Original Research Paper

Adjustment of College Student In Relation To Certain Variables in Rajkot City

Dr. Tarlika L Zalawadia[1]*

ABSTRACT

The cardinal object of the present study was to investigate the adjustment of the *B.Sc and M.Sc* students. The present study consisted sample of 400 students subjects (200 boys and 200 girls), selected through random sampling technique from Rajkot city of Gujarat state. Data was collected with the help of K. G. Desai adjustment inventory. For data analysis and hypothesis testing Mean, SD, and t-test was applied. Results revealed that there is a significant difference between boys and girls students with respect to their adjustment.

The concept of adjustment was originally a biological one and was used in Darwin's (1859) "Theory of Evolution". 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 (Shaffer, 1961). Good (1959) state that adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes is the environment. In Webster's New Collegiate Dictionary, "it is stated that adjustment is to achieve mental or behavioural balance between one's own needs and the demands of others as a result of which the individual is put to a more satisfactory state." These meanings refer psychological and sociological implications of the term adjustment. In Encyclopedia Britannica (1768, Vol.I) it is stated that adjustment (in psychology) is the process of behaviour by which all creatures maintain an equilibrium between their needs and demand an obstacles to the environments. It is therefore a harmonious relationship with the environment involving the ability to satisfy most of one's need and meet most of the demands both physical and social that are put upon one. Adjustment in life is very crucial. It is because the one who fails to adjust in life invites-1. Mental stress which paves way for- 2. Decline in health 3. Worse work efficiency and 4.Sometimes even exclusion from society (because the one who cannot control his desires and needs becomes greedy and can commit any crime such as robbery or even murder to fulfill his needs)

[1] Associate Professor, Smt. R. R. Patel Mahila Arts & Commerce College, Rajkot, Gujarat, India
*Responding Author

REVIEW OF PAST STUDIES

Dr. Md. Mahmood Alam (2017) found significant difference between adolescents from nuclear and joint families on the measure of emotional adjustment as well as significant difference between adolescents from nuclear and joint families on the measure of social adjustment and significant difference between adolescents from nuclear and joint families on the measure of educational adjustment. He had conducted to investigate the impact of family on the adjustment of adolescents. Descriptive survey method of research was used for collecting the data using Personal information schedule developed by investigator and Adjustment Inventory developed by Sinha and Singh. (1971). The sample comprised of randomly selected 120 adolescents (Nuclear Families: 60 and Joint Families: 60) studying in X[th] class in Darbhanga town (Bihar).

Ramaprabou V (2017) studies fighting behaviour has significant effect on the adjustment patterns of the students. For this research he was undertaken to study the effect of fighting behaviour on adjustment patterns. For this 75 Higher Secondary School students studying in various schools of Puducherry were approached using convenient sampling method. Adjustment Inventory for School Students constructed and standardized by Sinha and Singh (1995) and fighting subscale of Illinois Bully Scale developed and standardized by Espelage and Holt (2001) was used for data collection. Analysis was done by using one-way ANOVA.

Chauhan A (2017) examines significant difference between Gender and Types Area in relation to Adjustment. For that he was selected 120 old senior citizens from different institute in Anand district area. The sample was selected from randomly. Adjustment was measured through a questionnaire 'Old-Age Adjustment Inventory' (SJOAI). Developed by Shamshad Hussain and Jasbirkaur (1995) were used. The inventory consists of 125 items with a response format of 'yes' or 'no'. For data collection 2×2 factorial design was used. The data was analyzed by the t test.

Aparnathi A (2017) found that significant difference between Child Labour boys and girls regarding adjustment. It means the level of adjustment is more in Child Labour girls then Child Labour boys. He's main objective of this study is comparative study of adjustments in Child labour boys and Child labour girls, and for that the total sample size taken were 660 children (330 boys and 330 girls) 220, child labour (110 boys and 110 girls) 220 study with work children (110 boys and 110 girls) 220 normal children (110 boys and 110 girls). The age group 12 to 14 years of age. The mean age of the sample was 13.28 years. The sample was taken from the slum areas (Lower Socio-economic) of Gujarat Four city Ahmedabad, Surat, Baroda and Rajkot.

METHODOLOGY

Research Problem

Presented research study's problem: Adjustment of College Student In Relation To Certain Variables in Rajkot city.

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 colleges' 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 Aria
          Gender :- Boys and Girls
          Degree :- Bachelor of Science and Master of Science
          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 colleges' student.

Sample

The sample of the present study was drawn using simple random sampling technique from the randomly selected colleges of Rajkot town. The sample comprised of 400 students (200 boys and 200 girls) studying in B.Sc and M.Sc.

Statistical Method

Keeping in view the objectives as well as design of the study, descriptive analysis (Mean, Standard Deviations) were computed and the 't' test was employed to compare the means of the students across said variables.

Tool

Desai Adjustment Inventory developed by K. G. Desai was used as a tool four this research. It has 100 statement 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.

RESULT

The analysis of data were done in the following manner :
1.   The means and standard deviations for all the independent variables were computed.

2. The difference between means and significance for the difference between means were computed.

3. t – ratio were computed

Ho1 There will be no significance difference between the means scores of Adjustment of boys and girls.

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

Gender	No	X	SD	D	SED	t Value	Level of significant
Boys	200	59.44	29.61	5.06	3.22	1.57	NS
Girls	200	64.56	27.91				

Note : table values of CR = df = ∞ 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. Therefore, it can be said that there is no significant difference between the mean scores of Adjustment of boys and girls.

HO2 There will be no significant difference between the mean scores of Adjustment of B. Sc and M. Sc degree student.

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	t Value	Level of significant
B.Sc Degree	200	65.50	29.31	4.56	3.24	1.41	NS
M.Sc Degree	200	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 hypothesis is 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 say that adjustment is equal in studying student of B.Sc and M.Sc degree.

Ho3 There will be no significant difference between the mean scores of Adjustment of Urban and Rural areas colleges student.

Table: 3 The t scores, mean and standard deviation scores of adjustment for Urban and Rural areas colleges student

Type of Area	No	X	SD	D	SED	t Value	Level of significant
Urban	200	70.19	26.08	14.19	3.17	4.48	Significant 0.01 level
Rural	200	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 a null hypothesis is rejected. Therefore, it can be said that mean scores of adjustment of Urban and Rural areas colleges' student. The overall adjustment of Urban areas colleges' student is found to be better in comparison to Rural areas colleges' 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.
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 is equivalent to that of student M.Sc degree.
3. There is significant difference between the Adjustment of student from urban areas college students and Rural 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 for 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 gives guidance to the college students. In short this research found that significant difference in urban and ruler areas colleges and students. As well as this study also found that Urban Areas students is better than that of student from Rural Area.

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