"PSYCHO-PHYSIOLOGICAL STATE AND ADJUSTMENT PROBLEMS OF PRIVATE ENGINEERING AND MEDICAL STUDENTS"

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Abstract:

Adjustment is concerned with the individual's ability to cope effectively with his /her environment in terms of personality, normalcy, and mental health. Sometimes an individual has lack of ability to adjust with their environment and he/she may not be able to maintain a balance between needs and their circumstances. So, the adjustment problems occur. Youth have a large role to play in health care themselves are most aware of their health problems. In this paper we have studied the Psycho-Physiological state adjustment problem in students.

Keywords: Psycho-Physiological state, Student, Adjustments, Circumstances etc.

Introduction:

Youth have a large role to play in health care themselves are most aware of their health problems. They maintain an open mind and represent the group best able to appreciate the basic tenets of primary health care beginning with the responsibility of carrying for morality of youngsters who are healthy want to help others and want to assume responsibility.

Adjustment remains highly serviceable word in Psychology and although its root lie in Biology. The most pressing and dramatic problems is the high incidence in most societies of mild and severe maladjustment or as it is after termed illness or psychopathology frequently considered the number one health problem of our area.

At present time youth face many adjustment problems which affect the many aspects of their life, there are as follows:-

- Health Adjustment
- Emotional Adjustment
- Social Adjustment
- Educational Adjustment
- Home Adjustment

Emotional adjustment is an extent to which a youth makes adjustment regarding attribute like academic achievement, peer pressure, attitude of teachers towards him and are satisfied type of a reasonable desire are met and whose interests are achieved successfully tends to be emotionally adjusted youth.

Social adjustment is a state of student in relation to social life in   college regarding co-operation friendly and sympathetic relations with class- mate's interest in participating with social activities.

Youth are tremendously sensitive to social stimuli no other problem seems to them as serious as the establishment of themselves in own society.

Traits such as co-cooperativeness helplessness, unselfishness, good luck, courtesy, cheerfulness, enthusiasm, friendliness, self-reliance, consideration, self-control, temper, initiative resourcefulness and dependability enhance social acceptability. Recreation centers can also help in promoting social adjustment among adolescents.

Due to fast changing conditions of the social world modernization and technological advancements, the problems of our educated youth are also taking new turns all the time becoming more complex.

Educational adjustment refers to the favorable attitude of learning community towards teaching and learning situation. It includes the favorable attitudes about the college, teacher and lessons as well.

Parents, teachers, and the education itself play an important role in determining the educational adjustment of students. Literature reveals that both the parents play crucial role in discouraging or encouraging the development of the discouraging life styles of their children.

Educational adjustment indicates how far a student is satisfied with the college administration and general environment.

Mind-body may refer to —

- Mind-body connection, a medical model.
- Mind-body dichotomy, a philosophy of model.
- Mind-body exercise, a form of exercise that combines body movement with mental focus.
- Mind- body intervention, an alternative medicine.

There are many physiological symptoms, which are seen in psychoneurotic problems, these are:-

- Stiffness of body
- Mist before eyes
- Fussiness
- Nervousness and so on.

When the psychological state is disturbed, so the functioning of mind is also disturbed, then the symptoms of psychological problems have been shown:

- Obsessions or recurring thoughts
- Compulsions
- Attention seeking behavior
- Lack of confidence
- Problem in decision making
- Concentration problem
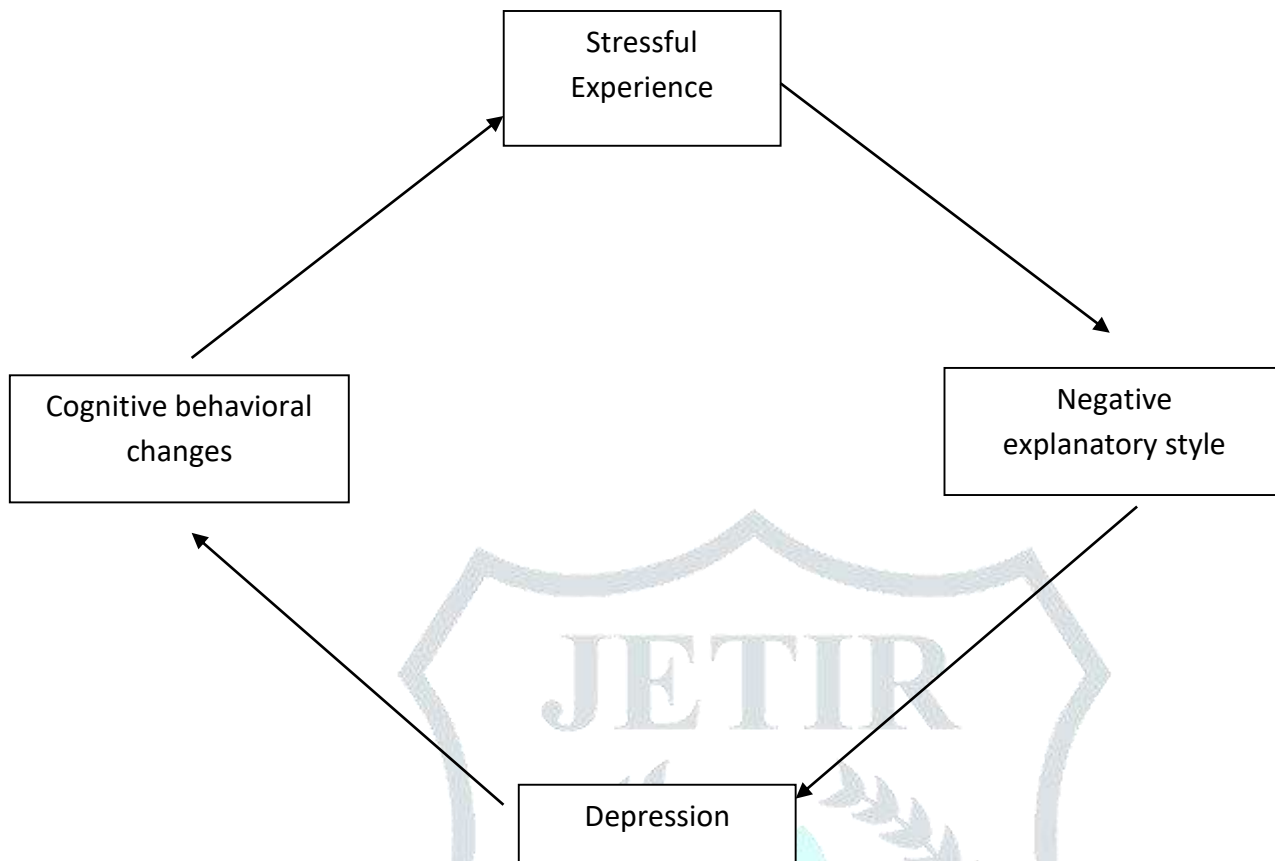- Self-condemnation
- Irritation and so on.

Fig. The factors influence the psychoneurotic problems'
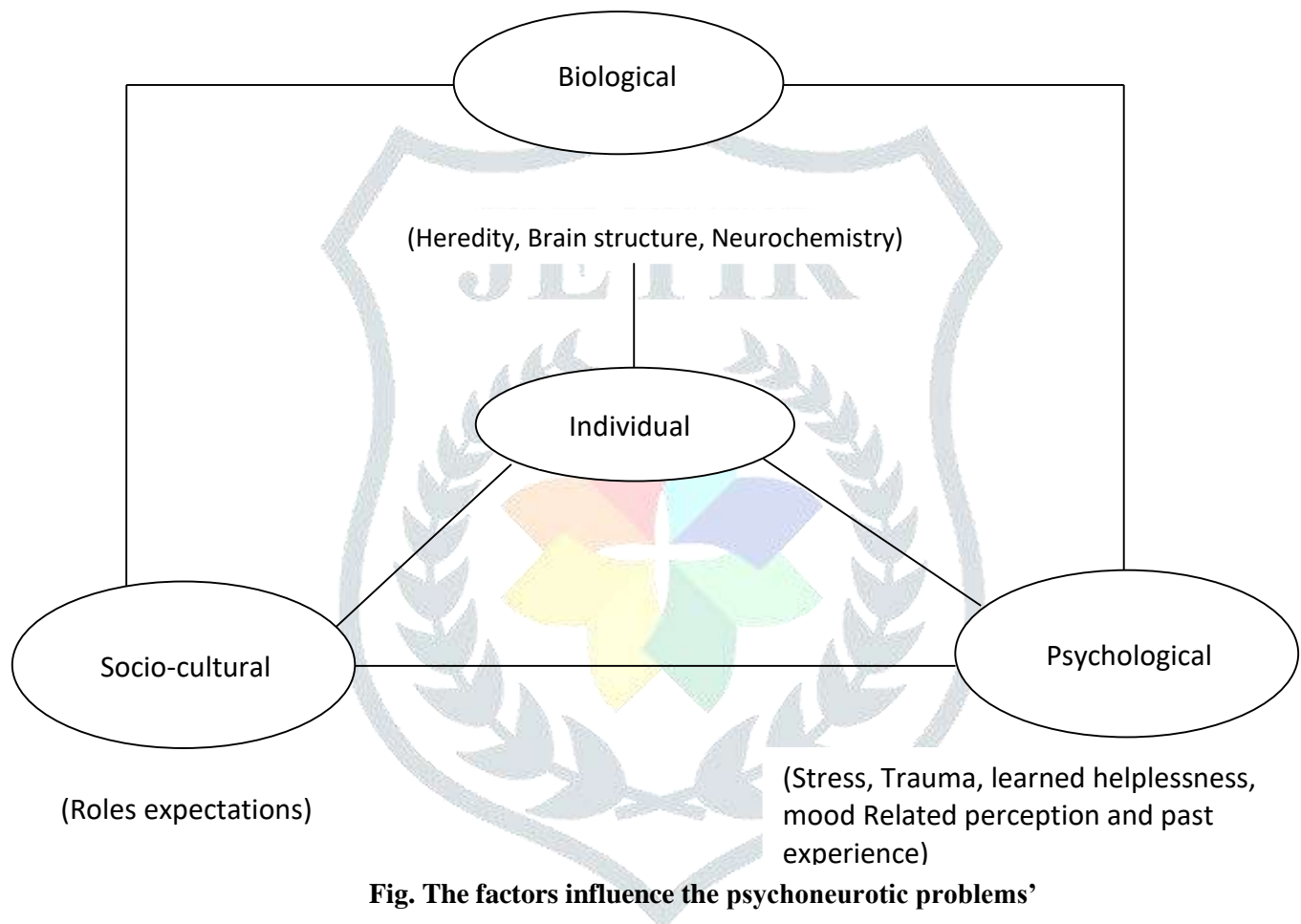
Fig. Effect of Depression

Significance Of The Study:

The review of relevant literature clearly indicates that numerous studies have been conducted on various dimensions of psycho-physiological state and adjustment problems of youth. But very insufficient, insignificant and dependable studies have been conducted which takes into consideration, all these two variables i.e. psycho-physiological state and adjustment problems of youth in a single setting jointly.

And, there are also very insufficient studies on Engineering and Medical students taking into consideration jointly. In view of these limitations, a serious gap has been found. Hence in order to fill this gap the present study entitled **"Psycho-Physiological state and Adjustment Problems of Engineering and Medical Students".**

Purpose Of The Study:
The main purposes of the study are:-

1. To study the relationship between Physiological, Psychological, Psychoneurotic State and\A djustment Areas related to family, college, social and personal of college deadent

2. To study the relationship between Physiological, Psychological State and Adjustment Areas related to family, college Social and personal of Medical and Engineering students.

3. To study the relationship between Physiological, Psychological State and\Adjustment Areas related to family college, social and personal of boys and girls.

4. To compare Physiological, Psychological and Adjustment Areas related to family, college, social and personal of Medical and Engineering students irrespective of their sex.

5. To compare Physiological, Psychological and Adjustment Areas related to family, college, social and personal of boys and girls irrespective of their educational stream.

In this paper we have studied the Psycho-Physiological state adjustment problem in students.

Research Methodology:

Purpose Problem And Hypotheses:

- Significance of the study.

- Purpose of the study.

- Statement of the problem.

- Formulation of Hypotheses

- Correlation Hypotheses

- Differential Hypotheses.

The statements of the problem are as follows:

- ➢ 1. Whether there exist any systematic relationship between Physiological, Psychological, Psychoneurotic State and Adjustment Areas, and if so, what type, which direction and to what extent?
- ➢ 2. Whether Medical and Engineering students would differ significantly in Physiological, Psychological, Psychoneurotic State and Adjustment Areas, and if so, to what extent?
- ➢ 3. Whether Boys significantly differ from Girls is Physiological, Psychological, Psychoneurotic State and Adjustment Areas, and if so, to-what extent.

Keeping in view the significance of formulation of hypothesis in the present study, some testable hypothesis have been formulated in which Psycho-Physiological state functions as dependent variable and Adjustment problem related to family, college, social and personal, educational stream and sex functions as Independent variables.

Meaningfulness and convenience in statistical treatment have lead to formulation of hypothesis, these are:

1. Correlational Hypothesis

2. Differential Hypothesis

Methodology:

Measures:-

- ➢ Psycho-Physiological state Inventory

- ➢ Youth Problem Inventory

Research Design:-

- ➢ Variables
- ➢ Testing Program
- ➢ Hypotheses
- ➢ Scoring
- ➢ Procedure

The dependability of the findings of any research depends to a large extent upon the size of the samples that have been drawn from the universe and the technique employed to select the sample upon which hypothesis is verified.

In the present study the sample were selected from two different fields of education. The first group of 100 Engineering Students, 50 boys and 50 girls both were from University Institute of Technology (UIT) Bhopal, MadhyaPradesh. Second group of 100 Medical Students, 50 boys and 50 girls both were from Gandhi Medical College Bhopal, Madhya Pradesh.

The sample of 200 students was randomly selected where the age ranged from 18-22 years. The educational status of the sample was from B.E. Ist year B.E. IIst year and MBBS Ist year and MBBS IIst year.

The following measures have been used for assessing the variable under consideration: -

1. Psycho - Physiological State Inventory.

2. Youth - Problem Inventory (YPJ).

Psycho-Physiological State Inventory:-

In order to measure psycho-physiological state of the subjects under study Psycho-Physiological State Inventory by Dr. Sanjay vohra (1990) was used. It can be apply on the late adolescents of both sex (boys and girls).

It consists of 92 items. The reliability coefficient of the test is 0.87 by both split- half method and test retest method, and the validity coefficient is also highly significant.

It is divided into two parts:-

Part-I:-

Part-I refers to the Physiological dysfunctions, in this there are 46 items. The reliability coefficient of this part is 0.86 and also highly valid.

Part-II:-

Part-II refers to the Psychological dysfunctions, in this there are 46 items. The reliability coefficient of this part is 0.80 and also highly significant validity.

The responses are given in terms of often, sometimes, seldom, never, the subject has to tick mark against any one option.

For scoring the scoring key is used, it place over the booklet and add the weights of each answer for each item. Now add the weights and find the raw score for each part and find the total row score by adding these two values.

Subtract 176 from the raw score on part-I, 249 from the raw score on part-II and 425 from the total raw score to obtain the corrected final score.

In order to measure youth problems of the students under study Youth Problem Inventory by Dr. Mithelesh Verma was used. It can be apply on the students of age 16-20 years. It consists of 80 statements.

The reliability coefficient of the test ranges from 0.76-0.86 by test-retest method and also has highly significant validity

Family Problem:-

It has 31 questions in statement form. These are parental indifference, parental strict supervision and lack of freedom, criticism and lack of recognition by parent demands by family interference, parental dominance, maintenance of difference between sons and daughters, rejection from parents, fear of parents, projection by parents and lack of affiliation and over dependence on parents, intergeneration gap in ideology, sibling relations.

The reliability coefficient of this area is 0.85 and also highly significant validity.

School /College Problem:-

It has 20 questions is statement form, these are fear of college activities, fear of teachers, rejection and indifference by teachers, incompetence of teachers, harsh, rude and sarcastic behavior of teachers, isolation, difficulties in school /college subjects, other handicaps at school/college.

The reliability coefficient of this area is 0.86 and also highly significant validity.

Social Problem:-

It has 5 questions in statement form these are related with social inferiorities and social isolation.

The reliability coefficient of this area is 0.76 and also highly significant validity.

Personal Problem:-

It has 24 questions in statement form which is related with illogical fears, depressions, health and constitution, beauty consciousness manners and habits present and future career, personal handicaps, frustration, feelings of failure and inferiorities.

The reliability coefficient of this area is 0.81 and also highly significant validity.

There are 3 boxes of true, semi true, false. The subject has to tick mark against anyone box. The scoring process based on scores obtained by the subject

Data Collection Processing And Analysis:

A Google form questionnaire were circulated to the students. The appropriate instruction was given tests were administered. A case was taken to establish a good rapport. The responses of the subjects on the variables were objectively scared and systematically analyzed in accordance with the hypothesis formulated. Data were treated in terms of appropriate statistical techniques as per requirement of the hypothesis verification "T' test and correlation test were calculated.

Findings And Conclusions:

On the basis of findings obtained following conclusions can be drawn:

01.The physiological, psychological and psychoneurotic states has shown significantly positive relationship.

02.The family adjustment, coilege, adjustment, social adjustment, personal adjustment has shown positive relationship.

03.The dimensions of psycho-physiological state and youth problem has shown negative relationship.

04.Engineering students did differ in their psy-physiological state from medical students.

05. Boys did not differ in their psycho-physiological state from girls.

06.Engineering students did differ significantly in their personal area of adjustment from medical students.

07. Boys did differ significantly in their family area of adjustment from girls.

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