

Adjustment among M.Tech students of Banasthali University

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Abstract- The study consists from adjustment among M.Tech students of Banasthali University. The sample 67 girls were selected from Banasthali hostel. The measure of Bell's Adjustment Inventory developed by Dr. R.K. Ojha (1934) was used. Data analysis was done by using Karl Pearson correlation statistical test. Findings of the study revealed that the significant positive correlation between all variables at the level of (0.01).

Index Terms- Home, health, social, emotional Adjustment, hostel girls.

I. INTRODUCTION

Young adulthood is a period of adjusting to a new pattern of life and new social expectations. It is an age when one tries to settle down, an age when one faces a lot of problems still trying to adjust to the newly acquired lifestyle. At the same time young adults also carry certain rigid values from their adolescence which might create some conflict in their minds. Rigidity is a difficult term to define and has been used to describe behaviors characterized by the inability to change habits, attitude, set and discriminations. Adult would have to make major changes in their social adjustments as developing new relationships is important and is the main element of social adjustment. It is a time when person is expected to make several types of adjustments to live life successfully. (Paranmeswaran & Beena, 2004) "Defined adjustment is a process which a living organism acquires in a particular way of acting or behaving or changes an existing form of behavior or action."

As for as the adjustment of college student is concerned (Gerdes & Mallinckrodt, 1994) "The shift between high school and colleges can be challenging and many changes occur in emotional, social and academic adjustment. Adjustment difficulties, loneliness and depression are much more common now a day among college students than their peers who are not in college. In the modern society, life is becoming very complex & conflicting day by day. If a person is well adjusted only then one can survive without psychological stress which may result in maladjustment. Hence adjustment is very important in one's life." (United States Department of Education, 2001) "In a study concluded that college students are at risk for failure to graduate." (Belch, Gebel and Mass, 2001) also noticed that "academic performance made a difference in the retention of students also they found that more adjusted students in the institution have average & more success in college and life in general."

II. MAJOR ASPECTS OF ADJUSTMENT AMONG COLLEGE STUDENTS

A. Home Adjustment

Home promotes satisfaction and security. The degree of adjustment of an individual exhibits in her behavior with others. So is the ease with home adjustment, if one is well adjusted in home, most probably she must has been well adjusted socially because the adjustment in different fields of life are related and effective to each other.

So the home adjustment of students should be healthy one. The reflection of well and poor adjusted students hoe is clearly seen in their behavior with their class fellows. A well adjusted child will be more cherished and happy in comparison to the poor-adjusted.

B. Health Adjustment

Health also plays prime role in the development of one's personality. Sound health is the source of satisfaction and adjustment. The person should be physically as well as mentally healthy.

Physically and mentally healthy person always feels herself well adjusted in society then the unhealthy one. An unhealthy person always cries for her weakness and could not participate fully with others. Physically and mentally healthy person will be less guided by emotions. This is known as the roof of personality. Such physically and mentally healthy person feels themselves secure and content in their life.

C. Social Adjustment

It is generally said that man is a social animal. In reference to this we may say that a person develop his personality in her social environment, she tries to mold herself on according to her society's social values and ideals and to achieve these values and ideals her activities and behaviors will be same as other members of her society, in which she lives and where her social needs and desires are satisfied. And then she feels herself socially adjusted.

Area of social adjustment is influenced by social maturity of the person. Maturity in social relationship means to establish good relations with family neighbors, playmates, class fellows, teachers and other members of the society.

D. Emotional Adjustment

A person is emotionally adjusted if she expresses emotion in a proper situation in a proper form. An emotionally stable person may be well adjusted and emotionally unstable conditions causes mental disorders and maladjustment. Emotional adjustment is essential for creating a sound personality. It is the roof of personality adjustment and physical, intellectual mental and esthetical adjustments are possible when emotional adjustment is made.

Emotional adjustment is followed by the social adjustment. Such person's activities are socially beneficial and individually helpful in maintaining effective personality.

III. LITERATURE REVIEWS

Similar conclusions were drawn from another study by Nataraj, (1968) "using Bells' adjustment inventory on emotionally adjusted and emotionally mal adjusted adolescent college girls."

A comparative study of adjustment pattern of post graduate arts and science students was done by (Satappan and Kuppan, 1980) "They took 50 students each and administered Saxena adjustment inventory (it measures general adjustment and adjustment in 5 specific areas namely Home, Health, Emotions, Social and college life) Humanities students were found to be better adjusted generally and socially than science students."

Kumaraswamy, (1990) in a study of "psychological problems of college students of a 100 medical students, it was found 26% having Psychological distress and 31% anxiety and Depression. It is a known fact that Anxiety, Depression and Stress are common among college students." (Sharma, 2012) "60students (30 boys +30 girls) were purposively selected in the study. Study reveals that although college-going students face few problems regarding their adjustment in college environment. The study underlines that only an adjustable person can make his life successful that is why, college authorities, parents, should pay attention to minimize the adjustment problems of college going students." (Gerdes & Mallinckrodt, 1994) found that "the shift between high school and colleges can be challenging and many changes occur in emotional, social and academic adjustment. Adjustment difficulties, loneliness and depression are much more common now a day among college students than their peers who are not in college. In the modern society, life is becoming very complex & conflicting day by day. If a person is well adjusted only then one can survive without psychological stress which may result in maladjustment. Hence adjustment is very important in one's life."

Sultana Begum and Bhattacharyya, (2009-2010) "Adjustment and anxiety among 100 girls students living in hostels (Group-I) in Kolkata and compare them with those living with parents (Group-II). Significant difference was found between the two groups in the areas of health and educational adjustment. The result of Anxiety Test revealed significant difference in the dimensions of guilt proneness and self control." (Kumaraswamy, 2013) it focuses "stress among college students, nature of psychiatric morbidity, emotional problems and adjustment, psychological problems of college students."

Sharma and Saini, (2013) "A sample of 100 students (50 Boys and 50 Girls) was selected of Jammu region. Study revealed that girls are average in the dimensions of health and social adjustment and unsatisfied in emotional areas. Boys are average in the dimensions of social adjustment and unsatisfied in health and emotional areas. There is no significant they differ significantly difference between health, social and emotional adjustment of girls and boys. There is a significant difference between health and emotional adjustment of urban and rural college students but they do not differ significantly in social adjustment." (Nanda, 2001) "Conducted a study on 280 urban and rural college students on health adjustment and reported that urban students had better health than the rural students." (Sujatha et.al, 1993) "Studied social adjustment problems among urban & rural college students and reported a significant difference in the social adjustment of urban and rural college students."

IV. OBJECTIVE

1. To study the home, health, social, emotional and overall adjustments of M.Tech students of Banasthali University
2. To study the correlation between home, health, social, emotional and overall adjustments among M.Tech students of Banasthali University.

V. HYPOTHESIS

There is no correlation between home, health, social, emotional and overall adjustment of the post graduate students.

VI. METHODOLOGY

A. Sample

Study was consisted 67 girls to M.tech randomly selected from Banasthali University Rajasthan as sample.

B. Tools

Bell's Adjustment Inventory developed by Dr. R.K. Ojha (1934) was used for the purpose of selection of data. This inventory includes four parts viz. home, health, social and emotional adjustment. The inventory is totally negative inventory. Each part has 35 questions, which are answered in 'Yes' and 'No'. For each 'Yes' responses 1 score is to be given and are not concerned to the 'No' responses. When an individual answer in 'Yes' it indicates his/her difficulties, if he/she answers as 'No' it indicates that the individual has no difficulty in that particular area.

C. Statistical analysis

In this study Karl Pearson correlation test was used for statistical analysis.

VII. METHODOLOGY

Table 1 Different aspects of the Post Graduate Students adjustment

Respondences N=67

Aspects of adjustment	Percentage of respondents	Mean	Std. Deviation
Home	19.02	7.31	3.304
Health	17.00	6.54	3.594
Social	38.81	14.93	3.779
Emotional	25.15	9.67	5.212

Table 1 depicts the home (M=7.31, SD=3.304 and percentage 19.02%) health (M=6.54, SD= 3.594 and percentage 17.00%) social (M=14.93, SD= 3.779 and percentage 38.81%) emotional (M=9.67, SD=5.212 and percentage 25.15%). The result shows that post graduate girls have a more problem in social, emotional and home adjustment.

Table 2 Correlation adjustment of the Post Graduate Students (Karl Pearson correlation)

Sr. No.	Areas	Home	Health	Social	Emotional
1	Home	-	0.273*	0.473**	0.662**
2	Health	-	-	0.094	0.501**
3	Social	-	-	-	0.336**
4	Emotional	-	-	-	-

** Correlation is significant at the 0.01 level (2-tailed).

Table 2 Result depicts the girl's home and health correlation is 0.273, home and social correlation is 0.473, home and emotional correlation is 0.662, health and social correlation is 0.094, health and emotional correlation is 0.501, social and emotional correlation is 0.336. Results shows that the positive significance correlation between all variables. These variables are effect on girl's adjustment. section is not required. Although a conclusion may review the main points of the paper, do not replicate the abstract as the conclusion. A conclusion might elaborate on the importance of the work or suggest applications and extensions.

VIII. SUGGESTION FOR FUTURE RESEARCH

1. Same study can be conducted on a large sample.
2. It can be expand to more colleges for broader generalization.
3. Similar study can be conducted to make the comparison between boys and girls students.

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