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## **A study to determine prevalence of adjustment problems among 1<sup>st</sup> year B.Sc (N) students in Narayana Nursing institution at Nellore district**

**Anjani Devi N, Bismi K Alias and Mary Madhuri Thomas**

### **Abstract**

Adjustment problems are more seen in students especially during 1<sup>st</sup> year and most of the students suffering with various adjustment problems, it affect all the areas of students life. Such as it affected in the field of emotional, physical social economical wellbeing. The main aim of present study was to determine prevalence of adjustment problems among 1<sup>st</sup> year B.Sc Nursing students in Narayana Nursing College at Nellore District. Objectives - To determine the adjustment problems among 1<sup>st</sup> year B.Sc Nursing students, to find out the association between the prevalence of Adjustment problems with their selected socio-demographic variables among 1<sup>st</sup> year BSc (N) students. Data was collected by using Adjustment Inventory Scale on three consecutive days. Data was analyzed by using descriptive and inferential analysis. 1<sup>st</sup> year, 100 students 15-30 years of Age, in Narayana Nursing Institutions were selected for the study by using convenient sampling techniques. The study concluded that most of the students have mild (69%) Adjustment Problems; some students suffer with moderate (22%) Adjustment Problems and also have severe (9%) Adjustment Problems among some 1<sup>st</sup> year B.Sc (N) students.

**Keywords:** Cerebral palsy, bimanual therapy, children's hand use experience questionnaire

### **Introduction**

Adjustment problems are more seen in students especially during 1<sup>st</sup> year and most of the students suffering with various adjustment problems, it affect all the areas of students life. Such as it affected in the field of emotional, physical social economical wellbeing.

After getting admission to the 1<sup>st</sup> year B.Sc. Nursing course, some of the students want to stay away from home. It develops tension in students and it decrease self-confidence of students and it affect their studies and concentration.

And also after getting admission to the first year B.Sc Nursing course; most of the students have atmosphere problems and other problems. Such as hair fall, dandruff, headache almost daily loss of appetite and inadequate sleep due to change in physical environment and also they want to face inadequate time for study due to more written assignments and also chance to get acidity due to stress.

Some of the other adjustments problems are student have problems of feeling uncomfortable with the discipline imposed by the college, new teaching pattern and also chance to face the problems of managing monthly expenditure from pocket money only, cannot arrange money immediately to purchase, cannot arrange money watching cinema and having outside food.

The students also face some emotional problems and it have chance affect in school work, worry on self or about what is going at home, it difficult to concentrate. Stress also one of the major problems of student's life due to stress they can't achieve demands of life there are the problems are present in nursing students especially during 1<sup>st</sup> year period.

### **Need for the study**

Priyanka yoban kale <sup>[1]</sup> conducted a study about adjustment problems among 1<sup>st</sup> year B.Sc. Nursing student in this study 40 semi- structured closed ended questionnaire was prepared for assessing problems. The tool used in this study is likert scale. Overall adjustment problems shows that 126 (84%) of students were having moderate adjustment problem and 24 (16%) of students were having severe adjustment problem.

Cherian [2] conducted a study "University students adjustment problems" this study of a representative sample of 1257 1<sup>st</sup> year students at the University of the North showed that 33 to 85% of the 1<sup>st</sup> year students experienced various adjustment problems.

Warbah [3] was study, used a cross-sectional survey design to study psychological distress, personality and adjustment among nursing students in College of Nursing, Vellore, India. One 145 nursing students were assessed using the General Health Questionnaire 12, the Eysenck Personality Questionnaire, and the Bell's Adjustment Inventory to investigate psychological distress, personality profile and adjustment, respectively. 30 participants (20.7%) of the 145 students assessed reported high scores on the General Health Questionnaire. Psychological distress was significant with having neurotic personality and adjustment difficulties in different areas of functioning.

In Narayana Nursing College have nearly 200 students in 1<sup>st</sup> year B.Sc. Nursing students in that most of the people have difficulty to adjust with college and practical side. So the investigator felt the need to conduct this study to assess the adjustment problems among 1<sup>st</sup> year B.Sc (N) nursing students in selected college at Nellore District.

### Statement of the problem

A study to determine prevalence of adjustment problems among 1<sup>st</sup> year B.Sc (N) students in Narayana Nursing Institution at Nellore District.

### Objectives

- To determine the prevalence of adjustment problems among 1<sup>st</sup> year B.Sc. Nursing students.
- To find out the association between the prevalence of adjustment problems with their selected socio-demographic variables among 1<sup>st</sup> year B.Sc (N) students.

### Methodology

A study was done at Narayana Nursing Institutions at Nellore. This institution was started in the year of 2003 with 37 students. This institution is situated 10 km away from the Nellore city. This institution has one school of nursing and two nursing college in a same camps the strength of 1<sup>st</sup> year B.Sc Nursing both Narayana and Sree Narayana is 200. This college nursing students and school of nursing students have same hostel, common playground and library which are well facilitated with all kinds of books and journals in hostel each floor has one warden to take care of the students in the floor.

### Population

The target population of the study is students studying 1st year B.Sc (N) students

### Sample

Sample consists of 1st years B.Sc (N) students between 15-30 years of Age.

### Sample Size

The sample size of study is 100 1<sup>st</sup> year B.Sc (N) students in Narayana Nursing Institutions.

### Selection of Sample Criteria

#### Inclusion Criteria

- 1<sup>st</sup> year B.Sc (N) students who are available during the data collection.

#### Exclusion Criteria

Who are side and on leave.

#### Description of Tool

The tool will be adopted with the help of related literature from various text books, journals and advice from experts in the field of nursing and general psychiatry.

**Part-I:** Socio demographic variables such as age, mother's education, fathers education, medium of language in higher education, hobbies, leisure time activity, sleeping hours per day.

**Part-II:** Adjustment problem determine by using Adjustment Inventory Scale.

Scoring interpretation:

0 = Never, 1 = Sometimes, 2 = Often, 3 = Very Often, 4 = Always.

#### Validity

The content validity of the tool was obtained from the HOD psychiatry and psychology nursing.

#### Reliability

The reliability of the tool was established by using test - retest method

#### Pilot Study

After getting formal permission from Principal of Narayana Nursing College at Nellore, Pilot study was conducted among to students who fulfill the inclusive criteria after obtaining permission from Principal & Lectures. Data was collected by administration of checklist in order to determine the prevalence of adjustment problems among 1<sup>st</sup> year students. Pilot study was conducted for 1 day on 28/03/2014.

#### Data Collection Procedure

After obtaining permission from ethical committee of NMCH Principal of Narayana Nursing College. Data collection was done from 21.4.14 to 30.4.14. The study was conducted among 100 students was selected by using non probability purposive sampling technique after obtaining consent from sample, data was collected by using check list to assess the adjustment problems. Nearly 30 min was spent for collecting data with each sample & 5-10 samples were completed per day. Confidentiality of this data was maintained. Data collection schedule was from 21.4.14 to 30.4.14. Data was analyzed & presented according the objectives.

**Plan for Data Analysis**

**Table 1:** The data will analyzed in forms of objective of the study the plan for data analysis as follows.

S. no	Data Analysis	Method	Remarks
1.	Descriptive Statistics	Frequency, Percentage distribution, mean standard deviation	To determine the adjustment problems among 1 <sup>st</sup> year B.Sc(N) students
2.	Inferential Statistics	Chi-Square Test	To find association adjustment out the between problems among 1 <sup>st</sup> year B.Sc Nursing students with their socio demographic variables.

**Data Analysis**

The data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study. The findings were presented in the following sections.

The analysis of the data was mainly presented as

**Section -I**

Frequency and Percentage distribution of socio-demographic variables of 1<sup>st</sup> year B.Sc. (N) students.

**Section -II**

Frequency and percentage distribution of prevalence of Adjustment problems among 1<sup>st</sup> year BSc Nursing students.

**Section -III**

Association between the demographic variables and prevalence of Adjustment Problems among 1<sup>st</sup> year B.Sc Nursing students.

**Section -1**

**Table 2:** Frequency and percentage distribution of 1<sup>st</sup> year B.Sc (N) students based on age. (N=100)

Age in years	Frequency (F)	Percentage (%)
17 to 18 years	29	29
18 to 19 years	68	68
19 to 20 years	3	3
Total	100	100

Table 2 shows that among 100 samples, with regard to age 29, (29%) belong to 17 to 18 years, 68(68%) belong to 18-19 years and 3% (3) belong to 19 -20 years.

**Table 3:** percentage and Frequency distribution based of 1<sup>st</sup> year B.Sc (N) students based on mother's education. (N=100)

Mother's Education	Frequency (F)	Percentage (%)
Primary Education	29	29
Secondary	63	63
Under Graduate	7	7
Post Graduate	1	1
Total	100	100

Table 3 shows that among 100 samples, with regard to mother's education, 29 (29%) studied primary education, 63 (63%) studied secondary education, 7(7%) were under graduates and 1 (1%) post graduate.

**Table 4:** Frequency and Percentage distribution of 1<sup>st</sup> year B.Sc (N) students based on of father's education. (N=100)

Father's Education	Frequency (F)	Percentage (%)
Primary Education	25	25
Secondary Education	64	64
Under Graduate	9	9
Post Graduate	2	2
Total	100	100

Table 4 shows that among 100 samples, with regard to father's education, 25 (25%) studied primary education 64 (64%) studied secondary education, 9(9%) were under graduate and 2(2%) were post graduate.

**Table 5:** Frequency and Percentage distribution of 1<sup>st</sup> year B.Sc (N) students based on medium of language in higher education. (N=100)

Medium of Language In Higher Education	Frequency (F)	Perce Tage (%)
Telugu Education	24	24
Malayalam Education	18	18
English Education	57	57
Others	1	1
Total	100	100

Table 5 shows that among 100 samples, with regard language in higher medium, 24(24%) studied in Telugu Education, 18(18%) studied in Malayalam medium, 57(57%) studied in English Education, 1(1%) belong to others.

**Table 6:** Frequency and Percentage distribution of 1<sup>st</sup> year B.Sc (N) students based on mother Tongue (N=100)

Mother Tongue	Frequency (F)	Percentage (%)
Tamil	2	2
Telugu	42	42
Malayalam	55	55
Others	1	1
Total	100	100

Table 6 shows that among 100 samples, with regard mother tongue, 2(2%) belong to Tamil, 42(42%) belong to Telugu, 55(55%) belong to Malayalam and 1(1%) belong to others.

**Table 7:** Frequency and Percentage distribution of 1<sup>st</sup> year B.Sc (N) students based on Religion. (N=100)

Religion	Frequency (F)	Perce Tage (%)
Christian	49	49
Hindu	47	47
Muslim	4	4
Total	100	100

Table 7 shows that among 100 samples, with regard to religion, 49(49%) are Christian, 47(47%) are Hindu, 4(4%) are Muslim.

**Table 8:** Frequency and percentage distribution of 1<sup>st</sup> year B.Sc (N) students based on Duration of Hostel Stay. (N= 100)

Duration of hostel Stay	Frequency (F)	Percentage (%)
Less than 1 years	73	73
1 to 2 years	5	5
2 to 3 years	6	6
> 3 years	16	16
Total	100	100

Table 8 shows that among 100 samples, with regard to duration of hostel stay 73(73%) are <1 years, 5(5%) are staying in hostel for 1 -2 years, 6(6%) are staying for 2-3 years, 16(16%) are staying for >3 years.

**Table 9:** Frequency and Percentage distribution of I<sup>st</sup> year B.Sc (N) students based on Hobbies. (N= 100)

Hobbies	Frequency (F)	Percentage (%)
None	10	10
Reading Books	53	53
Chatting with Friends	29	29
Watching T.V	8	8
Total	100	100

Table 9 shows that among 100 samples with regard to hobbies, 10 (10%) don't have any hobbies, 53 (53%) Reading Books, 29 (29%) chat with friends, 8(8%) Watching T.V.

**Table 10:** Frequency and Percentage distribution of I<sup>st</sup> year B.Sc (N) students based on Leisure Time Activity. (N=100)

Leisure Time activity	Frequency (F)	Percentage (%)
Watching TV	31	31
Drawing	4	4
Reading	27	27
Talking with Friends	38	38
Total	100	100

Table 10 shows among 100 samples with regard with regard to leisure time activity, 31(31%) are watching TV, 4(4%) used to Drawing, 27(27%) used to Reading Books and 38(38%) are Talking with Friends.

**Table 11:** Frequency and Percentage distribution of 1<sup>st</sup> year BSc (N) students based on Sleeping hours /day. (N=100)

Sleeping hours /day	Frequency (F)	Percentage (%)
< 6 hours	20	20
6 to 7 hours	53	53
6 to 8 hours	22	22
more than 8 hours	5	5
Total	100	100

Table 11 shows that among 100 samples with regard to sleeping hours /day, 20 (20%) sleep less than 6 hours, 53 (53%) sleep for 6 to 7 hours, 22 (22%) sleep for 6 to 8 hours and 5 (5%) sleep more than 8 hours.

Section -II

**Table 12:** Frequency and Percentage distribution based on prevalence of adjustment problems among I<sup>st</sup> year B.Sc (N) students. (N=100)

S. no	Adjustment Problem	Frequency (F)	Percentage (%)
1.	Mild	69	69
2.	Moderate	22	22
3.	Severe	9	9
	Total	100	100

Table 12 reveals the frequency and percentage distribution of prevalence of adjustment problems among 1<sup>st</sup> year BSc (N) students indicate that 69(69%) had mild adjustment problems, 22(22%) had moderate adjustment problems and 9(9%) had severe adjustment problems.

Section -III

**Table 13:** Association between selected Demographic variables and the prevalence of Adjustment Problems. (N=100)

S. no	Demographic Variables	Mild		Moderate		Severe		Chi-Square X <sup>2</sup>
		f	%	f	%	f	%	
1)	Age of the students							
	17 -18 years	21	21	3	3	5	5	C=7.505 t=9.49 df=4 NS
	18 -19 years	46	46	18	18	4	4	
	19 -20 years	1	1	1	1	1	1	
2)	Mother's Education							
	Primary Education.	18	18	6	6	5	5	C=3.743 t=12.59 df=6 NS
	Secondary Education	43	43	15	15	5	5	
	Under Graduate	6	6	1	1	0	0	
Above	1	1	0	0	0	0		
3)	Father's Education							
	Primary Education	17	17	6	6	2	2	c=1.993 t= 12.59 df=6 NS.
	Secondary Education	46	46	12	12	6	6	
	Under Graduate	5	5	3	3	1	1	
Above	2	2	0	0	0	0		
4)	Medium of Language							
	Telugu	16	16	5	5	3	3	C=6.628 t=12.59 df=6 NS.
	Malayalam	16	16	0	0	2	2	
	English	37	37	16	16	4	4	
Others	1	1	0	0	0	0		
5)	Mother Tongue							
	Tamil	1	1	1	1	0	0	C=1.684 t=12.59 df=6 NS.
	Telugu	28	28	10	10	4	4	
	Malayalam	39	39	11	11	5	5	
Others	1	1	0	0	0	0		
6)	Religion							
	Christian	33	33	10	10	6	6	C=3.997 t=9.49 df=4 NS.
	Hindu	32	32	13	13	2	2	
Muslim	4	4	0	0	0	0		

7)	Duration of Hostel stay.								C=8.607 t=12.59 df=6 NS
	<1 years	51	51	14	14	8	8		
	1 -2 years	2	2	3	3	0	0		
	2-3 years	5	5	1	1	0	0		
	>3 years	10	10	6	6	0	0		
8)	Hobbies								C=3.884 t=12.59 df=6 NS
	None	6	6	3	3	1	1		
	Reading Books	38	38	12	12	3	3		
	Chatting with Friend	20	20	6	6	3	3		
	Others	4	4	2	2	2	2		
9)	Leisure Time Activity								C=11.768 t=12.5 df=6 NS
	Watching TV	23	23	6	6	2	2		
	Drawing	0	0	3	3	1	1		
	Reading	21	21	3	3	3	3		
	Talking with friends	25	25	10	10	3	6		
10)	Hours of sleep/day								C=9.716 t=12.59 df=6 NS.
	<1 hours	15	15	4	4	1	1		
	6-7 hours	36	36	11	11	6	6		
	6-8 hours	16	16	6	6	0	0		
	>8 hours	3	3	0	0	2	2		

C - Calculated value, t - Table value, df - Degree of freedom, NS - No significance.

In age calculated value is 7.505 and table value is less than the table value, so there is no significance. In Mother's education calculated value is 3.743 and it is less than table value, so there is no significance. In Father's education calculated value is 1.99 and table value is 12.59. So there is no significance. In Medium of language calculated value is 6.628 and the table value is 12.59 so there is no significance. In Mothers tongue calculated value is less than table value. So there is no significance.

In Religion calculated value is less than table value. So there is no significance. In Duration of hostel stay calculated value is less than table value so there is no significance. In Hobbies calculated value is less than table value. So it is no significance. In Leisure time activity calculated value is less than table value, calculated 11.768 and table value is 12.59. In hours of Sleep per day calculated value is less than table value, calculated value is 9.716 and table value is 12.59 so there is no significance.

**Discussion**

The main aim of present study was to determine prevalence of adjustment problems among 1<sup>st</sup> year B.Sc Nursing students in Narayana Nursing College at Nellore District. The quantitative approach was used to conduct the study. The purpose of study was explained to the subjects and consent was obtained to participate in the study. Data was collected by using Adjustment Inventory Scale on three consecutive days. Data was analyzed by using descriptive and inferential analysis. The 1<sup>st</sup> year students were selected for the study by using convenient sampling techniques.

**Objectives**

- To determine the adjustment problems among 1<sup>st</sup> year B.Sc Nursing students.
- To find out the association between the prevalence of Adjustment problems with their selected socio-demographic variables among 1<sup>st</sup> year BSc (N) students.

**Major finding of study**

Among the 100 samples in regard to the age, 29 (29%) belong to 17 to 18 years, 68(68%) belong to secondary education, 7 (7%) belong to under graduate an 1(1%0 belong to above, with regard of father's education 25 (25%)

belong to primary education, 64 (64%) belong to secondary education, 9(9%) belong to under graduate and 2(2%) belong to above with regard to medium of language in higher education 24(24%) belong to Telugu education, 18(18%) belong to Malayalam education, 57(57%) belong to English education and 1 (1%) belong to Others, with regard mother tongue 2 (2%) belong to Tamil, 42 (42%) belong to Telugu, 55 (55%) belong to Malayalam and 1(1%) belong to others. with regard to Religion 49(49%) belong to Christian, 47(47%) belong to Muslim

The findings are discussed based on the demographic characteristics and objective of the study.

**Finding related to determine the prevalence of adjustment problems among 1st year B.Sc (N) students.**

Table 12 reveals the 69 (69%) had mild adjustment problems, 22 (22%) had moderate adjustment problems and 9(9%) had severe adjustment problems.

Beck (1991) [4] conducted a descriptive study on Perceived level and sources of stress in baccalaureate nursing students in memorial university of Newfoundland, St. John's, Canada and found that the students experienced high stress level and those they are at risk of having a physical or psychiatric illness.

**Association between the adjustment problems among 1<sup>st</sup> year B.Sc (N) students with their socio demographic variables**

Table 12 shows that there is no significant association with age, mother's education 'father's education, medium of language in higher education, mother tongue, leisure time activity, hobbies, and hours of sleep/day.

**Summary**

The quantitative approach was used to conduct the study. The purpose of study was explained to subjects and consent was obtained to participate in the study subject were selected by using convenient sampling. Data was collected by using Adjustment Inventory Scale on three consecutive days. Data was analyzed by using discipline and inferential analysis.

### **Major finding of the study**

- Majority of respondents 68(68%) belong to 18 to 19 years.
- Majority of respondents 63(63%) studied secondary education.
- Majority of respondents 64(64%) studied secondary education.
- Majority of respondents 57(57%) studied in English Education.
- Majority of respondents 55(55%) belong to Malayalam Medium.
- Majority of respondents 49(49%) are Christian.
- Majority of respondents 73(73%) are < 1 years.
- Majority of respondents 53(53%) Reading Books.
- Majority of respondents 38(38%) are Talking with Friends.
- Majority of respondents 53(53%) sleep for 6 to 7 hours.

### **Implication of study**

#### **Nursing Practice**

- This study helps the nurses to decrease the prevalence of adjustment problems among 1<sup>st</sup> year B.Sc (N) students by giving counseling
- The study helps the nurses to improve the coping abilities of students by Guidance

#### **Nursing Education**

- Students Nurses have to update their knowledge regarding Relaxation technique which are practiced by various fields.
- Nursing Curriculum can provide opportunities to the students to plan and conduct mental health education programmes for teenage group
- The faculty has to motivate the students to cope with problems

#### **Nursing Administration**

- The Administrator should plan continuing nursing education programs to nursing students and should include such topics to enhance the coping pattern of the students.
- Nurse Administrator should provide adequate training to nursing students regarding various Relaxation Technique

#### **Nursing Research**

- More Research studies stimulate recommended, recognize and support the physical, medical, genetics, psychological and cultural aspects of the adjustment problems and cultural aspects of the Adjustment problems and it transition in to clinical practice.
- The study will be valuable reference and pathway for future researcher.
- Adjustment problems among 1<sup>st</sup> year B.Sc (N) students more research studies can be conducted in this area.

#### **Community Health Nursing Practice**

Community health nurse can give awareness programs and mental health education to 1<sup>st</sup> year B.Sc (N) students. So that they can follow various interventions to reduce the adjustment problems.

### **Recommendations**

- On the basis of findings of the study the following recommendation have been made.
- A similar study can be replicated on the large sample size, in different settings with in different population as longitudinal study
- A similar study can be done by using experimental and control the study. A similar study can be conducted as comparative study between various colleges.
- A similar study can be conducted as comparative study between male and female 1<sup>st</sup> year B.Sc (N) students.

### **Conclusion**

The study concluded that most of the students have mild (69%) Adjustment Problems; some students suffer with moderate (22%) Adjustment Problems and also have severe (9%) Adjustment problems among some 1<sup>st</sup> year B.Sc (N) students.

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