

A study to Identify the adjustment problems among B.Sc. Nursing 1st year students in selected Nursing Colleges at Durg (C.G.)

S. Andal**, Mr. Bhoj kumar*, Ms. Anitha*

** Associate Professor, Maitri College of Nursing, Durg

* B.Sc (N) IV yr students, Maitri College of Nursing, Durg

Abstract:

Introduction: Adjustment is a continuous process, not fixed or static state, in fact adjustment is defined as the continuous process of satisfying one's desires, and it involves many aspect of behaviour. Abraham Maslow evaluated the well-adjusted person in terms of self-actualization, clearly stressing the adjustment process.

Objectives: To assess the types of adjustment problems among B.Sc. Nursing 1st year students and to associate the type of adjustment problems with the demographic variables of B.Sc. Nursing 1st year student.

Methodology: The research approach for the study was Quantitative Approach. The research design adopted for this study is Typical Descriptive Research Design. The Main study was conducted at selected Colleges, Durg. Population for the study are students of B.Sc. Nursing at selected Colleges, Durg. The sample for the present study will be comprised of 50 students of B.Sc. Nursing 1st year. A Simple Convenient Sampling Technique is used to select the samples.

Results: The result of study was the level of adjustment among the students of B.Sc. Nursing 1st year out of 50 students 1(2%) have severe level, 45 (90%) have moderate level and 4(8%) have mild level of adjustment problems. The mean score is 67.30 and standard deviation is 6.47.

Keywords: Identify, adjustment problems, B.Sc. Nursing 1st year students

1. INTRODUCTION

Adjustment is a continuous process, not fixed or static state, in fact adjustment is defined as the continuous process of satisfying one's desires, and it involves many aspect of behaviour. Abraham Maslow evaluated the well-adjusted person in terms of self-actualization, clearly stressing the adjustment process. Human beings constantly seek expression of the potential⁽¹⁾. Those developing and utilizing their capacities to the fullest are said to be self-actualization.

Social adjustment in adolescent period means the success with which people adjust to other people in general and to the group with which they are unidentified. Adolescents are expected to become better adjusted to social life with each passing year and to conform to social expectation for their ages. Adolescents

who make good social adjustment in first grade, for example, are for more likely to make good social adjustments when they reach high school and college than are adolescent who make social adjustment during the first year of school.⁽²⁾

Psychosocial adjustment is the ability of the human being to perceive reality and to respond to it in a way that supports his or her own emotional and physical well-being and that of others in the social environment⁽³⁾. When some aspect of mental; functioning is disordered, it can result in misperceptions of reality and misjudgements that alter effective decision-making. When effective decision making is altered healthy coping process deteriorate

2. NEED FOR THE STUDY

Psychosocial distress and poor adjustment among significant number of nursing students is important issue in facing nursing education. The concerns need to be studied in detail and solutions need to be built in to the nursing course in order to help students with such difficulty⁽⁴⁾. Psychological distress was significantly associated with having neurotic personality and adjustment difficulties in different areas of functioning.

High level of distress in nursing students has been associates with sickness absence via somatic health while sickness absence is associates with poor academic performance. Similarly the sign of adjustment failure could be seen in the form of depression, anxiety or fear. If these states of mind occur for prolonged periods and in great degree, the student may end up with great distress, resulting in neurotic disorders, somatoform disorders, and psychosomatic disorders with decreased efficiency to study and work.⁽⁵⁾

3. OBJECTIVES-

1. To assess the types of adjustment problems among B.Sc. Nursing 1st year students.
2. To associate the type of adjustment problems with the demographic variables of B.Sc. Nursing 1st year student.

4. ASSUMPTIONS

- It is assumed that they will have some adjustment problems at the initial days.
- It is assumed that adjustment problems are influenced by the selected demographic variables.

5. METHODOLOGY-

The research approach for the study was Quantitative Approach. The research design adopted for this study is 'Typical Descriptive Research Design'. The Main study was conducted at Selected Nursing Colleges, Durg. Population for the study are students of B.Sc. Nursing at selected Colleges, Durg. The sample for the present study will be comprised of 50 students of B.Sc. Nursing 1st year. A Simple Convenient Sampling Technique is selected for the present study. The data was collected by interview schedule with self structured assessment tool on Adjustment problems.

6. RESULTS:

The level of adjustment among the students of B.Sc. Nursing 1st year were 1(2%) have severe level, 45 (90%) have moderate level and 4(8%) have mild level of adjustment problems. The mean score is 67.30 and standard deviation is 6.47.

The Association of level of adjustment problem with the demographical variable of the study sample where none of the demographical variable such as age, gender, religion, type of family, father's occupation, mother's occupation, family income, no. of sibling, medium of instruction in hr.sec. School and place of staying are showing significance.

7. CONCLUSION:

The study reveals that the B.Sc (N) 1 yr student have some adjustment problem due to changes in the environment and subjects what they are studying. It is important for the faculty working in the colleges to take care of first year students and need to provide guidance to take care of students with Adjustment Problem.

8. REFERENCES:

1. Bhatia and Craig, Elements of psychology and mental hygiene for nurses in India, 282-289
2. Jacob Anthikand, Psychology for graduate nurses 4th edition, Pg no: 113-120
3. Mangal S K Abnormal Psychology (1st edition) Stealing Publication Pvt Ltd 1987, p no 32-37
4. Yassin Mohammed, Major adjustment problems of private nursing college students, 2010-8-19
5. Toray, Tamina, Cooley, and Eric, 1998. "coping in women college students, the influence of experience" Journal of college students development, 39 (3) . P. 291-295