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Impact of gender on adjustment pattern of college going students

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Abstract

Adjustment and emotions both play a very important role in a human's life. A person is social human being, who lives in the society and faces every conditions and situations of their life in the environment. The study aimed to assess the level of adjustment in the four dimensions of home, health, social, and emotion adolescents in Sultanpur city. A total sixty adolescent boys and girls from two randomly selected schools from Sultanpur city in U.P. Self structured questionnaire for personal and variable were used for measuring independent variable. For specific information Indian adaptation of Bell's Adjustment inventory scale developed by Dr. R.K. OJHA (1934) was used measuring adjustment pattern the dependent variable Data was analyzed in term of percentage. Result revealed that most of the respondents (46.67) had average home adjustment level, (66.67) respondents had average health adjustment level, (53.33) respondents had good social adjustment level and (46.67) respondents had good emotional adjustment level in Sultanpur City.

Keywords: Adolescence, home, health, social, emotional adjustment

1. Introduction

Adolescent is a period of adjusting to a new pattern of life and new social expectations. It is an age when one tries to settle down, an age when one faces a lot of problems still trying to adjust to the newly acquired lifestyle. At the same time young adults also carry certain rigid values from their adolescence which might create some conflict in their minds. Rigidity is a difficult term to define and has been used to describe behaviors characterized by the inability to change habits, attitude, set and discriminations. Adult would have to make major changes in their social adjustments as developing new relationships is important and is the main element of social adjustment. It is a time when person is expected to make several types of adjustments to live life successfully. "Defined adjustment is a process which a living organism acquires in a particular way of acting or behaving or changes an existing form of behavior or action."

As for as the adjustment of college student is concerned "The shift between high school and colleges can be challenging and many changes occur in emotional, social and academic adjustment. Adjustment difficulties, loneliness and depression are much more common now a day among college students than their peers who are not in college. In the modern society, life is becoming very complex & conflicting day by day. If a person is well adjusted only then one can survive without psychological stress which may result in maladjustment. Hence adjustment is very important in one's life." (United States Department of Education, 2001) "In a study concluded that college students are at risk for failure to graduate." also noticed that "academic performance made a difference in the retention of students also they found that more adjusted students in the institution have average & more success in college and life in general."

2. Objectives

To assess the level of adjustment in the four dimension of home health, social and emotional of college going students cross gender.

3. Review of literature

Upadhyaya, (2016), the purpose of the study was to find out the differences in adjustment among Day scholars and hostel students who are adolescent in age range (14 to 15 years) from

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Meerut District, in Uttar Pradesh state. 600 school students were selected by random sampling method. Sample consists of 300 Day scholars (150 males and 150 females). The data was collected with the help of bells statistically analyzed by mean, SD and T test. Results revealed that Day scholars and Hostel students differed significantly on home, health, social emotional and overall adjustment.

Panth, *et al.* (2015), The purpose of the present study was to see the relationship between emotional maturity and adjustment of college student and to see the impact of genders stream on emotional maturity and adjustment for this purpose 100 students of B.A. & B.Sc (so boys + 50 girls) were selected from different college of lalitpur. They were in the age group between 18-22 years to collect the required data for the present study EMS developed by Singh and Bhar-gava (1990) and adjustment inventory college students developed by A.K.P Sinha & R.P. Singh (Hindi adaptation) was administered on all subjects. The obtained data were analyzed with the help of mean SD. Test and correlation. The result revealed that the level of emotional maturity and adjustment of girls have high than boys and science students have high AICS & EMS. There were significant different between art science students in EMS but not significance in AICS.

The findings of the study revealed that girls are average in the dimensions of health and social adjustment and unsatisfied in emotional areas. Boys are average in the dimensions of social adjustment and unsatisfied in health and emotional areas. There is no health and emotional areas. There is no significant they differ significantly difference between healths. Social and emotional adjustment of girls and boys. There is a significant difference between health and emotional adjustment of urban and rural college students but they do not differ significantly in social adjustment.

Kaji, (2014), the present investigation in to find out the Adjustment of Secondary School Students in Relation to their gender boys and girls. The sample consisted of 120 secondary school students out of which 60 where boys and 60 where girls. For this purpose of investigation “Adjustment Inventory” by Dr. R.S. Patel was used. The obtained data were analyzed through „t” test to know the mean difference between secondary school students in relation to their gender. The result shows that there is no significant difference in Home, School and Emotional adjustment of boys and girls secondary school student. But there is significant difference in Social adjustment of boys & girls secondary school students at 0.05 levels. It means boys are Social adjustment better than girls.

Sainiand Sharma, (2013), Adjustment is one of the most important psychological activities of human being. Life is process of adjustment. If Anyone wants satisfaction in life. Then one has to adjust with their environment. The present study was conducted on the students of two colleges one urban and one rural of Jammu region the main objective of the study was identity the adjustment problems among college going students. The three dimensions of adjustment i.e. health social and emotional were studied across two sevesie boys and girls and in rural and urban areas. A sample of 100 students (50 boys and 50 girls) was selected by using stratified random sampling technique from two colleges.

Adjustment inventory for college students by was administered. To find out the significant difference of adjustment across different variables test was applied.

Sharma B., *et al.*, (2012) the present study compound college adjustment processes and emotional maturity between first and final year female students enrolled in different undergraduate courses offered by colleges affiliated with university of Rajasthan in Jaipur city. They were assessed on adjustment Inventory for college students and emotional maturity scale. Result indicated that the first year undergraduate students were less emotionally mature and socially to the changing demands of the environment and faced more academic difficulty as compared to final year students. The final year students were more socially adjusting and more integrated into the social fabric of the college. Based on the research implication for further counseling interventions are discussed.

4. Research methodology

4.1 Area of research

Uttar Pradesh the state of India were selected Sultanpur district comes under this state so this state has been taken as the area of research.

4.2 Sample size

In view of time and resource constraint it was decided restrict the size of sample preferably sixty respondents to be selected from the Sultanpur district there sample were randomly picked.

4.3 Selection of Sample

The respondents were selected randomly on the basis of the present research sixty respondents were selected due to invisibility of time.

4.4 Tools of the study

The present adjustment inventory has been prepared by Dr. R.K Ojha the basis of bell’s adjustment inventory with a aim to measure adjustment of students. Bell published the inventory has been successful where used with students of high school and college. It is suitable for the use with both sexes.

4.5 Analysis and interpretation of data

4.5.1 Frequency: The frequency is the repetition of certain items. It was calculated to find out the number of respondents in a particular cell.

4.5.2 Percentage: The percentage value was calculated to make simple comparison. It was calculated by dividing frequency of a particular cell by the number of respondents and multiplying it by 100 & was used to find out the socio-economic status of respondents.

$$P = \frac{n}{N} \times 100$$

5. Result and discussion

Table 4.2: To Assess the adjustment level of adolescent.

S.NO	Level of adjustment	Area of adjustment							
		Home		Health		Social		Emotional	
		F	%	F	%	F	%	F	%
1	Excellent	9	15	6	10	9	15	11	18.33

2	Good	17	28.33	11	18.33	27	45	14	23.33
3	Average	24	40	34	56.67	21	35	21	35
4	Unsatisfactory	7	11.67	5	8.33	2	3.33	9	15
5	Very unsatisfactory	3	5	4	6.66	1	1.66	5	8.33

In the above table 4.2 reveals that maximum no. (40%) of respondent had average range of home adjustment only (5%) respondent had very unsatisfactory home adjustment level. While majority of respondent (56.67%) had average range of health adjustment only (6.67%) respondent had very unsatisfactory health adjustment level. On other hand majority (45%) of respondent had good range of social adjustment only

(1.66%) respondent had very unsatisfactory social adjustment level. Whereas majority (35%) of respondent had average range of emotional adjustment only (8.33%) respondent had very unsatisfactory emotional adjustment level.

Table No. 4.2 Adjustment pattern of adolescent with their gender.

Table 4.2: Level of home adjustment patterns of respondent

S. No.	Area	Interpretation	Range of score	Boys (n=30)		Girls (n=30)		Total (n=60)	
				F	%	F	%	F	%
1	Home	Excellent	5 & below	4	(13.33)	5	(16.66)	9	(15)
2		Good	5-7	8	(26.67)	9	(30)	17	(28.33)
3		Average	8-14	14	(46.67)	10	(33.33)	24	(40)
4		Unsatisfactory	15-17	3	(10.00)	4	(13.33)	7	(11.66)
5		Very unsatisfactory	18 & above	1	(3.33)	2	(6.66)	3	(5)

Table No. 4.2.1 Shows that maximum (46.67%) boys were had Average range of home adjustment and only few (3.33%) were had very unsatisfactory Interpretation range of home adjustment. In case Girls maximum (33.33%) Girls were found in Average range of home adjustment while only

(6.66%) from very unsatisfactory range of home adjustment. Thus as per total result the maximum (40%) respondents were had Average and only few (5%) were had very unsatisfactory category of home adjustment.

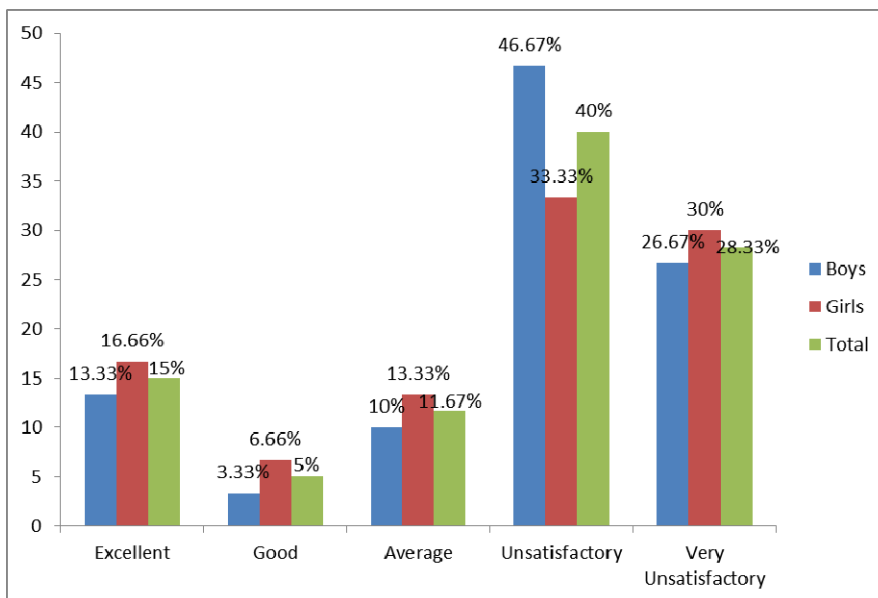


Fig 4.2.1: Level of Home Adjustment Pattern.

Table 4.2.2: Level of health adjustment patten.

S. No.	Area	Interpretation	Range of score	Boy (n=30)		Girls (n=30)		Total (n=60)	
				F	%	F	%	F	%
1	Health	Excellent	2 & below	3	10	5	(16.66)	8	(13.33)
2		Good	3-4	4	(13.33)	15	(50)	19	(31.66)
3		Average	5-9	20	(66.66)	5	(16.66)	25	(41.66)
4		Unsatisfactory	10-11	2	(6.66)	2	(6.66)	4	(6.66)
5		Very unsatisfactory	12 & Above	1	(3.33)	3	(10)	4	(6.66)

Table No.4.2.2 Shows That maximum (66.66%) boys were had average range of health adjustment and only few (3.33%) were had very unsatisfactory Interpretation range of health adjustment. In case of Girls maximum (50%) girls were found in good range of health adjustment while only (6.66%) from

unsatisfactory range of health adjustment. Thus as per total result the maximum (41.66%) respondents were belong to average and only few (6.66%) were from very unsatisfactory category of health adjustment.

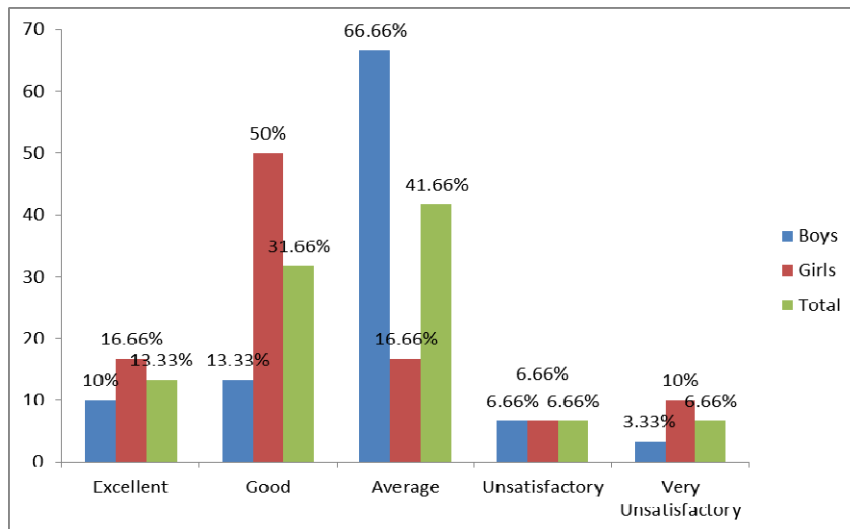


Fig 4.2.2: Level of Health Adjustment Pattern.

Table 4.2.3: Level of social adjustment Pattern.

S. No.	Area	Interpretation	Range of score	Boys (n=30)		Girls (n=30)		Total (n=60)	
				F	%	F	%	F	%
1	Social	Excellent	6 & below	5	(16.66)	6	(20)	11	(18.33)
2		Good	7-9	16	(53.33)	10	(33.33)	26	(43.33)
3		Average	10-16	6	(20)	11	(36.66)	17	(28.33)
4		Unsatisfactory	17-19	1	(3.33)	2	(6.66)	3	(5)
5		Very unsatisfactory	2 & above	2	(6.66)	1	(3.33)	3	(5)

Table No. 4.2.3 Shows that maximum (53.33%) boys were had good range of social adjustment and only few (3.33%) were had unsatisfactory Interpretation range of social adjustment. In case of Girls maximum (36.66%) Girls were found in Average range of social adjustment while only

(3.33%) had very unsatisfactory range of social adjustment. Thus as per total result the maximum (43.33%) respondents were had good and only few (5%) were had unsatisfactory category of social adjustment.

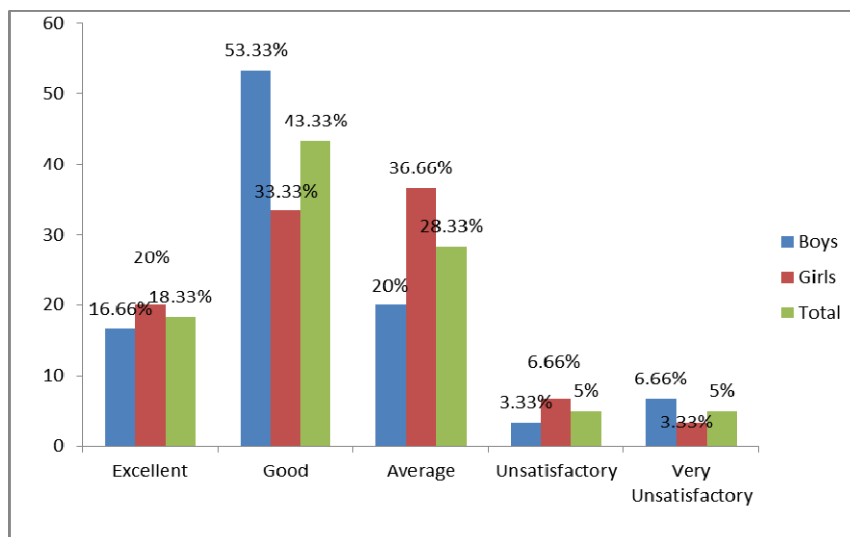


Fig 4.2.3: Level of Social Adjustment Pattern.

Table 4.2.4: Level of Emotional Adjustment Pattern.

S. No.	Area	Interpretation	Range of score	Boys (n=30)		Girls (n=30)		Total (n=60)	
				F	%	F	%	F	%
1	Emotional	Excellent	1 & below	6	(20)	5	(16.67)	11	(18.33)
2		Good	2-4	14	(46.67)	10	(33.37)	24	(40)
3		Average	5-11	6	(20)	8	(26.67)	14	(23.33)
4		Unsatisfactory	12-14	1	(3.33)	3	(10)	4	(6.66)
5		Very Unsatisfactory	15 & above	3	(10)	4	(13.33)	7	(11.66)

Table No. 4.2.4 Shows That maximum (46.67%) boys were had good range of Emotional adjustment and only few (3.33%) were from Unsatisfactory Interpretation range of Emotional adjustment. In case of Girls maximum (33.37%) Girls were had good range of Emotional adjustment while only (10%) from unsatisfactory range of emotional adjustment.

Thus as per total result the maximum (40%) respondents were belong to good and only few (6.66%) were from unsatisfactory category of emotional adjustment.

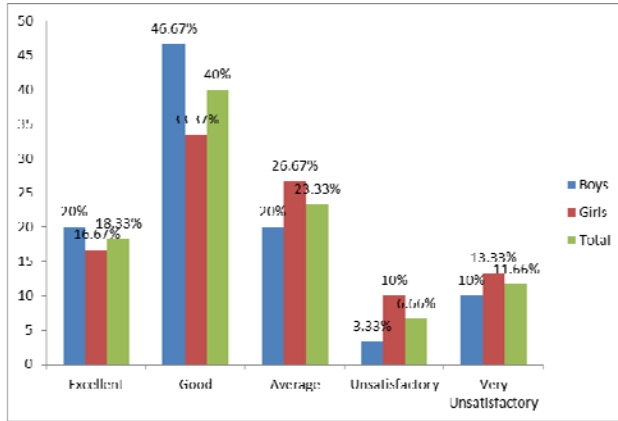


Fig 4.2.4: Level of Emotional Adjustment Pattern.

6. Summary and conclusion

6.1 Major finding

- Maximum number (40%) of respondent average range of home adjustment and (56.67%) respondent had average of health adjustment and majority (45%) respondent had good range of social adjustment and respondent majority (35%) of respondent had average range emotional adjustment.
- In case of home adjustment majority (46.67) percent of respondents i,e had average home adjustment level.
- In case of health adjustment majority (66.67) percent of respondents i,e had average health adjustment level.
- In case of social adjustment majority (53.33) percent of respondents i,e had good social adjustment level.
- In case of emotional adjustment majority (46.67) percent of respondents i,e had good emotional adjustment level.

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