



## A STUDY ON ADJUSTMENT OF UNDER GRADUATE STUDENTS

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### ABSTRACT

*The present study was explored to find out the adjustment of under graduate students. Survey method was conducted on a sample of 240 under graduate in Madurai district. Adjustment Inventory by A.K.P. Sinha and R.P. Singh (2009) was used for data collection. Data was analyzed using by t-test and F-ratio. Results found that there is significant difference in adjustment of under graduate students based on gender and group studied. Findings also showed that there is no significant difference in adjustment of under graduate students with respect to type of management, religion, locality of residence, parental occupation and type of family.*

**KEY WORD:** *Survey method , behavioral process , environmental factors.*

### INTRODUCTION

Adjustment is the behavioral process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. The process of adjustment has two main elements: the need of living organism, and the circumstances that influence those needs. These needs may be biogenic, sociogenic, personal or communal, or arising from any other conceivable source. Dunn says, "Adjustment is a continuous process of maintaining harmony among the attributes of the individual and the environmental conditions which surround him." From this definition, it is clear that Adjustment is continuous process rather than a static goal. This also suggests that characteristics of the individual will be determined by his adjustment, but the environmental factors will have their influence. Lehner and Kube have defined, "Adjustment is best way as process of interaction between the environment and the individual, a continuous and therefore, never completed process and a process in which cause and effect relationship can be observed."

The concept of Adjustment was originally biological one and was concerned with adaptation to physical environment for survival. Adaptation to physical environment is, of course, a person's important concern, but he has also to adjust to social pressures and demands of socialization that are inherent in living interdependently with other persons. There are also the demands from a person's internal nature, his physiological needs like hunger, thirst, sleep, sex, elimination, etc. and psychological needs like needs to belong to get esteem, to self-actualize, to get in combination and in interactive fashion that influence the psychological functioning and Adjustment of person.



### OBJECTIVES OF THE STUDY

1) To find out the significant difference in adjustment of under graduate students in terms of gender, type of management, group studied, religion, locality of residence, parental occupation and type of family.

## HYPOTHESES

1. There is no significant difference in adjustment of under graduate students based on gender.
2. There is no significant difference in adjustment of under graduate students based on type of management.
3. There is no significant difference in adjustment of under graduate students based on group studied.
4. There is no significant difference in adjustment of under graduate students based on religion.
5. There is no significant difference in adjustment of under graduate students based on locality of residence.
6. There is no significant difference in adjustment of under graduate students based on parental education.
7. There is no significant difference in adjustment of under graduate students based on type of family.

## RESEARCH METHOD AND SAMPLE

Normative survey method is adopted. A random sample of 240 under graduate students was chosen in Madurai District, Tamil Nadu.

### Tool

- Adjustment Inventory by A.K.P. Sinha & R.P. Singh (2009).

### Data Analysis

**Table 1: Adjustment of Under Graduate Students based on Gender**

Gender	N	Mean	SD	t-value	Level of Significance
Male	135	37.51	8.15	3.770	Significant
Female	105	41.20	6.61		

From Table-1, the t-value (3.770) is significant at 0.01 level. Hence, the hypothesis-1 is rejected.

**Table 2: Adjustment of Under Graduate Students based on Type of Management**

Type of Management	Sum of Squares	Mean Squares	df	F	Level of Significance
Between Groups	24.425	12.212	2	0.203	Not Significant
Within Groups	14251.308	60.132	237		
Total	14275.733		239		

From Table-2, the F-value (0.203) is not significant at 0.05 level. Hence, the hypothesis-2 is accepted.

**Table 3: Adjustment of Under Graduate Students based on Group Studied**

Group Studied	N	Mean	SD	t-value	Level of Significance
Arts	79	40.63	8.46	2.121	Significant
Science	161	38.39	7.25		

From Table-3, the t-value (2.121) is significant at 0.05 level. Hence, the hypothesis-3 is rejected.

**Table 4: Adjustment of Under Graduate Students based on Religion**

Source of Variance	Sum of Squares	Mean Squares	df	F	Level of Significance
Between Groups	9.799	4.899	2	0.081	Not Significant
Within Groups	14265.934	60.194	237		
Total	14275.733		239		

From Table-4, the F-value (0.081) is not significant at 0.05 level. Hence, the hypothesis-4 is accepted.

**Table 5: Adjustment of Under Graduate Students based on Locality of Residence**

Locality of residence	N	Mean	SD	t-value	Level of Significance
Rural	111	38.60	8.32	0.985	Not Significant
Urban	129	39.58	7.18		

From Table-5, the t-value (0.985) is not significant at 0.05 level. Hence, the hypothesis-5 is accepted.

**Table 6: Adjustment of Under Graduate Students based on Parental Occupation**

Parental Occupation	N	Mean	SD	t-value	Level of Significance
Employed	110	39.00	8.56	0.245	Not Significant
Unemployed	130	39.24	6.97		

From Table-6, the t-value (0.245) is not significant at 0.05 level. Hence, the hypothesis-6 is accepted.

**Table 7: Adjustment of Under Graduate Students based on Type of Family**

Type of Family	N	Mean	SD	t-value	Level of Significance
Joint	83	38.51	8.53	0.896	Not Significant
Nuclear	157	39.45	7.27		

From Table-7, the t-value (0.896) is not significant at 0.05 level. Hence, the hypothesis-7 is accepted.

### FINDINGS OF THE STUDY

- There is significant difference in adjustment of under graduate students based on gender and group studied.
- There is no significant difference in adjustment of under graduate students based on type of management, religion, locality of residence, parental education and type of family.

### SUGGESTIONS FOR THE FURTHER RESEARCH

- The present study is confined to 240 under graduate students. It is suggested that future researchers may undertake studies with large sample.
- This study is confined to secondary students. It may be extended to other students like primary, secondary, higher secondary etc.
- This study is limited to psychological variables it may be extended to other psychological variables.
- Similar studies may be conducted in general education from school level to the university level.
- Similar studies may be conducted in other professional courses like Engineering, Medicine etc.

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