



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2019; 5(8): 17-20
www.allresearchjournal.com
Received: 24-05-2019
Accepted: 18-06-2019

Dr. Abhishek Chowhan
Consultant Psychiatrist,
Department of Psychiatry,
Government Medical College,
Jammu, Jammu & Kashmir,
India

Sakshi
(MA Psychology) Integrated
M.Ed Student, Cluster
University, Jammu, Jammu &
Kashmir, India

Dr. Shabnum Ravees
Assistant Professor, Clinical
Psychology, Department of
Psychiatry, Government
Medical College, Jammu,
Jammu & Kashmir, India

Correspondence
Dr. Abhishek Chowhan
Consultant Psychiatrist,
Department of Psychiatry,
Government Medical College,
Jammu, Jammu & Kashmir,
India

Gender differences in adjustment amongst the college students of Jammu city

Dr. Abhishek Chowhan, Sakshi and Dr. Shabnum Ravees

Abstract

Adjustment refers to the behavioral process of balancing conflicting needs, or needs challenged by obstacles in the environment. It helps a person to maintain balance among various needs that one encounters at a given point of time. In our study we compared the adjustment among college going males and females. Saxena adjustment inventory was measurement of adjustment in the present investigation. Various dimensions of adjustment like home, education, social and emotional were studied. Though females were found to be better adjusted in all dimensions of adjustment but this finding did not receive statistical significance. However, the study was limited in terms of area of investigation, subject cases etc.

Keywords: adjustment amongst, Jammu city, college students

Introduction

The word ‘Adjustment’ is, to fit, make suitable, adapt, and arrange or modify. Adjustment is multidimensional and continuous process by which a person varies his behavior to produce a more harmonious relationship between himself and his environment. Adjustment is the process that takes us to lead a happy and contended life. According to Coleman (1969) “Adjustment is the outcome of the individual’s attempts to deal with stress and meet his needs also, his efforts to maintain harmonious relationship with environment.” F. Shaffer (1961)^[8] described the Adjustment as “Adjustment is the process by which living organism maintains a balance between its need the circumstances that influence the satisfaction of these needs”. Adjustment is the interaction between a person and his environment how one adjusts in a particular situation depends upon one’s personal characteristics as also the circumstances of the situation. In other words, both personal and environmental factors work side by side. There are various areas where the individual has to adjust to his social’ emotional’ educational and health aspects of life.

Characteristics of well-adjusted persons

1. Awareness of his own strengths and limitations: A well-adjusted persons knows his own strength and weakness. He tries to make capital out of his assets in some areas by accepting his limitations in others.
2. Respecting himself and others: The dislike for oneself is a typical symptom of maladjustment. An adjusted individual has respect for himself as well as for others.
3. Satisfactions of basic needs: His basic organic, emotional and social needs are involves both fully satisfied or in the process of being satisfied.
4. Flexibility in behavior: He is not regard in his attitude or way of life. He can easily accommodate or adopt himself to changed circumstance by making necessary changes in his behavior.
5. Realistic perceptions of the world: He holds a realistic vision is not given to flights of fancy. He always plans, thick and acts pragmatically.
6. An adequate level of aspiration: His level of aspiration is neither too low nor too high in terms of his own strengths and abilities.

Areas of adjustment

There are five areas of adjustment.

- 1. Home adjustment:** Home is the source of greatest satisfaction and security to its members. The relationship among the family members and their way of behavior plays leading role in the adjustment of child. All the problematic and delinquent behavior is the result of that adjustment and maladjustment and to a great extent is the product of faculty bearing and in congenial atmosphere at home.
- 2. Health adjustment:** It means the development and interaction of the individual to their own. The physical factor plays an important role in social development of the child. For example if he is physically weak, ugly or has sensory handicaps he may be shunned by others.
- 3. Social adjustment:** Whether one adjusted or not, can be ascertained by one's social development and adaptability to the social environment 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 being and feel responsibility as well as obligation towards one's fellow beings, society and country.
- 4. Emotional adjustment:** Emotion plays a leading role in one's adjustment to self and his Environment. An individual is said to be emotionally adjusted if he is able to express emotions in a proper way and at a proper time.
- 5. School / college adjustment:** The school environment influences the adjustment of the children and adolescents. How far a child is satisfied with his school building its discipline, time table, co-curricular activities, and methods of teaching, classmates and teachers as well as the pattern of his total adjustment and contribute significantly towards his overall adjustment.

Factors of adjustment

There are numerous factors which effect the adjustments of the individual at home, schools and society. Some of important factors of adjustments are mentioned below:

- 1. Physiological factors:** Physiological Factors are those which are concerned with the endocrine system and affect physiological functioning of the personality, they play an important role in the adjustment of an individual.
 - 2. Psychological factors:** Psychological factor are those which exist in the internal and external environment of the subject and affect his psychological world and behavior. Such factors are so many in numbers as follows.
- A. **Parental attitude:** A psychologist emphasized the

- important factor which affect adjustment is parental attitude. A child sometime is least to receive the behavior from the parents which had a bad effect on him.
- B. Value placed on sex of the child:** It is very unfortunate that in India parents differentiate between their sons and daughters. Sons are preferred to daughter in our society. For which, our government made a role of female feticide. This parental treatment to girls may lead to maladjustment.
 - C. Frustration:** It has also investigated that unpleasant feeling are resulted when motive satisfaction is broken, are delayed such unpleasant experience further adversely affect adjustment.
 - D. Conflicts:** When two motives coincide with each other & the satisfaction of one of the motive leads to the blocking or frustration of the other. Such frustration becomes instrumental in the development of maladjustment.
 - E. Level of intelligence:** Children with low level of intelligence or left behind in clay- work. They cannot complete with their classmate. They naturally suffer from feeling of inferiority & depression when they find that much younger children are able to excel them & on the other hand intellectually gifted children become frustrated. When their interest & activities are not socially organized by their group, they develop for habits because of lack of simulation & thus they are maladjusted.

In the present study scores obtained by the students in the adjustment through the adjustment inventory prepared by Sexena were studied. The objectives of the study were to study the level of depression among college boys and girls and to study the level of adjustment among college boys and girls. The hypotheses of the study were two pronged. I.e., there is a significant difference of depression among college boys and girls and, here is a significant difference of adjustment among college boys and girls.

Materials and Methods

Selection of the sample

In the present study simple random technique of probability sampling was applied for the collection of sample from the population. For the present study, the investigator selected the colleges in Jammu city. A list of boys and girls of colleges of Jammu city was prarared. The total sample of the students representing the population was 100, fifty each for boys and girls. The list of college and number of students selected is given in table 1.

Table 1: The sample of students drawn from college of Jammu city.

S. No.	Name of the college	Boys	Girls	Total no. of students
1.	MAM College, Jammu	50	50	100
	Total	50	50	100

The following variables have been studied in the present study.

1. Independent variable
Gender
2. Dependent Variables
Adjustment

Selection of the tools

In the present research Saxena Adjustment Inventory (1987)

was employed for the collection of the requisite data. Sexena Adjustment Inventory is used for the measurement of adjustment in the present investigation. This inventory was prepared and standardized by saxena. The inventory is in Hindi. It consists of 90 questions which can be answered either in 'yes' or 'No'. The main reason for taking this test was its high reliability & validity. This test has been extensively used in adjustment studies. Reliability of the scale was measured by spilt half method, test latest and

internal consistency method on ranging between 0.70 to 0.82. The validity of the scale was found to be 0.84 as reported by the author. It takes about 25 to 30 minutes to answer all the questions. It can be administered to an individual as well as to a group.

Administration of the tools

The selected college were visited for the collection of data, pertaining to the study. First, the permission was taken from the head of the institution and then the tests were administered on the college students. For the administration of both the test all the precautions and directions (Given in the respective manuals) were given to the students. There was no time limit fixed for the completion of the tests during the administration necessary steps taken to control. They were informed that their responses will be kept confidential and only for research purpose, so they should try to be honest and sincere in responding to each question. At first the copies of the tool were distributed among the students by the investigator. The students were advised to clear their doubts before starting the work. The investigator read out the instructions to them. Every attempt was made to remove their doubts and difficulties. The investigator explained the first item and similarly other items were also explained when it was felt that the students are unable to understand then properly.

Selection of statistical techniques

In the present study the investigation was of the study of adjustment of college going students and its comparison amongst males and females. In order to accomplish the objectives of the study, the investigator selected the technique of co-efficient of correlation and critical ratio. To test the hypotheses based on the objectives of the study the following statistical techniques were used:

1. Mean & S.D. were applied to find the Central Tendency & distribution of the scores.
2. T-test were applied to see the significance of the difference between different groups.

Results and Discussion

Table 2: Comparison of male and female college students on different dimensions of adjustment.

Dimension	Gender	N	MEAN	SD	t-value
Home adjustment	Males	50	4.7	2.5	1.68
	Females	50	5.9	3.7	
Social adjustment	Males	50	5.98	4.2	1.3
	Females	50	7.05	2.95	
Educational adjustment	Males	50	3.28	1.71	0.05
	Females	50	3.3	1.87	
Emotional adjustment	Males	50	10.8	4.19	1.87
	Females	50	12.5	3.92	
Overall Adjustment	Males	50	24.76		1.63
	Females	50	28.75		

Table 2 gives the mean, S.D. and 't'-value of male and female college students with respect to various dimensions of adjustment. As can be observed from the table females were better adjusted on home adjustment, social adjustment and emotional adjustment subsets of the adjustment scale with a score of 4.7 vs 5.9, 5.98 vs 7.05 and 10.8 vs 12.5 respectively. Both males and females were equally adjusted on educational adjustment dimension. Though, none of the differences were statistically significant.

Coming to a college can be emotionally challenging task in a way that student has to adjust to the academic stresses, peer groups and, if you are not a day boarder, being away from home. These challenges can be particularly trying, especially for those with poor or weak coping skills. Those who are not able to cope may develop psychological difficulties in form of poor adjustment or in severe case may progress to psychiatric illnesses like anxiety or depression. In addition, poor adjustment leads to poor academic achievement and poor satisfaction with college experience. Various studies have already proven that such adjustment problems do occur in college going students (Habibah E *et al.* 2009 [2], Dyson R & Renk K 2006 [1], Martin Jr WE *et al* 2011) [4]. With this pre-conceived notion, our study was designed to evaluate if there are any gender differences in the various dimensions of adjustment. As discussed earlier, females were better adjusted on home adjustment, social adjustment and emotional adjustment subsets of the adjustment scale and equally adjusted on educational subset of the scale. This finding has been corroborated by earlier studies. Roy, Ekka and Ara (2011) [6] observed that Girl students were better adjusted in all areas of adjustment than Boy students. Jain and Jandu (1998) [3], Muni and Pavighrahi (1997) [5] and Singh (1995) [9] also found that girls were better adjusted than boys. This resilience in females is attributed to better coping strategies adopted by females to get adjusted to a hostile environment. Taylor SE *et al.* (2000) [10] reported that females were more likely to deal with stress by "tending and befriending" -- that is, nurturing those around them and reaching out to others. "Tending involves nurturant activities designed to protect the self and offspring that promote safety and reduce distress; befriending is the creation and maintenance of social networks that may aid in this process". Women are more likely to take a proactive approach, whereas men are more likely to take an avoidant approach. Men more frequently use distraction, alcohol consumption, and denial to cope with their stress symptoms.

A part of the resilience of females is also biologically determined. On exposure to stress, females are better in tackling the situation biologically as they can counter the strain produced by cortisol and epinephrine by release of oxytocin. While men also secrete the hormone oxytocin when they're stressed, it's in much smaller amounts, leaving them on the short end of the stick when it comes to stress and hormones. At the end of the day, women have come quite a long way from the hysterical labels they are often subjected to simply for experiencing normal emotions and mental health conditions. Thanks to science and a commitment to change the public discord, women continue to see the benefits of information. Rather than becoming a battle of the sexes, gender differences in health can help promote better care for both genders.

Suggestions

- Students should exercise patience. They should refer to many resources available to assist them in navigating their surroundings. Maps, upper-level students, and the university Website are all useful tools to get them through the initial transition to campus.
- Student organizations are a fun way to interact with other students and faculty. Meeting people with similar interests and goals is an exciting way to make friends and participate in social activities.

- There are numerous resources on campus designed to create a rewarding college experience. A range of offices and programs, are offered to assist the diverse campus's needs. In addition, there are numerous sources of support such as the Office of Dean of Students, the Counseling Center, the Career Center, your Academic Advisor, financial aid programs, and mentoring/tutoring programs offered to address various student needs.
 - The foundation for a productive college career is a healthy lifestyle. Take the necessary steps for nurturance, getting adequate rest, socializing, and physical activity. Campus Recreation offers several resources that students can utilize to work towards wellness. The ARC, CRCE, and the Wellness Center are just a few campus facilities that strive to promote healthy practices and to educate the campus community on various health topics.
5. Muni AK, Pavigrahi B. Effect of maternal employment on school going children's adjustment problems. *J Comm. Guid. Res.* 1997; 14(3):209-216.
6. Roy B, Ekka A, Ara A. Adjustment among university students. *Journal for social Development, ISDR.* Ranchi. 2010; 2(2).
7. Saxena MSL. Vyaktitva Parakha Prashnavali, Siksha. 1962; 23:127.
8. Shaffer LS. In Boring Longfield, Wiley, Welb John. *Foundation of Psychology*, New York, 1961, 511.
9. Singh AK. A study of parent-child relationship and adjustment problem among preadolescent. An unpublished Ph.D. thesis, L.N.M.U. Darbhanga, 1995.
10. Taylor SE, Klein LC, Lewis BP, Gruenewald TL, Gurung, RAR, Updegraff JA. Biobehavioral responses to stress in females: Tend-and-befriend, not fight-or-flight. *Psychological Review.* 2000; 107(3):411-429.

Limitations of the study

Due to paucity of time and due to lack of resources at the disposal of the investigators, the study has been limited in terms of area of investigation, subject cases etc. so, due to these reasons the study has been delimited in terms of following areas of the investigation. The present study is confined to college going boys and girls. The study is conducted only in 100 college students of Jammu city. In the present study the data is collected from colleges of Jammu city.

Conclusion

No significant difference was found between male and female college students in terms of total scores obtained on the adjustment scale. The two groups also do not differ in terms of scores obtained separately on any dimension of the adjustment scale. The study leads to following suggestions for further research. The present study cannot be called final and comprehensive. More work can be done on different age groups. A sample of 100 students was taken in this study under investigation same study can be done on large sample. Same study can be concluded on schools and universities. Since the present investigation was confined to Jammu city, similar study can be conducted on other city or districts of J&K. Similar study may be conducted on different reserved categories including the weaker and special tribe section of society. A similar study may be conducted by taking some other independent variables such as socio-economic status, parent status etc.

References

1. Dyson R, Renk K. Freshmen Adaptation to University Life: Depressive Symptoms, Stress, and Coping. *J Clin Psychol.* 2006; 62:1231-1244.
2. Habibah E, Mahyuddin R, Uli J. Adjustment amongst First Year Students in a Malaysian University. *Eur J Soci Sci.* 2009; 8:498-50.
3. Jain Prabha, Jandu Krishna. A comparative study of school adjustment of adolescent girls and boys. *J. Edu. Res. Extn.* 1998; 35(2):14-21.
4. Martin Jr WE, Swartz-Kulstad JL, Madson M. Psychosocial factors that predict the college adjustment of first-year undergraduate students: implications for college counselors. *J Coll Couns.* 2011; 2:121-133.