



# Study on Adjustment Problems and Different Adjustment Level of Students

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## Abstract:

*This article focuses on the Nature and types of adjustment problems: social, emotional and Health, the study is to assess and compare the level of adjustment with respect to social, emotional, health and home of college students from rural and urban region. Data gathered from rural and urban area of East Singhbhum district of Jharkhand, A total number of 50 college students' data were included out of which 25 number were from urban college and 25 from rural college. Purposive sampling method was used for sample selection. Adjustment scale used for data collection is by Dr. S.M. Moshin. Data were analyzed by applying descriptive statistics and t-test was applied to see the significance level of adjustment.*

**Keywords:** Adjustment, Urban, Rural, Social, Emotional, Health

## 1. Introduction

Survival of the fittest theory by Charles Darwin clearly depicts that ability to adjust with the surrounding promotes survival, everybody on this earth struggle hard to survive, in this process one there could be disappointments where a person is expected to strike the balance between his urges and varying life situations and turn them into new opportunities. It happens with simple change of mind in coping with the conflict and resolving it by changing one's aim. This special feature of the living organism is termed as adjustment. Some other definitions by scholars are as follows-

- Webster: "adjustment is the establishment of a satisfactory relationship, as representing harmony, conformance, adaptation or the like".
- L. S. Shaffer: "Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs".
- Vonhaller: "We can think of adjustment as psychological survival in much the same way as biologist uses the term adaptation to describe physiological survival."

From above definitions it could be make out that -

- Adjustment is a method that makes a person happy and satisfied with the situation.
- It helps in maintain balance between our requirements and the capability to fulfill these requirements.
- It persuades one to change way of life according to the situation.
- Adjustment gives us courage and ability to bring desirable changes in the conditions of our surrounding.

In addition to the demands of the basic needs, there are demands related to the society expecting a particular mode of behavior from the members. One has to keep in mind the norms, ethics and cultural traditions in the process of adjustment as every human in a social being. In this way, adjustment does not only cater to one's needs but also to the demands of the society. Therefore, in defining adjustment

in its comprehensive way, we can conclude that adjustment is a condition or state in which one feels that one's needs have been fulfilled and one's behavior conforms to the requirements of a given culture.

## 2. Types of Adjustment Problems

There are many adjustment problems such as health and physical environment, finance, living conditions and employment, social and recreational activities, social psychological relation, personal psychological relations, moral and religious, home and family, future – vocational and educational, curriculum and teaching etc... Of the above-mentioned problems, the following three i.e., academic, emotional and social are dealt in detail.

## 3. Academic, Emotional and Social

The above three aspects are important in an educational environment.

- **Academic Adjustment:** Academic adjustment is crucial for every student for coping up with their education. Academic adjustment is the major problem in the ladder of education as there is a lack of comprehensiveness in the content prescribed from one level of education to the other higher level. At higher level the classrooms are heterogeneous with many academic challenges for the teachers. In such a scenario, it is inevitable for a student to face adjustment problems. The teachers should find out the appropriate strategies to assist the students to overcome the academic challenges. The students should be given a scope to discuss the problems faced by them with counsellor or the teacher and the academic adjustment problems should be dealt with.
- **Emotional Adjustment:** Emotions play a significant role in one's adjustment to self and the environment. An emotionally developed person expresses emotions situational and contextually. Expression of appropriate emotions needs a balanced emotional development.
- **Social Adjustment:** Capability of a person to adjust can be ascertained by one's social development and adaptability to the social environment. Social adjustment requires the development of social qualities and virtues in an individual. It also requires that one should be social enough to live in harmony with one's social beings and feel responsibility and obligation towards one's fellow beings, society and country.

## 4. Objective

The main objective of this study is to study the level of adjustment of urban and rural college students with respect to Social, Emotional, Health, and Home.

## 5. Hypotheses

On the basis of above mention objective one null hypothesis was formulated and tested

- H<sub>01</sub>:** urban and rural college students will not differ significantly on their level of adjustment with respect to Social.
- H<sub>02</sub>:** urban and rural college students will not differ significantly on their level of adjustment with respect to Emotional.
- H<sub>03</sub>:** urban and rural college students will not differ significantly on their level of adjustment with respect to Health.
- H<sub>04</sub>:** urban and rural college students will not differ significantly on their level of adjustment with respect to Home.

## 6. Sample

A total number of 50 college students, split equally (urban =25 and rural =25) were included as a sample. All of them were studying in Hindi medium college of East singhbhum region. The age range of the samples was between 17 years to 21 years. Purposive sampling technique was used for the sample selection.

## 7. Tool used

Adjustment scale constructed and standardized by prof. Dr.S.M.Moshin was used for this study. The odd-even reliabilities for home, health, social and emotional areas and for the total test items have been found to be 0.826, 0.815, 0.844, 0.861, and 0.921 respectively. This scoring is done according to the norms

## 8. Result and discussion

**Table no.1**

| Groups | N  | Mean  | SD   | SED  | t-value | Level of significant |
|--------|----|-------|------|------|---------|----------------------|
| Urban  | 25 | 27.08 | 2.21 | 0.62 | 23.55   | **                   |
| Rural  | 25 | 12.32 | 2.22 |      |         |                      |

Table 1, Represents the mean, SD and t-value of urban and rural college student on social adjustment.

### 8.1 Result

It is clear from the table that the mean score of urban students is 27.08 and mean score of rural students is 12.32 and the SD is 2.21 and 2.22 respectively. The t-value 23.55 clearly evident that both groups differ significantly on their level of social adjustment at 0.01. Further the table shows that rural college students have high capability to adjust socially as compare to the students from urban college. This is evident from their mean scores.

**Table no. 2**

| Groups | N  | Mean  | SD   | SED  | t-value | Level of significant |
|--------|----|-------|------|------|---------|----------------------|
| Urban  | 25 | 27.4  | 1.75 | 0.58 | 29.19   | **                   |
| Rural  | 25 | 10.48 | 2.31 |      |         |                      |

Table 2, represents the mean, SD and t-value of urban and rural college student on Emotional adjustment.

### 8.2 Result

It is clear from the table that the mean score of urban students is 27.4 and mean score of rural students is 10.48 and the SD is 1.75 and 2.31 respectively. The t-value 29.19 clearly evident that both groups differ significantly in level of emotional adjustment at 0.01. Further the table shows that rural college students have high capability to adjust emotionally as compare to the students from urban college. This is evident from their mean scores.

**Table no. 3**

| Groups | N  | Mean  | SD   | SED  | t-value | Level of significant |
|--------|----|-------|------|------|---------|----------------------|
| Rural  | 25 | 19.2  | 5.22 | 1.13 | 3.59    | *                    |
| Urban  | 25 | 23.28 | 2.22 |      |         |                      |

Table 3, represents the mean, SD and t-value of urban and rural college student on Health adjustment.

### 8.3 Result

It is clear from the table that the mean score of rural students is 19.2 and mean score of urban students is 23.28 and the SD is 5.22 and 2.22 respectively. The t-value 3.59 clearly evident that both groups differ significantly in level of health adjustment at 0.05. Further the table shows that rural college

students have high capability to adjust health wise as compare to the students from urban college. This is evident from their mean scores.

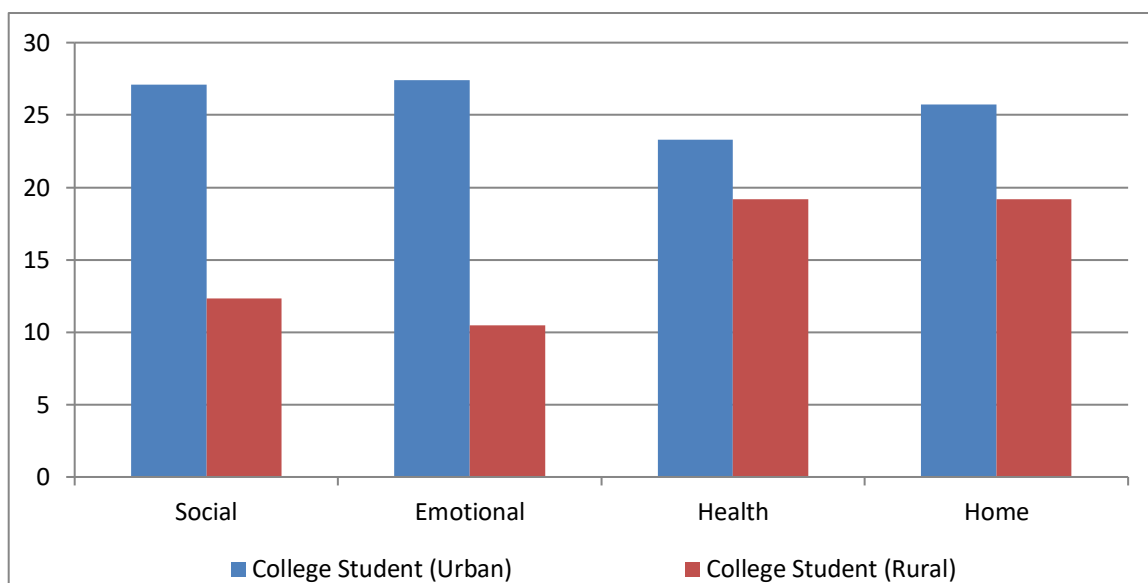
**Table no. 4**

| Groups | N  | Mean  | SD   | SED  | t-value | Level of significant |
|--------|----|-------|------|------|---------|----------------------|
| Urban  | 25 | 25.72 | 3.57 | 1.25 | 5.20    | **                   |
| Rural  | 25 | 19.2  | 5.15 |      |         |                      |

Table 4, represents the mean, SD and t-value of urban and rural college student on Home adjustment.

#### 8.4 Result

It is clear from the table that the mean score of urban students is 25.72 and mean score of rural students is 19.2 and the SD is 3.57 and 5.15 respectively. The t-value 5.20 clearly evident that both groups differ significantly in level of home adjustment at 0.01. Further the table shows that rural college students have high capability to adjust at home as compare to the students from urban college. This is evident from their mean scores.



Graph represents comparison between rural and urban students in social, emotional, health and home adjustment.

#### 9. Conclusion

From above study we can derive to a conclusion that the college students from rural areas are more adjustable in aspect to social, emotional, health, academics and home as compared to the college students of rural areas.

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