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A comparative study of adjustment problems of girls at U.G. level and P.G. levels in co-educational colleges

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Abstract

The study was intended to examine the adjustment problems of college girl students of U.G. & P.G. level of Rohtak district. The variables included for the study apart from adjustment (home, health, social, educational and emotional) are U.G. & P.G. Level. The study was conducted on a sample of 100 students (50 girls of U.G. level, 50 girls of P.G. level) purposively selected from the various co-educational colleges of Rohtak district, Haryana. Adjustment Inventory for college students developed by A.K.P. Sinha & R.P. Sinha (1995) was adopted for this study. The data were analyzed using mean, S.D. & t test to study the adjustment Problems of girls at U.G. & P.G. levels in co-educational colleges. Results revealed that the girls of both the groups U.G. & P.G. are not significantly differ in three areas out of five areas of adjustment i.e. home, social and educational. While in rest of the areas of adjustment i.e. health and emotional, there is a significant difference in their adjustment level.

Keywords: Adjustment, Co-Educational College, Under Graduate level & Post Graduate Level

1. Introduction

Adjustment is a continual process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment (Gates, 1958). Adjustment can be viewed from two angles. Firstly, adjustment may be viewed as an achievement or how well a person handles his conflicts and overcomes the resulting tension. Secondly, adjustment may be looked upon as a process as to how a person adjusts or compromises to his conflicts. Adjustment is a learning process and an able teacher would bring about adjustment in a positive way, which strengthens the personality of a child. A well - adjusted child enjoys his school environment in a positive manner and not by twisting his personality in an unhealthy way. Fortunate is the individual who is adjusted and considers it so. Every individual, great or small, old or young, is confronted with the problems of adjustment. The problem of adjustment has been in existed on earth since the appearance of the human race. The process of adjustment starts right from the birth of the child and continues till his death. The problem of adjustment is both internal as well as external. Adjustment Problem is related to arriving at a balanced state between the needs of the individual and their satisfying needs of the individual are multidimensional. Adjustment is a relative term opposite is maladjustment. Life presents a continuous chain of struggle for adjustment. Good (1959) sates that adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes in the environment. Shafer (1961) emphasized that 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. The adjustment problems always result from creation of needs and their non-fulfillment. Rural high school students are better adjusted than urban high school students on their adjustment with school organization (Ritika, 2004). Male students have more school and social adjustment problems in comparison to female students. (Sharma, 2005). Emotional, social and educational adjustments of elementary school children of single parents have severed problems rather than intact families and affect their development.(Chopra and Kalita, 2006). There is positive and significant correlation between Adjustment, sense of responsibility and scientific attitude among adolescence (Gardia and Shandilya, 2010).

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Statement of the Problem

The present study is entitled as “A Comparative study of Adjustment Problems of girls at U.G. Level & P.G. Level on co-educational colleges”.

Objectives of the Study

- To compare the Home Adjustment of girls at U.G. & P.G. level
- To compare the Health Adjustment of girls at U.G. & P.G. level
- To compare the Emotional Adjustment of girls at U.G. & P.G. level
- To compare the Social Adjustment of girls at U.G. & P.G. level
- To compare the Educational Adjustment of girls at U.G. & P.G. level

Hypotheses of the Study

- There is significant difference between the Home Adjustment of girls at U.G. and P.G. level
- There is significant difference between the Health Adjustment of girls at U.G. and P.G. level
- There is significant difference between the Emotional Adjustment of girls at U.G. and P.G. level
- There is significant difference between the Social Adjustment of girls at U.G. and P.G. level
- There is significant difference between the Educational Adjustment of girls at U.G. and P.G. level

Methodology

Keeping in view the objective and nature of the study, Descriptive Survey Method was used.

Tool Used

Adjustment Inventory for college students (AICS) by A.K.P. Sinha and R.P. Sinha was used to measure adjustment of students. AICS has been designed for use with Hindi knowing college students of India. The test seeks to segregate normal from poorly adjusted college students of all grades in respect of five areas of adjustment- Home, Health, Social, Emotional and Educational. The inventory has been prepared in Hindi as well as in English and it has 102 items.

Population of the Study

The girls of Under Graduate and Post Graduate level of Rohtak City of Haryana comprised the population of the present study.

Sample

To comply with the objectives of this study, 100 college girl students were selected from different co-educational colleges of Rohtak city. The purposive sampling technique was employed in selecting the sample.

Statistical Techniques

For the purpose of analysis of data, mean, standard deviation and t-test were used to find out adjustment problems of girls at U.G. Level & P.G. Level in co-educational college.

Delimitation of the Study

- The present study is delimited to the adjustment pattern of girls in five areas- Home, Health, Social, Emotional and Educational.
- The study is restricted only to Rohtak city
- The study has been conducted on 100 girl students.

- The study is delimited to only college students.
- The study has been conducted only on girls’ students at U.G. and P.G. Level.

Analysis and Interpretation of the Data

Table 1: Values of Mean, Standard Deviation (S.D.), Standard Error of Difference (S.E_D) And ‘t’ value of Home Adjustment of U.G. & P.G. girl students

Level	N	Mean	S.D.	S.E _D	‘t’ value
U.G	50	3.64	1.41	0.36	1.67*
P.G.	50	3.04	2.17		

*Not significant at 0.05 and 0.01 level of significance

From Table 1 it is found that ‘t’ value of Home Adjustment of 50 Girls of U.G. Level and 50 Girls of P.G. Level is 1.67 which is not significant at 0.05 level and 0.01 level of significance. Hence, there is no significant difference in the mean scores of Home Adjustment of Girls at U.G. & P.G. Level. Hence the Hypothesis, "There is significant difference between the Home Adjustment of girls at U.G. and P.G. level" is rejected.

Table 2: Values of Mean, Standard Deviation (S.D.), Standard Error of Difference (S.E_D) And ‘t’ value of Health Adjustment of U.G. & P.G. girl students

Level	N	Mean	S.D.	S.E _D	‘t’ value
U.G	50	4.12	1.55	0.33	3.15*
P.G.	50	3.08	1.74		

*Significant at 0.05 and 0.01 level of significance

From Table 2 it is found that ‘t’ value of Health Adjustment of 50 Girls of U.G. Level and 50 Girls of P.G. Level is 3.15 which is significant at 0.05 level and 0.01 level of significance. Hence, there is a significant difference in the mean scores of Health Adjustment of Girls at U.G. & P.G. Level. Hence the Hypothesis, "There is significant difference between the Health Adjustment of girls at U.G. and P.G. level" is accepted.

Table 3: Value of Mean, Standard Deviation (S.D.), Standard Error of Difference (S.E_D) And ‘t’ value of Emotional Adjustment of U.G. & P.G. girl student

Level	N	Mean	S.D.	S.E _D	‘t’ value
U.G	50	14	4.58	0.80	3.75*
P.G.	50	11	3.35		

*Significant at 0.05 and 0.01 level of significance

From Table 3 it is found that ‘t’ value of Emotional Adjustment of 50 Girls of U.G. Level and 50 Girls of P.G. Level is 3.75 which is significant at 0.05 level and 0.01 level of significance. Hence, there is significant difference in the mean scores of Emotional Adjustment of Girls at U.G. & P.G. Level. Hence the Hypothesis, "There is significant difference between the Emotional Adjustment of girls at U.G. and P.G. level" is accepted.

Table 4: Value of Mean, Standard Deviation (S.D.), Standard Error of Difference (S.E_D) And ‘t’ value of Social Adjustment of U.G. & P.G. girl student

Level	N	Mean	S.D.	S.E _D	‘t’ value
U.G.	50	7.28	2.45	0.41	0.29*
P.G.	50	7.16	1.64		

*Not Significant at 0.05 and 0.01 level of significance

From Table 4 it is found that ‘t’ value of Social Adjustment of 50 Girls of U.G. Level and 50 Girls of P.G. Level is 0.29 which is not significant at 0.05 level and 0.01 level of significance. Hence, there is no significant difference in the mean scores of Social Adjustment of Girls at U.G. & P.G. Level. Hence the Hypothesis, "There is significant difference between the Social Adjustment of girls at U.G. and P.G. level" is rejected.

Table 5: Value of Mean, Standard Deviation (S.D.), Standard Error of Difference (S.Ed) And ‘t’ value of Educational Adjustment of U.G. & P.G. girl student

Level	N	Mean	S.D.	S.Ed	‘t’ value
U.G	50	5.64	2.17	0.40	2.05*
P.G.	50	4.82	1.81		

*Not significant at 0.01 level of significance

From Table 5 it is found that ‘t’ value of Educational Adjustment of 50 Girls of U.G. Level and 50 Girls of P.G. Level is 2.05 which is not significant at 0.01 level of significance. Hence, there is no significant difference in the mean scores of Educational Adjustment of Girls at U.G. & P.G. Level. Hence the Hypothesis, "There is significant difference between the Emotional Adjustment of girls at U.G. and P.G. level" is rejected.

Findings

On the basis of analysis and interpretation of the data, the following main findings can be drawn:

- 1) There is no significant difference in the Home Adjustment of girls at U.G. and P.G. level.
- 2) There is significant difference in the Health Adjustment of girls at U.G. and P.G. level.
- 3) There is significant difference in the Emotional Adjustment of girls of both groups. P.G. Girls are emotionally stable while U.G. girls are emotionally unstable.
- 4) There is no significant difference in the Social Adjustment of girls at U.G. and P.G. level
- 5) There is no significant difference in the Educational Adjustment of girls at U.G. and P.G. level.

Conclusion

The girls of both of the groups U.G. and P.G. are not significantly differ in three areas out of five areas of adjustment i.e. Home, Social and Educational. While in rest of the areas of adjustment i.e. Health and Emotional, there is a significant difference in their adjustment level. Health Adjustment of girls at P.G. level is satisfactory while Health Adjustment of the girls at U.G. level is unsatisfactory. Girls at P.G. level are emotionally stable while U.G. girls are emotionally unstable. We can conclude that girls at P.G. level are more adjusted than the girls at U.G. level in each area of adjustment (Home, Health, Social, Emotional and Educational).

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