

A COMPARATIVE STUDY OF SOCIAL ADJUSTMENT AMONG MALES AND FEMALES COLLEGE STUDENTS WITH SPECIAL REFERENCE TO GOVT. ZIRTIRI RESIDENTIAL SCIENCE COLLEGE

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Abstract

Adjustment is a behavioural process by which a person maintains balance among various needs that one encounters at a given point of time. It is imperative that adjustment will encourage certain changes so that the optimum relationship between the self and surrounding can be achieved and maintained. Individuals who are able to succeed at handling their independence and newfound freedoms are able to make new relationships. While maintaining old relationships. Developmental process for males and females college students may differ, in that female tend to rely on relationships and socialization experiences to aid in adjusting to college more than male counterparts. The present study focuses on the comparative study of social adjustment among males and females college students. The sample of the study consists of 20% of the population (i.e. 60 Males and 60 Females) who were randomly selected from 600 students of Govt. Zirtiri Residential Science College. The investigator used Adjustment Inventory for college students prepared by A. K. P. Sinha and R. P. Singh. This inventory deals with five separate adjustment areas such as Home, Health, Social, Emotional and Educational areas. The study reveals that Rural-urban background of the students did not have any impact on their adjustment but Emotional and Educational areas has impact on their Adjustment. Regarding males and females necessary are equally adjusted in all areas except for the educational area of adjustment.

Key words : Adjustment, Social Adjustment, male and female.

INTRODUCTION:

Early adulthood is a period of adjustment patterns of life and new social expectations. Social expectations for young adults are clearly defined and familiar to them even before they reach legal maturity. Perhaps at no other age in life do they know as clearly and distinctly what society expects of them. Adjustment is a behavioural process by which a person maintains balance among various needs that one encounters at a given point of time. Each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike a balance among various forces. Adjustment is defined as process wherein one builds variations in the behavior to achieve harmony with oneself, other or the environment with an aim to maintain the state of equilibrium between the individual and the environment.

College age or Early adulthood is a period of adjustments to new patterns of life and new social expectations. Adaptation of the person to the social Adjustment may take place by adapting the self to the environment or by changing the environment. The adolescent-youth period is a critical one in the life cycle of the individual in a complex society, where new social

forces have emerged to create a distinct adolescent-youth period, because of the ill-defined social rules assigned to this age group.

The concept of adjustment means adaptation to physical environment as well as to the social demands. There is action and reaction chain going on between the individual and his environment. The process of adjustment becomes still more complicated when his interaction with one situation. Psychologists have interpreted adjustment from two important points of views. One, adjustment as an achievement or how well a person handles his conflicts and overcome the resulting tension and other adjustment as a process. The first point of view emphasis the quality or efficiency of adjustment and the second, lays emphasis on the process by which an individual adjust in his external environment.

Adaptation of the person to the social environment. Adjustment may take place by adapting the self to the environment or by changing the environment. The adolescent-youth period is a critical one in the life cycle of the individual in a complex society, where new social forces have emerged to create a distinct adolescent-youth period, because of the ill-defined social roles assigned to this age group. The adolescent and youth must bridge the culture of their childhood, that of their family and small local group, and that of the larger society into which they must fit themselves to function as adults. The degree of culture shock experienced is a product, first, of the temperament of the individual, the degree of which is sensitive to striking differences in behavior patterns, and second, to the degree of contrast between the family and neighbourhood culture which his personality has been formed and that of the larger secondary-group sphere in which he must function as an adult.

RATIONALE OF THE STUDY :

Perfect adjustment is impossible in an open-class society which stresses the principle of competition and struggle and which holds the philosophy that the best man in all situations should win. It is hardly likely that people can be well-rounded and individuals equipped to function perfectly in the social situations in which they find themselves. It is just as true that perfectly adjusted individuals may and very often fail to achieve the degree of greatness they are capable of achieving since completely satisfying social adjustment is to many individuals a kind of opiate which tends to deadens the spirit of striving to satisfy insatiable ambitions such as are essential to calling out the best energy of the individual.

Research by Rong and Gable (1999) emphasized the importance that living environment, social support and making meaningful relationship connections have on students' overall adjustment to the college environment. Individuals with secure attachments tend to have an easier time transitioning to college than individuals who do not have secure attachments.

High levels of social support buffer individuals from stress. Attachment theory has emphasized the importance of healthy emotional bonds and students who are able to create and maintain healthy bonds with others tend to have an easier time adjusting to College (Rice et al., 1995). Social adjustment may be just as importance as academic adjustment, according to Gerdes and Mallinckrodt (1994) who studied 155 freshmen and found that "personal adjustment and integration into the social fabric of campus life play a role at least as important as academic factors in student retention".

For young people in transition from adolescence to adulthood, exposure to a new educational or work environment, sometimes far away from the childhood home, offers a chance to hone abilities, question long-held assumptions, and try out new ways of looking at the world. Unless young adults can resolve conflicts with parents in a wholesome way, they may find themselves reenacting similar conflicts in the new relationships they developed with friend, colleagues and partners. They may also perhaps for the first time encounter peers or

diverse ethnic groups, and they need to become aware of how intercultural differences shape perceptions and attitudes. Hence, the present study has been taken up.

STATEMENT OF THE PROBLEM:

The problem of the present study is “A Comparative Study of Social Adjustment among Males and Females with special reference to Govt. Zirtiri Residential Science College”.

OBJECTIVES:

1. To find out if there is any difference in Social Adjustment in the areas of Rural and Urban background of the students.
2. To compare if there is any difference between Males and Females in the areas of Social Adjustment.

HYPOTHESES:

Ho1 : There is no significant difference between Rural and Urban students in relation to social adjustment of students.

Ho2 : There is no significant difference between Males and Females in relation to the Social Adjustment.

DELIMITATION OF THE STUDY:

It will be very interesting if the study is conducted in different Colleges in Mizoram. But due to limited period of time the present study is conducted only in Govt. Zirtiri Residential Science College.

METHODOLOGY:

Descriptive survey method is adopted for this study.

POPULATION AND SAMPLE:

The population for the study consisted of 600 students from Govt. Zirtiri Residential Science College. The sample consists of 20% of the population (i.e. 60 Males and 60 Females) who are randomly selected for the study.

TOOLS USED:

The tools used for the present study is Adjustment Inventory for College Students by A. K. P. Sinha and R. P. Singh. The Inventory deals with five separate adjustment areas such as Home, Health, Social, Emotional and Educational areas.

STATISTICAL TECHNIQUES FOR DATA ANALYSIS:

The collected data were analyzed and interpreted by using statistical method of Mean, Standard Deviation and t-test.

ANALYSIS AND INTERPRETATION:

Analysis of the present study is done in accordance with the objectives of the study.

Objective No. 1: To find out if there is any difference in Social Adjustment in the areas of Rural and Urban background of the students.

The following Table shows a comparative study of Rural and Urban background of students in relation to their Social Adjustment.

Table No. 1
Comparison of Rural and Urban background students in
dimensions of Adjustment

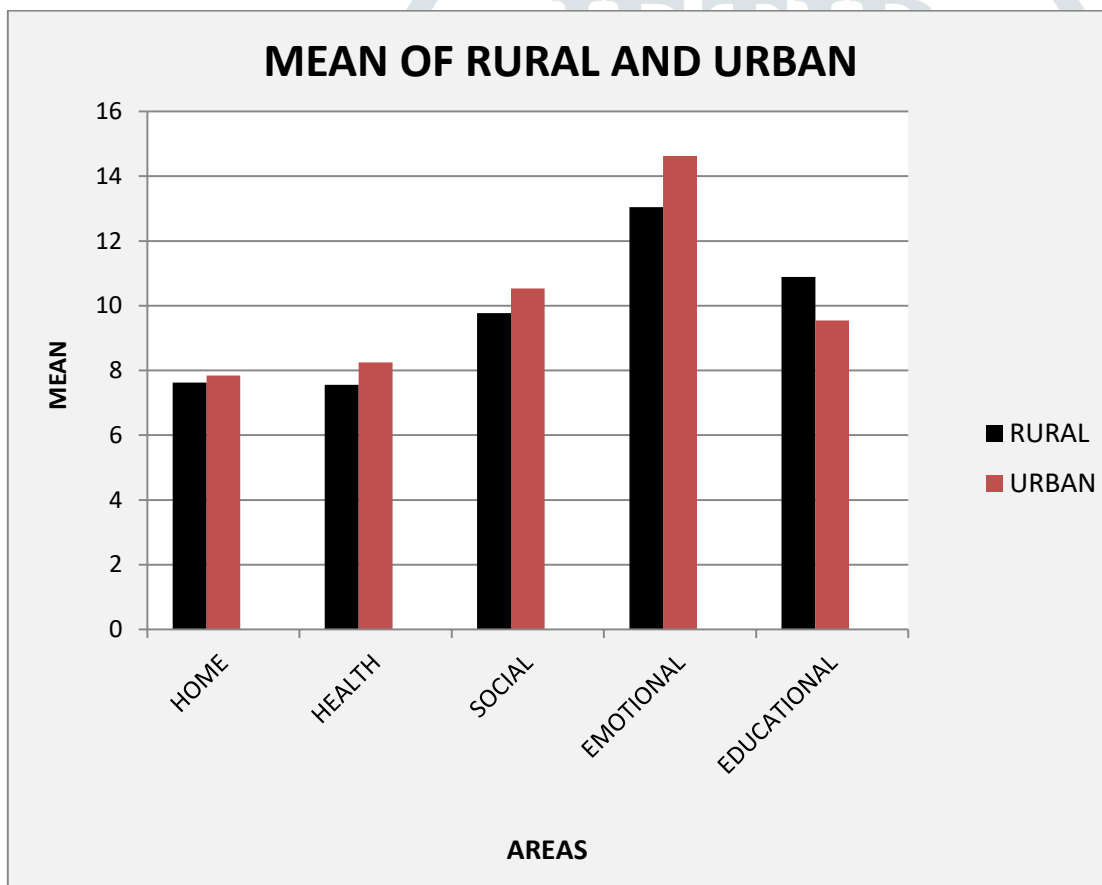
AREAS	MEAN		S.D		T-VALUE	SIGNIFICANCE
	RURAL	URBAN	RURAL	URBAN		
HOME	7.6279	7.8442	3.14736	2.80538	0.387	Non Significant
HEALTH	7.5581	8.2468	2.21679	2.49292	1.305	Non Significant
SOCIAL	9.7674	10.532	2.44791	2.54219	1.602	Non Significant
EMOTIONAL	13.047	14.623	3.42924	2.93365	2.656	Significant *
EDUCATIONAL	10.884	9.5455	2.82176	2.82631	2.4886	Significant *

0.05 – 1.98

0.01 – 2.618137 * Significant at 0.05 level i.e. 95%

S.D – Standard Deviation

Figure 1 Comparison between the means of Rural and Urban areas



From Table 1, it is found out that in the Areas : Home Health and Social Adjustments, t-value is found to be not significant, whereas t-value is significant at 0.05 level in Emotional and Educational Adjustment. This shows that students from Rural and Urban are satisfied in their home surrounding. But the Educational performance between students of Rural and Urban have significant difference.

Whereas Figure 1 mean score for both groups Rural and Urban areas, there is no significant difference for Home, Health and Social but difference was statistically significant for Emotional and Educational Adjustment at 0.05 level.

No significant difference was found in the areas of home, health, and social adjustment while significant difference was found in emotional and educational areas in the comparison of males and females with respect to the areas of adjustment. Hence, the hypotheses is accepted for Home, Health, and Social and is rejected for Emotional and Educational Adjustment for both Table 1 and Figure 1.

Objective No. 2. To compare if there is any difference between Males and Females in the areas of Social Adjustment.

The following Table shows a comparative study of Gender (Males and Females) of students to their Social Adjustment.

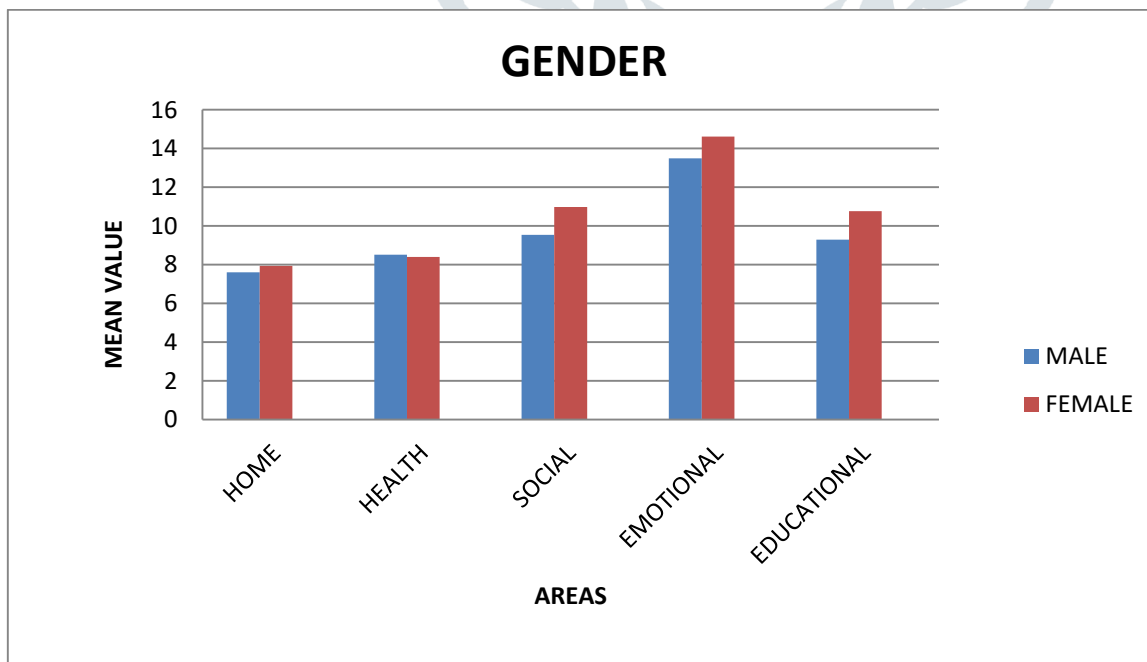
Table No. 2
Comparison of Males and Females on various dimensions of Adjustment

AREAS	MEAN		S.D		T-VALUE	SIGNIFICANCE
	MALE	FEMALE	MALE	FEMALE		
HOME	7.6	7.933333	3.163349437	2.673578613	0.623392	Non Significant
HEALTH	8.516667	8.4	2.534451879	2.293690683	0.264373	Non Significant
SOCIAL	9.533333	10.98333	2.346773238	2.507559193	3.27032	Non Significant
EMOTIONAL	13.5	14.61667	2.902366072	3.400357243	1.93479	Non Significant
EDUCATIONAL	9.283333	10.76667	2.934838468	2.657682606	2.90194	Significant *
SUM	48.43333	52.7	13.88177909	13.53286834	0.54689	Not Significant
N	60	60				

0.05 – 1.98

0.01 = 2.31 * Significant at 0.01 level i.e. 99% sure

Figure 2. Comparison between the means on Gender



As per Table 2 and Figure 2, it is found that there is no significant difference in the area of Home, Health, Social and Emotional Adjustment for Males and Females. These means that Males and Females does not have any problem regarding home environment, they are satisfied for the home environment, and their health adjustment is also good. They do not have difficulty regarding their health and are physically and mentally healthy. They are also socially and emotionally adjustable for circumstances and does not have problems for their education and career and perform equally for both sexes of Males and Females. While significant difference is found in the educational area. Thus the null hypotheses has been accepted in the areas of home, health, social and emotional adjustment while it has been rejected in the educational adjustment area.

DISCUSSION OF THE RESULT:

As per the findings of the first objective of the study, the investigator found that there is no significant difference in relations to Rural and Urban perception of the students in their adjustments of home, health and social. However, emotional and educational adjustment is significant for rural and Urban background and Rural background is slightly higher than Urban background which investigated that Rural areas have poor performance for their Emotional and Educational adjustment than Urban areas.

According to Table 1, the t-value is not significant in home, health and social adjustment but significant in emotional and educational adjustment and so hypotheses is rejected in emotional and educational adjustment. Therefore adjustment for Rural areas need to be taken. No similar studies have been found by the investigator.

The findings of the second objective of the study shows that Males and Females have no comparison for their adjustment of home, health, social, and emotional areas. Males are equally treated with Females in all the areas of adjustment except for educational adjustment. According to Table 2 no significant difference was made in any of the areas of adjustment except for educational adjustment and thus it shows that Males are not superior to their Females counterparts. No related literature has been found by the investigator

CONCLUSION:

The present investigation reveals that students in Govt. Zirtiri Residential Science College have no adjustment problems regarding home, health and social areas for Rural and Urban background students.

But a significant difference was found for Emotional and Educational adjustment in regard to Rural and Urban background students which shows that students in the Rural areas faced some adjustment problems as compared to the students of Urban areas. In regard to gender, it is found that Males and Females are facing different problems in emotional adjustments. Therefore, more attention and consideration should be given to them to take necessary steps for the adjustment of the Rural background students of Govt. Zirtiri Residential Science College.

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