



ADJUSTMENT OF UNDERGRADUATE STUDENTS IN RELATION TO THEIR GENDER

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ABSTRACT

Adjustment is the process of living itself or dynamic equilibrium of total personality. The present study was conducted to know the adjustment level among undergraduate students. The investigator selected 110 undergraduate students' for data from government degree colleges in Haryana state. Adjustment Inventory for College Students was used in the present study which was standardized by A. K. P. Sinha and R. P. Singh (2012). The obtained data was analyzed by using appropriate statistical techniques such as mean, SD, t-test. The study revealed that highly significant difference in adjustment of undergraduate students with regard to gender in the dimension of adjustment i.e. home, emotional, educational and overall but no difference were found for gender in health and social adjustment.

Key words: Adjustment, Undergraduate students, Gender

INTRODUCTION

The main aim of education is to develop human beings in all aspects. It is a lifelong process that starts with birth and ends with the death of an individual. The general aim of education is to make an individual lead life successfully. It enables an individual to overcome those problematic situations which, they might face in future. The modern era has become more complex and competitive than the ancient. This is the time of modernization and technological changes which is the result of advancement. So the system of education should be changed according to the demand of modern society. General, as well as specific changes should become into existence. The modern time demands highly sensitive, excellent, superior and advanced persons for the society through the imparted education. All individuals try to adjust physically as well as socially and also try to complete their physical, psychological, social and emotional needs. The interaction between individual and complex environment should be in a proper manner to satisfy the various needs and requirements to live a comfortable life. For this, an individual try to modify the complex environment into an opportunistic one. An adjustment is a soft interaction between environment and individual. According to

psychology an adjustment refers to the behavioral process by which an individual maintain equilibrium in society. "An adjustment is the process of finding and adopting modes of behavior suitable to the environment of the change in the environment" (Goods, 1959). The shift between high school and college can be challenging and many changes occur in emotional, social and academic adjustment (Gerdes & Mallinckrodt, 1994). A number of adjustment problems which has a direct impact introducing the individual's efficiency. By having these problems they are not able to achieve the desired goals with their abilities. There are many factors responsible for their performance but the personality plays a major role in the better performance with the help of adjustment. Personality is totally responsible to determine one's adjustment in life. Therefore it is necessary for educators and researchers to understand that adjustment at the college level. For this purpose, the researcher has selected this topic for his research to check the adjustment level of undergraduate students.

REVIEW OF LITERATURE

Bimla (2019) examined a Comparative Study of Adjustment of College-Going Students. Normative survey method was applied. The sample of 200 college-going students was selected from degree colleges of district Haridwar. The collected data was analyzed by using the Mean, S.D. and 't' test. The result found a significant difference in the areas of adjustment of home, health and emotional adjustment of college-going students with respect to gender. With respect to location, college-going students also differed in the areas of home, health, social, emotional and education. Rural students were more adjusted in home, health, social and emotional areas while urban students were more adjusted in educational areas. On the contrary, no significant difference was found in all the five areas of adjustment of college-going students with respect to the stream.

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

Panth, Chaurasia & Gupta (2015) conducted a Comparative study of Adjustment and Emotional Maturity between Gender and Stream of Undergraduate students. The study revealed that the level of emotional maturity and adjustment of girls was better than boys. On the other hand science, students were better adjustment and art students were high emotional maturity. The study found that there were no significant differences between boys and girls with respect to adjustment and emotional maturity. It was also found a significant difference between art & science students in emotional maturity but no significant difference in the adjustment of college students.

Paramanik, Saha & Mondal (2014) investigated a study on the Adjustment of secondary school students with respect to gender and residence. The study found that there was no significant difference between adjustments of students residing at their locations.

Makwana & Kaji (2014) worked on the Adjustment of secondary school students in relation to their gender. The study showed that there was no significant difference in Home, School and Emotional adjustment of secondary school students with regard to their gender but there was a significant difference in Social adjustment of secondary school students with regard to their gender. It means boys are better socially adjusted than girls.

Chauhan (2013) examined the adjustment of higher secondary school students of Durg district on 111 higher secondary students. The study indicated a significant difference in adjustment of higher secondary school's students. It was found that female students were good adjustment levels rather to male students.

STATEMENT OF THE PROBLEM

Adjustment of Undergraduate Students in relation to their Gender

OBJECTIVE OF THE STUDY

To study the difference between adjustment dimensions i.e. Home, Health, Social, Emotional and Educational adjustment of undergraduate students with regard to Gender (Male, Female).

HYPOTHESIS OF THE STUDY

There exists no significant difference between adjustment dimensions i.e. Home, Health, Social, Emotional and Educational adjustment of undergraduate students with regard to Gender (Male, Female).

DELIMITATIONS OF THE STUDY

The present study was delimited to:

- One division (Rohtak) of Haryana state only.
- 110 undergraduate students studying in B.A. part-I only.
- Four Government degree colleges only.

RESEARCH METHODOLOGY

Descriptive survey method was applied by the investigator to examine the adjustment problems of undergraduate students with respect to home, health, social, emotional and education.

POPULATION OF THE STUDY

The target population in this study was undergraduate arts students studying in Government Degree Colleges in Haryana state.

SAMPLE OF THE STUDY

In the present study Rohtak division was selected out of six division of Haryana state for the sample of the study. Two districts were selected under Rohtak division i.e. Rohtak and Sonipat. One government degree college was selected from these two districts randomly. A total sample of 110 undergraduate students studying in B.A. part-I in government degree colleges of Haryana state was selected for the sample of study with the help of random sampling.

TOOL USED

Adjustment Inventory for college students (AICS) was used in the present study. It was developed and standardized by A. K. P. Sinha and R. P. Singh in 2012. This inventory covers 102 items from five areas of adjustment i.e. Home, Health, Social, Emotional and Educational.

STATISTICAL TECHNIQUES

In the study the following statistical techniques were used:

- Mean and standard deviation (S.D.)
- t test

ANALYSIS AND INTERPRETATION

Table 1 shows the difference in adjustment and its dimensions mean scores of male and female undergraduate students.

Table 1

Comparison of Mean scores of Adjustment with its dimensions in undergraduate students with regard to Gender i.e. male and female

Variable/Sub-dimensions	Gender	N	Mean	S.D.	t-Value	Level of Significance
Home Adjustment	Male	47	4.87	2.77	3.02**	Significant
	Female	63	3.57	1.72		
Health Adjustment	Male	47	5.81	2.31	1.17	Not Significant
	Female	63	5.25	2.54		
Social Adjustment	Male	47	6.70	2.34	1.79	Not Significant
	Female	63	7.60	2.76		
Emotional Adjustment	Male	47	11.04	5.82	2.97**	Significant
	Female	63	8.17	4.28		
Educational Adjustment	Male	47	7.51	4.22	2.56**	Significant
	Female	63	5.71	3.11		
Total Adjustment	Male	47	35.94	12.19	2.62**	Significant
	Female	63	30.32	10.21		

**=0.01 level of significance

The table 1 shows that the comparison of adjustment with its dimensions i.e. home adjustment, health adjustment, social adjustment, emotional adjustment and educational adjustment between male and female undergraduate students. In case of total adjustment the mean score of male and female undergraduate students were found to be 35.94 and 30.32 respectively. The obtained 't' value was 2.62, which was greater than the table value of 't' at 0.01 level of significance i.e. 2.58. From the table the mean score of male undergraduate students on adjustment dimensions were 4.87, 5.81, 6.70, 11.04, 7.51 and the mean scores of female

undergraduate students on adjustment dimensions were 3.57, 5.25, 7.60, 8.17, and 5.71. The obtained 't' value of home, Emotional and educational dimensions of adjustment were greater than the table value i.e. 2.58 at 0.01 level of significance and no relation were found with health and social dimensions of adjustment. Therefore null hypotheses were rejected in terms of total adjustment and its three dimensions viz. home, emotional, educational and accepted in terms of adjustment two dimensions health and social.

MAIN FINDINGS

The result showed that, there was significant difference in terms of total adjustment and its dimensions i.e. home, emotional and educational adjustment of male and female undergraduate students. No difference was found in health and social dimension of adjustment

EDUCATION IMPLICATIONS

The following steps should be taken by the College authorities, Family and Educationist for the better adjustment of the undergraduate students:

- College authorities should initiate adjustment programs to address diverse needs of young adults.
- Positive, free, open, friendly and optimistic atmosphere should be provided to students to interact with peers and teachers.
- Physical, social activities should be provided to the students to explore their hidden talents.
- Teachers should create favourable conditions in his class and the colleges for social and academic integration of children.
- The Family and college have equal responsibility in helping young adults towards making adjustments.

CONCLUSION

The finding of the current study indicated that there exists differences are found to be highly significant in adjustment problems of undergraduate students in relation to their gender in the domain of adjustment i.e. home, emotional, educational and overall but no difference are found for gender in health and social adjustment. The result clearly calls for action from families, academicians, policy makers and stakeholders; all are take necessary decisions to facilitate better adjustment skills among undergraduate students.

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