

A Comparative Study of Adjustment of Boys' & Girls' Rural College Students

Dr. Inderjeet Singh Bhatia

Assistant Professor, St Stephen's College of Education, Ratlam, Madhya Pradesh, India

ABSTRACT

The present study is an attempt to compare study Adjustment of Boys 'and Girls' rural college students. To Study the comparative adjustment of Boys' Girls rural college students. To compare Boys 'and Girls' rural college students on various dimensions of adjustment. Boys' and Girls' rural college students differ significantly on various dimensions of adjustment. The present study was conducted 05 rural college students of Indore district, Madhya Pradesh. For the selection of the sample normal random procedure was adopted. Both Boys ' & Girls' rural college students have similar home problems. Girls 'rural college students have more social problems than Boys'. Girls' rural college students have more emotional problems than Boys'. Both Boys ' & Girls' rural college students have similar academic problems. Girls' rural college students have more health problem than Boys'.

KEYWORDS: Adjustment, Boys', Girls', Rural, college and Students

INTRODUCTION

Adjustment is a behavioural process of balancing conflicting needs. More than 40% of all college entrants leave studies before completion. 75% of these students drop out in first two years of college. The transition from school to college has emotions, social and academic adjustment. Adjustment implies the process by which a person changes his behaviour to achieve a harmonious relationship between himself and his environment. Life may be looked as a long series of adjustment which the individual is constantly adjusting himself to demands of external environment well as both needs of his physiological and mental constitutions.

Some psychological regards adjustment as behaviour directed towards the reduction of tension. This means it is a matter of interaction between the individual and his environment. Hence a well adjusted individual is one who has reached harmony in his relation with his environment, but the adjustment is not a static condition. It is relative and temporary. Adjustment is as old as human race on earth. Systematic convergence of this concept starts from Darwin. In those days the concept was purely biological and he used the term adaptation.

Adjustment as achievement means how efficiently an individual can perform his duties in different circumstance. Business, military, education and other social activities need efficient and we adjustment achievement, then we will have to set the criteria to judge the quality of adjustment. Four criteria have been evolved by psychologists to judge the adequacy of adjustment. They are physical, psychological comfort, work efficiency, social acceptance.

How to cite this paper: Dr. Inderjeet Singh Bhatia "A Comparative Study of Adjustment of Boys' & Girls' Rural College Students" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-3, April 2021, pp.271-273, URL: www.ijtsrd.com/papers/ijtsrd39810.pdf



Copyright © 2021 by author(s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



Adjustment as a process is of major importance for psychologists, teachers and parents. To analyze the process we should develop an individual longitudinally from his birth onwards.

Review of Literature:

Seider (1965) Believe the adjustment stoves, to cope with inner needs, tension, frustration and conflicts and to bring harmony between his inner demands and imposed upon him by the world in which he live.

Allport (1961) Looks at adjustment as continued action of the "proprium development" in term of socio - psychological condition.

Maslow (1954) looks at adjustment as a process of planned satisfaction of hierarchy of needs from warm and caring relationship to others.

May (1950) Think of a truly well adjusted individual as one who shows more spiritual courage, to one who makes his own decisions, takes responsibility for the way he lives , pursues his own uniqueness and therefore find meaning in his existence.

Significance of the study:

Since adjustment has a profound effect on the overall behaviour of an individual whether Boys 'or Girls'. It was decide to study the adjustment problems of the Boys 'and Girls'. Of rural college students of Indore district. Adjustment here has a special representing its five aspects viz. Home, health, social, emotion, academic condition as given in the

“Adjustment inventory for college student “ by A.K.Sinha (1968).

The purpose of the study was to compare two groups of rural college students of different colleges on Adjustment.

Objectives:

To study the comparative adjustment of Boys’ and Girls’. College students.

To compare Boys’ and Girls’ college students on various dimensions of adjustment.

Hypotheses:

Boys’ and Girls’ College students differ significantly on various dimensions of adjustments.

Sample Size:

The present Study was conducted upon 05 colleges’ students of different rural areas of Indore district. For the selection of the sample normal random producer was adopted. The investigator collected the response of all the subjects and scoring was done according to the instructions given in the manual.

Result and Discussion:

Table No. 01 Home Adjustment

Group	N	Mean	S.D.	t- value	Levels of Significance
Boys	45	8.53	1.44	1.37	Insignificant
Girls	45	8.93	1.32		

Above table shows that the calculated (t) value **1.37** is less than tabulated (t) value **0.05**, which mean that boys and girls rural college students do not differ on home dimension adjustment so the results are insignificant. The table further indicate that boys and girls rural college students have similar home adjustment.

Table No. 02 Social Adjustment

Group	N	Mean	S.D.	t- value	Levels of Significance
Boys	45	6.96	1.58	2.59	Significant at 0.05 level
Girls	45	7.76	1.33		

The above table reveals that the calculated (t) value **2.59** is more than tabulated (t) value **0.05**, which means that boys and girls rural college students differ significantly on social dimension adjustment so the result, are significant at 0.05 levels. The table further indicate that the girls’ rural college students have more social problems than boys’ rural college students.

Table No. 03 Emotional Adjustment

Group	N	Mean	S.D.	t- value	Levels of Significance
Boys	45	7.07	1.61	2.50	Significant at 0.05 level
Girls	45	7.87	1.42		

The above table reveals that the calculated (t) value **2.50** is more than tabulated (t) value **0.05** level, which means that boys and girls rural college students differ significantly on emotional dimension adjustment so the result, are significant at 0.05 levels. The table further indicate that the girls’ rural college students have more emotional problems than boys’ rural college students.

Table No. 04 Academic Adjustment

Group	N	Mean	S.D.	t- value	Levels of Significance
Boys	45	7.54	1.23	0.68	Insignificant
Girls	45	7.72	1.29		

The above table reveals that the calculated (t) value **0.68** is less than tabulated (t) value **1.96** level, which means that boys and girls rural college students do not differ significantly on academic dimension adjustment so the result, are insignificant. The table further indicate that boys and girls rural college students have similar academic adjustment problems.

Table No. 05 Health Adjustment

Group	N	Mean	S.D.	t- value	Levels of Significance
Boys	45	7.16	1.34	2.94	Significant at 0.01 level
Girls	45	7.96	1.24		

The above table reveals that the calculated (t) value **2.94** is more than tabulated (t) value **0.01**, which means that boys and girls rural college students differ significantly on health dimension adjustment so the result, are significant at **0.01** levels. The table further indicate that the girls’ rural college students have more health problems than boys’ rural college students.

Findings:

1. Both boys and girls rural college students have similar home problems.
2. Girls rural college students have more social problems than boys.
3. Girls rural college students have more emotional problems than boys.
4. Both boys and girls rural college students have similar academic problems.
5. Girls rural college students have more health problems than boys.

Educational Implication:

1. Adjustment has very important role in the life of college students. Researchers have revealed the adjustment has a significant role in the academic achievement of college students.
2. The present study has focused on the home, health, academic, social and emotional dimensions of adjustment of boys and girls rural college students. The can be used as inputs for deriving intervention strategies so that boys’ girls’ are better adjusted to their environment.
3. The results of this study will equip the education department to study the psychology of adjustment of boys’ girls’ rural college students.
4. By studying the dimensions of the adjustment in its totality, one can make a holistic view of adjustment.
5. The study has helped the investigator to study the various parameters of adjustment like home, health, academic, social and emotional areas in an objective and scientific way.

References:

- [1] *Asha, C. B.* Health adjustment and creativity of secondary school children psychological studies 1980.
- [2] Best J.W. "Research in education "Prentice Hall of India New Delhi.
- [3] *Ganai M. Y. (2004)* Adjustment problems of rural and urban teachers at B.Ed. teaching trainee levels.
- [4] *Glanz, E.C. and Watson (1958)* An introduction to personal Adjustment.
- [5] *Nanda (1957)* Psychological needs of adolescent girls and their bearing on individual adjustment.
- [6] *Shukla P.C. (1981)* Adjustment problem at plus two levels. *The Educational Review*. Vol. Lxxxvi no. 2 p 36-37.

