ASSESSMENT OF THE KNOWLEDGE OF ADJUSTMENT PROBLEMS AMONG COLLEGE STUDENTS AT SELECTED COLLEGES, UP, INDIA

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ABSTRACT:

Adjustment is an eternal process and satisfies one's desires involving many aspects of behaviour. Adjustment is a behavioural process of balancing conflicting needs. Objectives: To assess the adjustment problem among the college students and to find an association between the adjustment score and selected background variables among college students. Methodology: In this study 100 samples were selected by non-probability convenience sampling technique. The tool used for data collection consist of adjustment problem for college students. Validity of the tool was appraised by experts and was found to be valid for the study with required modification. Reliability was done and found at 0.94. The tools were found reliable. The collected data was analyzed by using descriptive and inferential statistics. It can be concluded that many demographic variables influence the knowledge of the students to cope with adjustment problems. It is therefore suggested that health education on adjustment needed for coping up with the needs of students.

KEYWORDS: *Adjustment problem, College students.*

ABOUT AUTHOR

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INTRODUCTION:

Adjustment is a necessary characteristic for living peaceful. Adjustment is the process of arriving at a balanced state between the need of individual and satisfaction. Home and school play a pivotal role in the adjustment of an individual. An adjustment is a soft interaction between and individual and his environment. According to psychology, an adjustment refers to the behavioral process by which an individual maintains 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. The shift between high school and college can be challenging and many changes occur in emotional, social and academic adjustment. Adjustment patterns of students differ with their level of intelligence. College students have an adjustment problem even in home. They have difficulties with parents and siblings due to shyness and aggressiveness. They have academic adjustment problem due to new academic pattern, environment and faculties. Social adjustment is important for students. Forming supportive network, managing new social freedom, home sickness, loneliness are social adjustment problems. Education is the process of facilitating learning or acquisition of knowledge, skills, values, beliefs and habits. Adjustment is a behavioral process of balancing conflicting needs.

NEED FOR THE STUDY:

Approximately 20.6 per cent of the total population of 846 million in India comprises youth between 15 and 24 years of age (WHO). These critical years of adjustment are undermined by depression, anxiety, substance abuse and eating disorders, and at times leading to suicide. The studies conducted in India highlight the level of adjustment problems in different areas which are getting tired easily (81.30%), worrying about examinations (68.9%), unable to concentrate on studies (79.3%), having no one for sharing problems (80.20%), having too many personal problems (70%), worried about finances (19.7%), being made fun of (82.17%), difficulty in communication (69.82%) and 7% difficulty in making friends. The studies mentioned here enabled the researcher for investigating adjustment problems among college students. Many factors identified in the study were thought to be responsible for adjustment problems in the adolescents like over protection, lack of love at home, lack of interest in studies etc. Today, the students confront many problems in colleges. Nevertheless, they have to develop a competitive spirit for developing achievement.

STATEMENT OF THE PROBLEM

Assessment of the Knowledge of Adjustment Problems among College students at selected Colleges, UP, India.

OBJECTIVES:

1. To assess the knowledge of adjustment problem among college students
2. To find the association between the level of knowledge of adjustment problem among college students with their selected demographic variables.

OPERATIONAL DEFINITIONS:

Assess:

It refers to the process of identifying the adjustment problem among college students.

Adjustment problem:

An adjustment problem is a change in a person's behaviour or thinking.

College students:

A college student is an individual who is enrolled in a university or college for a particular course.

METHODOLOGY:

The research design used for this study is non-experimental exploratory descriptive design. The background variables include age, gender, religion, type of family, residence, family income and occupation. In the present study, A sample of 100 students studying degree in selected Colleges at Uttar Pradesh were selected by non-probability convenience sampling technique. Content validity has been obtained from nursing and medical expert, based on their valuable suggestions, recommendations and opinions regarding adequacy and appropriateness of the tool. After obtaining suggestions from the experts, necessary modifications were made in the tool and the reliability of the tool assess the adjustment problem.

RESULTS AND DISCUSSION:

The frequency and percentage distribution of educational adjustment problem among college students are presented in the Table 1.

ARTICLES

Table 1 Adjustment problem among college students

Sl. No.	Assessment of adjustment problem among college students	Frequency	Percentage
1.	Unsatisfactory	9	9
2.	Average	64	64
3.	Good	27	27
Total		100	100.0

The majority of the students 64% have an average adjustment problem with education, 27 per cent of the students have good knowledge level and 9 percent of the students have an unsatisfactory knowledge level. The table also revealed that regarding, the mean knowledge of educational adjustment was 12.81 and the standard deviation is 2.54. It can be concluded that there is low level of problem among the students as majority of the students have satisfactory on adjustment.

Assessment of association between the selected demographic variables with knowledge

The table 4 shows that the Chi-square value is significant at 5 per cent level on the demographic variables at age, gender, type of family, domicile, residence, monthly income, occupation of mother and other college related variable of previous experiences in the hostel and existence in the previous year. It can be inferred that there substantial association between knowledge of adjustment problem and the selected demographic variables. On the contrary, the Chi-square value is not significant on the demographic variables of religion, occupation of father, intermediate and education of students in previous year. It can be inferred that there no association between knowledge of adjustment problem and the selected demographic variables. It can be concluded that many demographic variables influence the knowledge of the students to cope with the individual adjustment.

CONCLUSION

In the present study knowledge of adjustment problem among college students and the association between the level of knowledge of adjustment problem among college students with their selected demographic variables were assessed. It can be concluded that many demographic variables influence the knowledge of the students to cope with adjustment problems. It is therefore suggested that health education on adjustment needed for coping up with the needs of students.

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