



# “A descriptive study to assess the adjustment problem among B.Sc. Nursing students of selected nursing college, Jalandhar, Punjab, 2017-18.”

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## ABSTRACT

**Background:** Adjustment is a continuous process of maintaining harmony among the attributes of the individual and the environmental conditions which surrounds him. In this process an organism tries to maintain a balance between its need and the circumstances that influence the satisfaction of these needs in order to live happy and successful. Transition from school to college is a complex process for almost all students. Some have described this transition as a culture shock involving significant social and psychological relearning in the face of encounter with the new ideas, new teachers, friends with quite varied values and beliefs, new freedom, opportunities, new academic personal and social demands.

**Material and method:** A quantitative approach and non-experimental research design were adopted to assess the adjustment problems among BSc nursing students of selected college of nursing. A self-structured tool consisted of four components such as home, health, social

and emotional adjustment was used to assess the level of adjustment problem.

**Result:** A descriptive study was conducted on 50 students of BSc nursing first year of selected nursing college Jalandhar Punjab. Pilot study was conducted on 5 subjects to ensure the reliability of the tool (.80 to.90) and feasibility of the study. The data was collected from month of February 2020 to March 2020. The finding of the study revealed that (44%) students have mild adjustment problem, (56%) have moderate adjustment problem and (0%) have severe adjustment problem. The association with demographic variables was determined by using Chi square. The age was statistically significant with 5% level of significance i.e., they have influence on adjustment problems.

**Conclusion:** The study concluded moderate level of adjustment problems among B.Sc. Nursing students and there was significant difference in level of adjustment problem with the age at  $p < 0.05$ .

**Keywords:** Assess, adjustment problem, nursing students

## INTRODUCTION

“Survival of the fittest of Darwin’s Theory of evolution state how specie struggles in adopting in existing scenario. Adjustment is nothing but adaptation and expectance of present situation considered as an index to integration, a harmonious behaviour of the individual by which other individual of society recognize person as well adjusted.

Adjustment problem is characterized as the development of emotional or behavioural symptoms such as depression, anxiety, behaviour problems, academic problems, social conflicts or withdrawal and work problems in response to a specific stressor. <sup>[2]</sup> A Study in Malaysia University reported that 26% found o be in the ow category for their overall adjustment whereas 42.8% of the respondents were found to be at low level for the personal -Emotional Scale which states that many subjects in the study were exposed to psychological and somatic problems in adjusting themselves to campus life. Most of the students experience some adjustment problem during their 1<sup>st</sup> year in college. Students may feel home sick and miss their family, friends and hometown. Classes and instructors may seem very strange to them. Initially the hostel environment makes them feel lonely and isolated. It affects all the areas of student’s life such as emotional, physical, social and economic wellbeing.<sup>3</sup>

Common associated factors of adjustment problem were; being away from home, family and friends and adjusting to college classes and accompanying workload difficulties with time management in the clinical areas as well as in the classes. Most common problem faced by fresher is making new friends and adjustment with the roommates. <sup>[4]</sup>

A successful adjustment strongly predicts students’ academic success , mental health and personal development. Thus, the focus of this study was based on to assess the various adjustment problem among the nursing students in order to prevent from the dropout rate and help in the improvement of personal and mental development of the students.

and modification of the present in order to live happily and successfully” Adjustment is a built-in mechanism for coping with the problematic or other realities of life. Adjustment has been

## OBJECTIVES OF THE STUDY:

1. To assess the adjustment problems among BSc. nursing students.
2. To associate the adjustment problems with the selected demographic variables.
3. To prepare pamphlets related to management of adjustment problems.

## MATERIAL AND METHODS

A non-experimental descriptive research design was used to assess the study to assess the adjustment problem among B.Sc. Nursing students of selected nursing college, Jalandhar, Punjab.

The Purposive sampling technique was used to collect data from 50 B.Sc. nursing 1<sup>st</sup> year students of Army college of Nursing, Jalandhar, Punjab. Respect of human dignity as well as anonymity and confidentiality of the subjects was maintained throughout. Informed written consent was taken from each subject. Self-structured tool was administered to assess the adjustment problem among B.Sc. Nursing students The tool contained 4 parts such as home adjustment, health adjustment, social adjustment and emotional adjustment. A total number of 140 questions were included and each question had maximum score of 1. The participants made their responses by choosing either yes or no according to the statement. Maximum score was 140 and minimum score was 0. After the data collection, data was coded, tabulated and analysed by relevant descriptive and inferential statistics.

## SCORE CRITERIA:-

Table :1 Level of adjustment problem among students of B.Sc. Nursing year is categorized into three levels: -

Level of adjustment	scores
Mild	0-47
Moderate	48-94
Severe	95-140

**Findings****Table – 2: Frequency and percentage distribution of demographic variables regarding adjustment among students of B.Sc. Nursing 1st year.**

Demographic Variables	Number of Participants (n=60)	Percentage (%)
<b>Age (years)</b>		
17-18	14	28%
19-20	29	58%
21-22	07	14.7%
<b>No of siblings</b>		
No sibling	1	2%
1-2	43	86%
3-4	6	12%
<b>religion</b>		
Hindu	40	80%
Sikh	06	12%
Muslim	04	08%
<b>Type of family</b>		
Nuclear	46	92%
joint	4	08%
<b>Residence</b>		
Punjab	05	10%
Other	45	90%
<b>Monthly income</b>		
>23k	03	6%
23-33K	20	40%
34K-44K	12	24%
45K-55K	15	30%

**Table 2:** depicts that majority (58%) of the B.Sc. (N) 1<sup>st</sup> year were between the age group of 19-20 years followed by (28%) between 17-18 year of age.

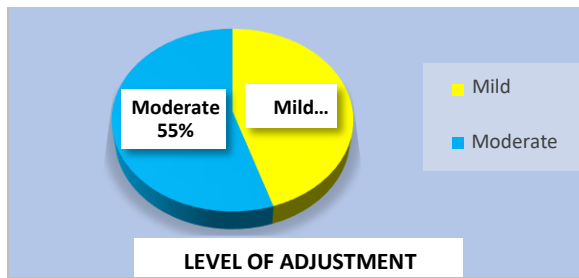
Maximum 86% had 1-2 siblings whereas 12% had 3-4 siblings. 80% were Hindus, 8% were Muslims. Maximum (92%) of students live in nuclear family whereas (12%) students live in joint family. Most of the students (90%) were from Punjab followed by (10%) from other states. Maximum (40%) student's family per capita income was between 23000-33000

whereas 6% student family per capita income was less than 23000.

**Objective 1: To assess the adjustment problems among BSc. nursing students.**

Level of adjustment	Score	Frequency	percentage
Mild	0-47	22	44%
Moderate	48-94	28	56%
Severe	95-140	0	0%

**TABLE 3: Percentage and frequency distribution of level of adjustment among B.Sc. (N) 1<sup>ST</sup> year students**



pie- chart revealed that majority 28 (55%) B.Sc. (N) 1<sup>st</sup> year students were having moderate level of adjustment followed by 22(44%) had mild level of adjustment.

Hence, it can be concluded that B.Sc. (N) 1<sup>st</sup> year had moderate level of adjustment.

**Objective 2: To associate the adjustment problems with the selected demographic variables**

Demographic Variables	Number of Participants (n=60)	x	df	P value	Level of significance
Age (years)		35.2	48	0.1*	significant
17-18	14				
19-20	29				
21-22	07				
Number of siblings		45.6	48	0.13	Non significant
No sibling	1				
1-2	43				
3-4	6				
Religion		49.25	48	0.29	Non significant
Hindu	40				
Sikh	06				
Muslim	04				
Type of family		35.3	47	0.34	Non significant
Nuclear	46				
joint	4				
Residence		41	49	0.79	Non significant
Punjab	05				
Other	45				
Monthly income		40	49	0.24	Non significant
>23k	03				
23-33K	20				
34K-44K	12				
45K-55K	15				

## DISCUSSION

**First Objective:** to assess the adjustment problems among BSc. nursing students.

In the present study 56% had moderate adjustment problems followed by 44% had mild and none had severe adjustment problems.

**The above study is supported by the following study**

**Sahu A, Kumar B and Painkara A.(2015-16)** had conducted a study to identify the adjustment problem among BSc. Nursing 1<sup>st</sup> year students in selected nursing colleges at Durg. (C.G.). findings revealed that the level of adjustment is 1% severe, 45% moderate, and 4% mild adjustment problems among BSc. Nursing 1<sup>st</sup> year students

**Devi A, Bishmi K and Thomas M .(2016)** had conducted a study to determine the adjustment problems among 1<sup>st</sup> year BSc. nursing students. The study revealed that most of the students have mild adjustment problems (69%), some students (22%) suffer with moderate adjustment problems (9%) severe adjustment problems among 1<sup>st</sup> year BSc nursing students

**Second objectives:** To find out the association of adjustment problems with the selected demographic variables

**Nageshwar S, Jhoshi S (2007)** conducted study on adjustment problem among BSc nursing 1<sup>st</sup> year students. adjustment problems. There was significant association between adjustment problems with their selected demographic variables such as educational status of father and mother, age at  $p < 0.05$ .

**Devi A, Bishmi K and Thomas M .(2016)** had conducted a study to determine the adjustment problems among 1<sup>st</sup> year BSc.

nursing students There is no significant association with age, mother's education, father's education, medium of language in higher education, mother tongue, leisure time activity, hobbies and hours of sleep/day

**CONCLUSION**  
The study concluded that there moderate level of adjustment problems among B.Sc. Nursing students and there was significant difference in level of adjustment problem with the age at  $p < 0.05$  therefore it indicate that age may have influence on the adjustment problem.

**Sunidhi; Nageshwar V; Joshi, Shalini (2007)** conducted study on adjustment problem among BSc nursing 1<sup>st</sup> year students. adjustment problems .There was no significant association with age, mother's education, father's education, medium of language in higher education, mother tongue, leisure time activity, hobbies and hours of sleep/day.

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**Conflict of Interest:** None

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**Ethical Clearance:** It was taken by ethical committee of college.

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