A STUDY ON ADJUSTMENT OF UNDERGRADUATE STUDENTS OF 1st YEAR AND 3rd YEAR OF HANDIQUE GIRLS' COLLEGE, NEAR DIGHOLI PUKHURI AREA of GUWAHATI CITY

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ABSTRACTS

Adjustment, in psychology, the behavioural process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. The purpose of the research is to compare mean scores of Adjustments of undergraduate students of 1st year and 3rd Year of Handique Girls College, Digholi Pukhuri Area. A standardised tool was used for this study, "Adjustment Inventory For College Students" developed by A.K.P. Sinha and R.P.Singh(1971) is the tool. The total participants for the study was taken 20, 10 girls from 1st year and 10 girls from 3rd year between the age group of 18-21 years.
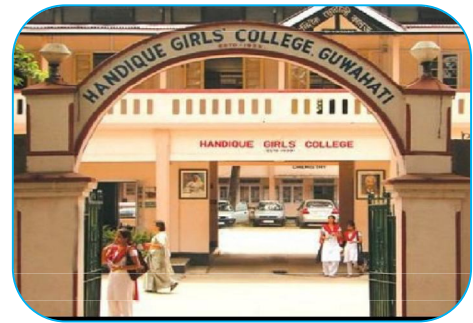
This study adopted survey method of research with convenience sample method. The findings indicate that there was no significant difference between the mean scores of undergraduate students of 1st year and 3rd year of Handique girls college. This is so because both the groups, undergraduates students of 1st year and 3rd year are going through similar developmental changes. The age difference is were not seen to greater extent and their maturity level seems to be quite similar. Adjustment of an individual is determined by the individual's effort to survive in his or her environment. It is a process of maintaining harmonious relationship with the environment.

KEY WORDS *: Adjustment, Undergraduate Students, Environment, Individual.*

INTRODUCTION

Adjustment refers to the behavioural process of balancing conflicting needs or needs challenged by obstacles in the environment. Humans and animals regularly adjust to their environment. For example, when their physiological state stimulates them to seek food, they eat (if possible) to reduce their hunger and adapt to the hunger stimulus. The dictionary meaning of the word "adjustment" is to fit, make suitable, adapt, arrange, modify, harmonise, or make correspondent. Thus, adjusting between two things means adjusting one or both of them to correspond to each other. For example: wearing cloth according to the season. We can't change the season, so we have to modify our clothes.

However, the concept of adjustment is not as simple as adaptation. Psychologists and scholars differ considerably in interpreting its meaning and nature. Adjustment may be defined as a process of altering behaviour to reach a harmonious relationship with the environment. From psychological point of view, adjustment can define as a process of need reduction. Because, every living organism develops

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his own needs and this need must be satisfied by interaction with environment. However, there are so many hindrances to come across in the process of need satisfaction. Unfulfilled needs always create frustration, dissatisfaction or the problem of adjustment. Psychologist and scholars differ considerably in interpreting its meaning and nature.

Rationale of the Study -
Adjustment is a process of maintaining a balance between the needs such as physical, social, psychological and the circumstances that influence the satisfaction of these needs. Adjustment is a continuous process to produce harmonious relationship between a man and his environment. Adjustment implies proper degree of social feelings and sense of social responsibility. Adjustment is a state, which promotes happiness and efficiency in an environment. Adjustment is a process through which a man can change his environment according to his needs. Successful adjustment is crucial to having a high quality of life. Those who are unable to adjust well are more likely to have clinical anxiety or depression, as well as experience feelings of hopelessness, anhedonia, difficulty concentrating, sleeping problems and reckless behaviour. Adjustment helps an individual in functioning daily needs. It is a very important part of our daily life. Adjustment in different areas can lead to better mental and physical health. Students are the future of this country and if they are adjusted then only, they will be able to function to it's fullest so it is very important to know about their adjustment and find ways in which they can improve it.

Statement of the Problem -
The Statement of the present study is A comparative study on Adjustment of undergraduate students of 1st year and 3rd year of Handique Girls' College near Digholi Pukhuri area.

Objective of the study -
To compare mean scores of Adjustments of undergraduate students of 1st year and 3rd Year of Handique Girls' College of Digholi Pukhuri area.

Hypothesis -
There is no significant differences between the mean scores of 1st and 3rd year undergraduate students of Handique Girl's college near Digholi Pukhuri area.

Delimitation of the Study -
1. In the present study the participants belong from Handique Girls' College
2. The age range of the Undergraduate students of 1st year and 3rd year falls between 18-21 years.
3. Only female college students were taken for the study
4. The participants have to understand, read and write English fluently.

REVIEW OF LITERATURE –
Mohan, J. (1991) conducted a study on adjustment of university research scholars in relation to their values and socio-economic status. Adjustment was measured with the help of Bell's Adjustment Inventory (1993). The findings of the study revealed that the faculty differences (science, arts, professional and language faculty) were found to be significant for home adjustment, emotional and total adjustment. Sex was found to be the significant determiner of health adjustment, emotional, social and total adjustment.

Bhatt, M. B. (2012) carried out a study on the adjustment of the college student in Surat district of Gujarat and found no significant difference between the boys and girls student in overall adjustment. Secondly, result revealed no significant difference between adjustments of the student from B. A and M. A degree. Thirdly, the adjustment of the student from urban areas college was better than the student from rural areas college.

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Jaikumar, S. and Muthumanickam, R. (2010) conducted a study about the social adjustment on a random sample of 600 higher secondary school students. The study revealed that the social adjustment of the students was average irrespective of their gender, family type and birth order. There was a significant difference in the social adjustment between the male and female students, while no significant difference among the students belonging to joint and nuclear family.

RESEARCH METHODOLOGY
The research design, method of the present study, population, samples and variables, tools used in study, scoring and the procedure of data collection is discussed in this chapter.

Population of the study:
In the current study, the population taken for all undergraduate students whose chronological age range between 18-21 years and studying in 1st year and 3rd year respectively.

Sample –
A selected group of some elements from the totality of the population is known as the sample.

Table – 1 Sample Showing Distribution

Sr. No	Undergraduate Students	Total number of Sample
1.	1st year	10
2.	3rd year	10

Age Group -
The age group of the current study is between 18-21 years of age of undergraduate students 1st year and 3rd year of Handique Girls College, Digholi Pukhuri area.

Criterion for selecting the Sample -
1. Only undergraduate girls were taken for the study.
2. In the present study the participants belongs from Handique Girls' College.

Criteria for selecting the Education Institution-
1. The participants have to understand, read and write English fluently.
2. The age range of the Undergraduate students of 1st year and 3rd year falls between 18-21 years.

Variables Under Study
Table 2 Table showing Name and Type of the variables, number of Dimensions and name of Levels

Sr. No.	Names of the Variable	Types of Variables	Types of Dimensions	Names of levels
1	Adjustment Inventory for College Students	Continuous variable	5	Home, Health, Social, Emotional and Educational.
2	Undergraduate students	Discontinuous variable	2	1st year 3rd year

Tools Description -
The tool used in the present study is "Adjustment Inventory For College Students" developed by A.K.P. Sinha and R.P.Singh (1971) was used. The Adjustment inventory has been designed for use with

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English/Hindi knowing college students of India. The purpose of the study is to segregate normal from poorly adjusted college students of all grades in respect of five different areas of Adjustment:Home Adjustment, Health Adjustment, Social Adjustment, Emotional Adjustment and Educational Adjustment.

The age group range is between 18-21 years. This tool contains 102 items with **Home Adjustment** containing 16items, **Health wAdjustment** containing 15 item, **Social Adjustment** containing 19 items, **Emotional Adjustment** containing 31 items and **Educational Adjustment** containing 21 items.

3.10.0 Scoring

The inventory is reusable with answer sheet for responses given by the students. Transparent scoring keys are provided separately for each area and the responses marked under circle are considered and each response has to be assigned a weightage of one (1) score. The scoring of the inventory is a little tricky . This inventory consists of five areas of adjustment, namely Home, Health, Social, Emotional and Educational. There is total 102 questions. For first area that is Home, there are total 16 questions, 15 questions in second area that is Health, 19 questions in third area that is Social, 29 questions in fourth area that is Emotional and lastly 21 questions in the fifth area that is Educational. "Yes" responses are marked as One (1) score, however few "No" responses are given One (1) score depending on the scoring table given below.

Table -3 Scoring table

Sr. No.	Adjustment Areas		Item No. Serial wise		Total
1	HOME	YES	1, 6, 10, 15, 17, 20, 27, 34, 38, 49, 54, 58, 66, 100	14	16
		No	45, 70	02	
2	HEALTH	YES	4, 7, 16, 21, 24, 28, 35, 36, 42, 46, 50, 59, 62, 67. 71	15	15
		No	-	-	
3	SOCIAL	YES	5, 12, 32, 39, 51, 55, 72, 74, 77, 80,83	11	19
		No	18, 25, 63, 76, 85, 89, 91, 97	08	
4	EMOTIONAL	YES	2, 8, 11, 13, 19, 22, 26, 29, 31, 33, 40, 43, 47, 52, 56, 60, 64, 68, 75, 78, 81, 84, 87, 90, 92, 95, 96, 98, 102	29	31
		NO	99, 101	02	
5	EDUCATIONAL	YES	3, 9, 14, 23, 30, 37, 41, 44, 48, 53, 57, 65, 69, 73, 79, 86, 88, 94	18	21
		No	61,82,93	03	
	Total				102

Procedure-

At first the title was selected. After that the required material were made ready before the data collection. On reaching the site, the principal of the college was approached. After receiving consent from the principal to conduct the study, a particular time and date were planned. According to the stipulated date and time the data collection was planned. The day was fixed for data collection and

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arrangements were done accordingly. The researcher reached the spot according to the time and date planned earlier and collection of data begin with good rapport session and a brief introduction about the purpose of the research. After the participants understands everything, the test booklet was distributed among them.

No fixed time limit was provided to the participants but they were requested to complete the test as soon as possible. One by one after each participant of Handique Girls' College completed the test, they were thanked for their humble and active cooperation. The data collection begins with the undergraduate students of 1st year and 3rd year, the test booklet was distributed to undergraduate participants

"Adjustment Inventory For College Students" developed by A.**K.P. Sinha and R.P.Singh (1971)** along with the consumable booklet was distributed a one to one basis after each participant accepted the researcher's request to fill up the booklet . A good rapport was build up with each participants individually by giving a brief introduction about the purpose of the research. No fixed time limit was provided to the participants but they were requested to complete the test as soon as possible. One by one after each participant of Handique Girls' College completed the test, they were thanked for their humble and active cooperation.

RESULTS AND DISCUSSION
Inferential Statistics-

For testing the hypothesis, t-Test should be used and the data can be analysed using Statistical Package for Social Sciences (SPSS). The outputs of SPSS are given in Table no 5

**The data was analyzed with the help of t-Test which is given in able – 5**

Table - 5

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
									95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
adjustment of undergraduate students	Equal variances assumed	1.397	.253	.901	18	.379	5.60000	6.21325	-7.45355	18.65355
	Equal variances not assumed			.901	15.985	.381	5.60000	6.21325	-7.57251	18.77251
HOME	Equal variances assumed	1.166	.294	-.659	18	.518	-1.00000	1.51658	-4.18621	2.18621
	Equal variances not assumed			-.659	16.690	.519	-1.00000	1.51658	-4.20423	2.20423
HEALTH	Equal variances assumed	.238	.631	-.132	18	.897	-.20000	1.51658	-3.38621	2.98621
	Equal variances not assumed			-.132	17.262	.897	-.20000	1.51658	-3.39600	2.99600
SOCIAL	Equal variances assumed	1.878	.187	1.293	18	.212	2.70000	2.08833	-1.68741	7.08741
	Equal variances not assumed			1.293	16.164	.214	2.70000	2.08833	-1.72342	7.12342
educational	Equal variances assumed	.097	.760	.721	18	.480	1.40000	1.94136	-2.67865	5.47865
	Equal variances not assumed			.721	17.587	.480	1.40000	1.94136	-2.68553	5.48553
emotional	Equal variances assumed	4.217	.055	1.053	18	.306	2.40000	2.27889	-2.38777	7.18777
	Equal variances not assumed			1.053	13.806	.310	2.40000	2.27889	-2.49417	7.29417

Table – 6 Undergraduate wise M, SD, N, t values of Adjustment of students of 1st year and 3rd year.

Undergraduate	Mean	SD	N	t value
1st	59.0000	16.17268	10	.901
3rd	53.4000	11.15746	10	.901

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The objective was to compare mean scores of Adjustments of undergraduate students of 1st year and 3rd year of Handique Girls College. From table 6 it is evident that the mean scores of t-value is .901 which is non-significant at 0.05 level. It shows that the mean scores of Adjustments of 1st year and 3-year undergraduate do not differ significantly. Thus, the null hypothesis is that there is no significant difference between mean scores or Adjustment of 1st year and 3rd year undergraduate students is not rejected. Further, the mean score of Adjustment of 1st year undergraduate is 59.00which is significantly not much higher than that of 3rd year undergraduate whose mean score of Adjustment is 53.40. It may therefore be said that the differences between the 1st year and 3rd year undergraduate students were not found because both the category of student's study in the same college thereby their college environment are quite similar and not much difference was found between their ages.

Graph 1
Represents Adjustment among 1st year and 3rd year students of Handique Girls' College, Digholi Pukhuri area.
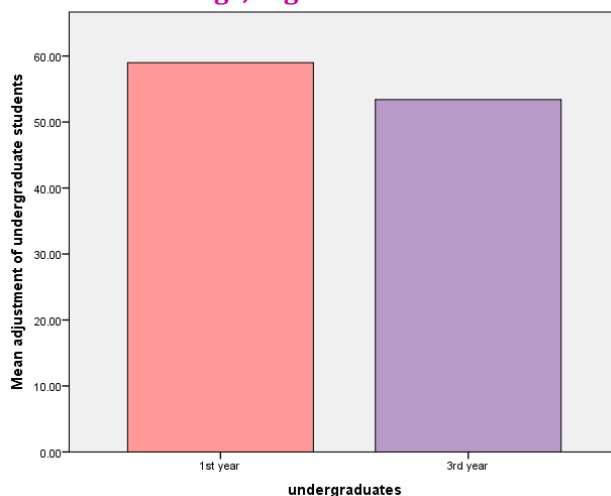
CONCLUSION

Adjustment is the process of arriving at a balanced state between the need of individual and their satisfaction. Adjustment is an essential characteristic of living a happy and peaceful life. The psychology of adjustment is in fact based on our concern with the quality of life, it focusses on particular aspects of understanding one's self, understanding others and living in harmony with ourselves and others. The present study was undertaken to study the adjustment problems among the undergraduate college students related to home, health, social, emotional and study involvement. There is significant difference in the mean adjustment score of the students of undergraduate level in different areas of adjustment such as home, health, social and emotional. The students of undergraduate level who are also the basic pillars of the educational system of India needs to be provided all kind of support from the family, college, society and the nation, to establish a strong community bond desirable for the progress of human kind. However, whatever is needed is an understanding of the adjustment problems of them and then does our best to help them in difficulties. The education system of India should have an important aim to keep the students of undergraduate level in making adjustment with the changing environment. This study is relevant and meaningful for the educational planner and policy makers, educational institutions, parents and guardians, education departments, researchers and social scientists.

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