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A study to assess the level of adjustment problems faced by first year B.SC. nursing students in college of nursing, Adesh university, Bathinda, Punjab

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Abstract
Nursing students are in the developmental phase of adolescence or young adulthood they are in a crisis state where they have to face significant changes in their living circumstances. Entering world of nursing presents students with an array of changes. Still in their teens, they are asked to change both from adolescent to adult and from lay person to a professional. The student nurse is entering a vocation where she has to deal with many kinds of people, so it is necessary that she is well prepared for the same.

Thus, the present study was to assess the level of adjustment problems faced by first year B.Sc. Nursing Students in College of Nursing, Adesh University, Bathinda, Punjab. The objectives of the study were to the level of assess adjustment problems faced by BSc (N) Students. To find out the association between adjustment problems among first year B.Sc. Nursing students with their selected socio-demographic variables. A quantitative research approach and non-experimental research design was used for the study. Sample size was 80 students and sampling technique used was non-probability purposive. A standardized tool was used to assess the level of adjustment problems faced by BSc (N) Students. Descriptive and inferential statistics were used to analyze the data. Different diagrams were used to depict the findings and to interpret the data.

Results: The major findings of the study revealed that (40) 50% were having severe adjustment problems, (40) 50% were having moderate adjustment problems and 0% were having mild adjustment problems. There was significant association between adjustment problems with their related socio-demographic variables such as sex, no. of siblings and family income.

Conclusion: It was concluded that adjustment problems are more seen in students especially during first year and most of the students suffering with various adjustment problems, it affects all the ares of student life. Such as it affected in the level of mild, moderate and severe.

Keywords: adjustment problems, BSc N first year students

Introduction

Life presents a continuous chain of struggle for existence and survival" says Darwin. Every one of us is struggling to achieve something in our life. If the results are not according to our expectations, we change our goal. After the initial failure living organisms likes shifting to more defensive position in order to face the challenges of circumstances. This feature of the living organism is called as adjustment [1].

On the basis of relationship of living organisms with the environment and their relationship with self, they can be considered as maladjusted or adjusted. Maladjusted persons cannot be able to adjust with his environment easily. If the living organisms face problems in adjustment with the environment or with the self then it will leads to stress [2].

Every individual has his/her internal feelings, but in college students these demands are stronger than other individuals. This is because in college timings the students have undergone many changes. Thus, college students need to meet successfully the inner and outer demands for their learning. If they fail to do this then the college students will face adjustment problems. And these adjustment problems affect their academic performance. This automatically decrease their academic performance [3].

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Need for the study
Adolescents face numerous adjustment problems. A qualitative study conducted at the University of Zimbabwe among first year students experienced adjustment problems in both social and academic areas. Higher social and academic adjustment challenges were reported by female students than male students (Mudhovozi, 2012).[11]

Statement of the problem
A Study to assess the level of adjustment problems faced by first year B.Sc. Nursing Students in College of Nursing, Adesh University, Bathinda, Punjab.

Objectives
1. To assess the level of adjustment problems faced by first year B.Sc. Nursing students.
2. To find out the association between adjustment problems among first year B.Sc. Nursing students with their selected socio-demographic variables.

Materials and Methods
Research approach and design
A quantitative, non-experimental research approach and descriptive design was selected for the study which was conducted to assess the adjustment problems faced by first year B.Sc. Nursing students.

Population
College of Nursing Students were taken as a population for research on adjustment problems.

Target population
First year B.Sc. Nursing students were taken as a target population for research on adjustment problems.

Sample size
Sample size consists of 80 nursing students to assess the adjustment problems.

Sampling technique
Non-probability purposive sampling technique was used to collect data for the study.

Research setting
The study was conducted in College of Nursing, Adesh University, Bathinda, Punjab. The college was selected because of the availability of required subject.

Inclusive criteria
- Students of first year B.Sc Nursing in College of Nursing, Adesh University were included in study.
- Students who were present on the day of data collection.
- Students who were willing to participate in the study.

Exclusive criteria
- Students who were not present on the day of data collection.
- Students who were not willing to participate in the study.

Methods of data collection
Data collection was planned through socio-demographic data and Standardized Questionnaire.

Part-A: Includes socio-demographic data such as age, sex, educational status of father, educational status of mother, occupational status of father, occupational status of mother, religion, type of staying, area of residence, family income, type of family, sleeping hours of days, number of sibling, leisure time activity.

Part-B: Standardized Questionnaire regarding adjustment problems faced by first year B.Sc. nursing students. It consists of 60 items. SPSS version 21 is statistical computer software for data analysis. The data has analysed by using SPSS version 21.

Score interpretation
The Questionnaire was administered by researcher. There were 60 questions, correct answer was given a score of "1" and wrong answer was given score "0"
Maximum adjustment problems score - 60
Minimum adjustment problem score – 0
Adjustment problems score categorized into 3 levels:

Adjustment problems score categorized

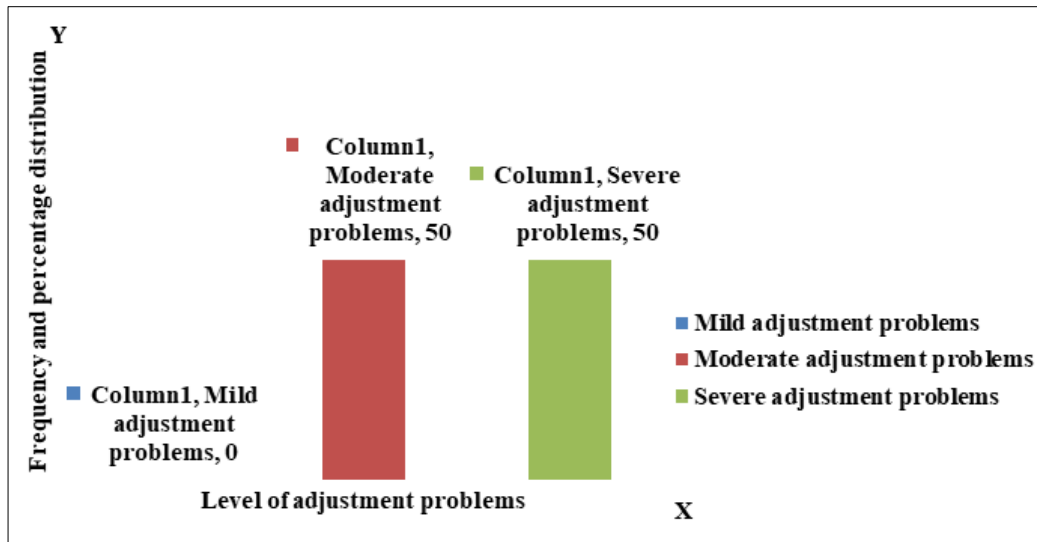| Level of adjustment	Score
Mild Adjustment Problems	0-15
Moderate Adjustment Problems	16-30
Severe Adjustment Problems	31-60

Data collection procedure
Researcher took permission from Principal, college of nursing, Adesh University to conduct pilot study. After that researcher went to B.Sc (N) first year classroom and distributed tool related to adjustment problems faced by first year B.Sc. (N) students. The researcher explained the purpose of the study and written consent was taken from the students. The students who met the exclusive and inclusive criteria was selected for the study i.e. 8 students were selected. The researcher distributed socio demographic data and standardized Questionnaire to the students. Time taken by each student to fill the tool was 20 - 25 min. The students were informed about the confidentiality of the tool which they have filled. The results of pilot study were done accordance to the objectives.

Ethical considerations
Participants were informed about the study and written consent was given to each students and the study was conducted after obtaining approval from institution human ethical committee. Permission was obtained from Principal, College of Nursing, Adesh University, Bathinda.

Data Analysis
Objective 1: To assess adjustment problems faced by First Year B.Sc. Nursing Students.
majority of first year B.Sc. Nursing students 40 (50%) had severe adjustment problems followed by 40(50%) had moderate adjustment problems and 0 (0%) had mild adjustment problems.

Level adjustment problems

To find out the association between adjustment problems among 1st year B.sc Nursing students with their selected socio-demographic variables.

Among all socio-demographic variables sex, type of family, family income, staying, sleeping hours/day, no. of siblings were found significant (at $P<0.05$) association between problems among first year B.Sc. Nursing Student.

Discussion
The first objective was to assess the adjustment problems faced by first year B.Sc. Nursing students.
The study revealed that [40] 50% were having severe adjustment problems, [40] 50% were having moderate adjustment problems and 0% was having mild adjustment problems.
The similar study was conducted by Sunidhi, Nageshwar V, Shalini joshi (2017) and the results revealed that 1% of students had mild adjustment problems, 84% had moderate adjustment problem and 15% had severe adjustment problem regarding the adjustment problems faced by first year B.Sc. Nursing students.
The second objective was to find out the association between adjustment problems among first year B.Sc. Nursing students with their selected socio-demographic variables.
The study revealed that among all socio-demographic variables sex, type of family, family income, type of staying, sleeping hours/day, no. of siblings were found significant (at $P<0.05$) association between adjustment problems among first year B.Sc. Nursing Student.
The another similar study conducted by Sunidhi, Nageshwar V, Shalini Joshi (2017) depicted that there was significant association between adjustment problems with their related socio demographic variables such as gender, no. of siblings and family income.

Conclusion
This chapter deals with major findings, implication, limitations, delimitations, suggestions and recommendations. The statement of problem was "A Study to assess the adjustment problems faced by first year B.Sc Nursing Students in College of Nursing, Adesh University, Bathinda, Punjab".

The major findings of the study were as follows
80 students participate in the study, among 40(50%) students were having severe adjustment problems
- 40(50%) students having moderate adjustment problems
- 0(0%) were having mild adjustment problems.

Nursing Implications
After analyzing the gathered information, the researcher find the new facts about the level of adjustment problems faced by first year B.sc Nursing Students, based on the outcome of studies, following suggestions were made to the various field of nursing such as nursing education, nursing practice, nursing administration, nursing research etc.

Nursing Education
Findings of the study have some implications for nursing education. Finding of the study can help in preparation of lesson plan on adjustment problems faced by nursing students. The nurse educator plays a vital role in organizing health education campaign regarding adjustment problems in schools, colleges and community areas.

Nursing Practice
Nurses are playing major role in the health promotion and maintenance of health. The nurses need to have knowledge regarding adjustment problems. Nurses should have knowledge so that they can deliver heath education or do counselling sessions on patient who are facing adjustment problems in hospital.

Nursing administration
The nurse administrator should formulate policies, protocols, guidelines and system of care in collaboration with the multi-disciplinary team. Nurse administrator ensures professional practice with evidence based research which is clinically effective.

Nursing research
Research has the character of depending. This study references to the scholars, especially the beginners. Detailed studies can be taken up in same area and skill can be tested further. It also help in motivating the research modification

of the teaching programme especially adjustment problems are possible through the research.

Recommendations
Based on the findings of the study, the following recommendations are made

- Study can be conducted on large sample to validate and to make generalization of the findings.
- A comparative study can be done on adjustment problem faced by first year B.Sc. nursing students.

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