental health.

Definition of the Variables:

1. **Mental Health:** Mental health is a state of well-being encompassing emotional, psychological and social health, enabling individuals to cope with normal life stressors, realize their abilities, work productivity and contribute to their community.
2. **Ego-strength:** Ego-strength is a psychological concept that refers to an individual's ability to cope with stress, deals with adversity and recover from setbacks.
3. **Adjustment:** Adjustment is the process by which a living organism maintains a balance between its need and the circumstances that influence the satisfaction of these needs.
4. **Anxiety:** Anxiety may be defined as apprehension, tension or uneasiness that stems from the anticipation of danger, which may be internal or external.

METHODOLOGY

Sample:

The sample comprised 250 UG students (herto-sexuality). Study of the subjects drawn constituent and affiliated college located in urban and rural areas of Darbhanga district in Bihar. The age of the sample (students) was 18-19 years with mean 18.5 years.

Tools Used:

1. Personal Data Sheet (PDS): PDS have designed by the research scholar, the PDS comprised details of the sample such as age, education, habitation, economic status etc.
2. Mohsin-Shamshad Bell Adjustment Inventory adaption in Hindi.
3. Hassan's Ego-strength Scale has been developed by Q. Hassan (1976).
4. Comprehensive Test of Anxiety scale (CTAS) has been developed by Sinha & Krishana (1971).

Procedure:

The sample were administered the study of adjustment, anxiety and ego-strength scale. The sample of the two groups namely, i. High ii. Low group of the total adjustment. The samples were compared on their scores on the study of mental health.

Data - Analysis:

The response sheets of the respondent was scored using the test manual and were statistically analyzed using the test for significance of difference between the two means (t-ratio value).

Relationship of Adjustment to Ego-Strength and Anxiety on Mental Health

Table – 1 The Mean, SD and t - value obtained ego-strength and anxiety scores by subject as high and low scores of the total adjustment.

Variables	Group	N	Mean	SD	df	t-ratio	Levels of significance
Ego-strength	High	130	23.49	9.62	248	10.13**	P<.01
	Low	120	40.11	14.40			
Anxiety	High	130	54.31	12.57	248	7.09 **	P<.01
	Low	120	41.31	13.04			

** Significant at beyond .01 level

* Significant at beyond .05 level

Interpretation:

The finding table - 01 in high and low groups of adjustment in different areas (home, health, emotion, social variables) as well as total adjustment indicate that low score (better adjustment) have been found to have greater ego-strength and low anxiety as compared to their high scores (low adjustment). The difference between the mean value have found to be highly significant at .01 level in all the cases. Hence, one can safely conclude that persons having greater ego-strength and low anxiety are better adjusted in respect of their home, health, emotion and social life as on over as all adjustment. Thus, the hypothesis No. 01 remains accepted and hypothesis No. 02 may be taken to be confirmed. Some empirical studies are being support o the present finding, Verma & Upadhyaya (1983) in their study and showed that adjustment; anxiety and conflict were negative correlated. Pathak (1962) have obtained significant correlation between adjustment and ego-strength.

CONCLUSION

From the result contained in table - 01 the view that a person who adjusts to the personal and environmental remarks by making a realistic compromise, enjoy good mental health. The adjusted people having ego-strength are capable of minimizing the intensity of anxiety and enjoy better mental health even midst highly threatening situation.

REFERENCES

- Beers, C. W. (1908): A Mind That Found It Self: An Autobiography (New York, NY: Longmans, Green).
- Besharat, M. A., Ramesh, S., Moghimi, E. (2018): Spiritual health mediates the relationship between ego-strength and adjustment to heart diseases. Health psychol. open, doi:10.1177/2055102918782176.
- D. S. M. (Diagnostic Statistical Manual) - 5 (2013): Arlington, V A Washington, D. C.: American Psychiatric Association: Pp. 189 - 195.
- Das, S. & Amiruddin, S. K. (2025); Screening of mental health status and perceived stress of undergraduate students of a general degree college in Kolkata, West Bengal, India - A pilot study, scope, 15 (1), 652 - 661.
- Kaplan, A. (1959): 'Mental Health and Human Relations in Educations New York - Harper and Row.
- Lee, J. Y., Lee, Y. ae., Yoo, M. S. (2021): Development of the child's ego-strength scale: an observation-based assessment of the board game behaviors in play therapy in Korea. Child Adolescent psychiatry Mental, Health. 15(1): 20. doi:10.1186/s 13034-021-00369-3.
- Paul, T. & Das, T. P. (2025): in Secondary Students in relation to their mental health in West Bengal.

Relationship of Adjustment to Ego-Strength and Anxiety on Mental Health

- Truskauskait - Kunevjiene, L., Kazlauskas, E., Ostreikaite - Jureviciene, R. Brailovs, J., Margraf, J. (2020): Positive mental health and adjustment following life-stressors among young adults. *Curr. Psychol.* 3:1 - 6 10.1007/s 12144-020-00714-3[001]
- W. H. O. (2009): Pharmacological treatment of mental disorders in primary care. hd:10665. ISBN 978-92-4-154769-7.
- W. H. O. (World Health Organization (ND): Mental health strengthening our response. Retrieved from <https://www.who.int/news.room/fact.sheets/deail/mentalhealth strengthening our response>.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Sahu, D.P. (2026). Relationship of Adjustment to Ego-Strength and Anxiety on Mental Health. *International Journal of Indian Psychology*, 14(2), 992-996. DIP:18.01.094.20261402, DOI:10.25215/1402.094