International Journal of Applied Social Science
Volume 6 (5), May (2019) : 1076-1078
Received : 05.03.2019; Revised : 19.03.2019; Accepted : 05.04.2019

RESEARCH PAPER
ISSN : 2394-1405 (Print)

Emotional Adjustment among University Students

SELVARAJ*[1] AND KADHIRAVAN[2]
[1]Ph.D. Research Scholar and [2]Research Guide
Department of Psychology, Periyar University, Salem (T.N.) India

ABSTRACT

The purpose of the study was to investigate the emotional adjustment among University students. The samples were collected through the simple random techniques. The study was conducted on 60 post graduate (32 male and 28 females) age range from 21 to 24 years. Mean age of the participants are 22.5 year. Bell adjustment inventory was used for study. The results revealed that there was no significant different based on gender. Further, results showed that, there was no significant difference based on locality. Moreover, there was no significant difference based on type of family.

Key Words : Bell Adjustment, Emotional Adjustment, University Students

INTRODUCTION

Emotional adjustment referred to an individual freedom from internalizing problems and absence of psychological fears, a general feeling of satisfaction, a calm and unperturbed temperament. Emotional adjustment is pivotal role among university students; Poor emotional adjustment among adulthood leads to psychological disturbances like loneliness, lack of social activities, depression, and anxiety. According to Arnett (2000), emerging adulthood can be characterized by the greatest opportunities for independent exploration of possibilities as compared to any other period of development. So need to form and develops proper emotional adjustment among adulthood is fundamental for healthier society; an emotionally mature person has the capacity to withstand delay in satisfaction of needs; emotionally adjusted individual the ability to tolerate a frustration; they have capable of delaying or revising their expectations in terms of demands of the situations.

Many sociological and psychological factors directly or indirectly influence an individual emotional state while studying university environment. Sulthana *et al.* (1981) conducted a comparative study on emotional adjustment among urban and rural college students. The results reported that urban students were more emotionally adjusted as compared to rural students. Further, it has been found that emotionally well-adjusted persons are quick to establish affectionate relations with others.

Objectives:

To assesses the emotional adjustment among University students on the basis of selected demographic variables like gender, type of family and locality.

Hypotheses:

Ho1: There will be a significant difference in social adjustment based on gender

Ho1: There will be a significant difference in social adjustment based on family type

Ho1: There will be a significant difference in social adjustment based on locality

METHODOLOGY

Sample:

The present study collected sample through simple random method. A sample consists of 60 post graduate

How to cite this Article: Selvaraj and Kadhiravan (2019). Emotional Adjustment among University Students. *Internat. J. Appl. Soc. Sci.,* **6** (5) : 1076-1078.

students from various disciplines in Periyar University. The sample comprised of 60 postgraduate students (32 male and 28 females) age range from 21 to 24 years. Mean age of the participants are 22.5 year.

Tools used:

The bell adjustment inventory for college student form used for the study. It consists of total of 140 items divided into four sections known as home, health, social, and emotional. It has two responses like "yes" or "no" and "uncertain" type rating. The inventory has been successful when used with persons of school and college. Reliabilities range from .80 for the health section to .89 for both the social and the home section and .85 for the emotional section.

Method of data collection:

The researcher interacted with all the 60 participants. The participants were briefed about the nature of study and informed consent of participants was obtained. The investigator distributed the questionnaires along with personal data sheet and provided instructions for each tool according to the manual. The data was collected under the personal supervision of investigator. The collected tools were scored as per the scoring keys.

Table 1 shows demographic summary of the variable. The sample consists of 60 university students. Where 47% female and 53% male and based on type of family 68% belongs to nuclear family remaining 32% belongs to joint family. Further, based on the area of living 63% students from rural area and 37% from urban area.

Table 1 : Frequency and percentage of the sample demographic variables

Demographical Variable		Frequency	Percentage
Gender	Male	32	53 %
	Female	28	47 %
Type of Family	Nuclear	41	68 %
	Joint	19	32 %
Area of living	Rural	38	63 %
	Urban	22	37 %

RESULTS AND DISCUSSION

The Fig. 1 shows that levels of emotional adjustment among university. 45% students fall less emotional adjustment; 35% student's fall moderate emotional adjustment and 22 % students fall more emotional adjustment.

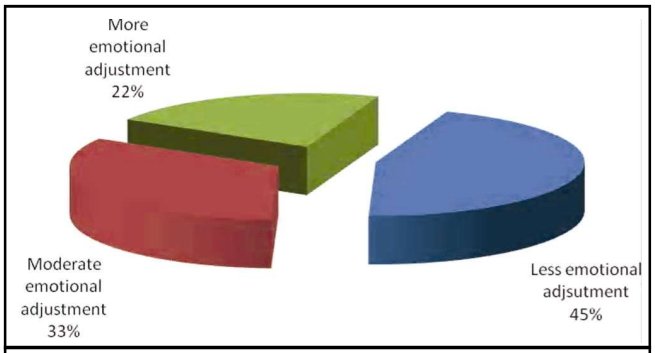

Fig. 1 : Levels of emotional adjustment

The Table 2 showed that difference in emotional adjustment based on gender. An independent sample t test was conducted to investigate based on gender in emotional adjustment among university students. Levene's test for equality of variances showed p=.63. Results indicates that male (M=1.81, SD=.780) there is no difference emotional adjustment compared with Urban (M=1.71, SD=.810) among university students. One study found that emotional adjustment of Boys and Girls student; the result reveals that there is no significant difference between emotional adjustment of girls and boys student. Yet there are some studies found the contradict results. Muni and Pavigrahi (1997) found that girls were better adjusted than the boys in emotional adjustment. Another study Rahamtullah (2007) stated that boys are significantly better adjusted than girls on the emotional adjustment area.

The Table 3 showed that difference in emotional adjustment based on type of family. An independent sample t test was conducted to investigate based on type of family in emotional adjustment university students. Levene's test for equality of variances showed p=.58. Results indicates that nuclear family (M=1.80, SD=.813)

Table 2 : Difference in emotional adjustment based on gender

Variable	Gender	M	SD	Df	T
Emotional Adjustment	Male	1.81	.780	58	$.63^{NS}$
	Female	1.71	.810	56	

Significance at 0.05 levels

Table 3: Difference in emotional adjustment based on type of family					
Variable	Type of family	M	SD	df	T
Emotional Adjustment	Nuclear	1.80	.813	58	$.58^{NS}$
	Joint	1.68	.749	38	

Significance at 0.05 level

Table 4 : Difference in social adjustment based on area of living					
Variable	Area of living	M	SD	df	T
Emotional Adjustment	Rural	1.82	.801	58	$.53^{NS}$
	Urban	1.68	.780	45	

Significance at 0.05 level

there is no difference emotional adjustment compared with joint family (M=1.68, SD=.749) among university students.

Table 4 shows the t-value of emotional adjustment dimensions of urban and rural college students. The above table showed that difference in emotional adjustment based on type of family. An independent sample t test was conducted to investigate based on area of living in emotional adjustment among university students. Levene's test for equality of variances showed p=.531. Results indicates that rural (M=1.82, SD=.801) there is no difference emotional adjustment compared with urban (M=1.68, SD=.780) among university students. (Sulthana et al., 1981) conducted a comparative study on emotional adjustment among urban and rural college students. The results reported that urban students were more emotionally adjusted as compared to rural students.

Conclusion:

The present study investigates the emotional adjustment among university students. The following results found that there is no significant difference in emotional adjustment between male and female university student. Further, there is no significant difference in emotional adjustment based on locality of living. In addition, that, there is no significant difference in emotional adjustment based on types of family.

REFERENCES

Arnett, J.J. (2000). Emerging adulthood: A theory of development from late teens through the twenties. *American Psychologist*, **55**(5) : 469-480. doi:10.1037/0003-066X.55.5.469

Bronfenbrenner, U. and Morris, P.A. (2006). The bioecological model of human development. In : Richard, M.L (Ed). Handbook of child psychology (6th ed.): Vol 1, Theoretical models of human development. 793-828. doi: 10.1002/ 9780470147658.chpsy0114 166.

Dhoundiyal (1984). Home environment and emotional disturbance among adolescents. *Indian J. Psych.*, **59** (2) : 17-22.

Muni, A.K. and Pavigrahi, B. (1997), Effect of maternal employment on school going children's adjustment problems. *J. Comm. Guid. Res.,* **14**(3): 209-216

Rahamtullah, K.(2007). Adjustment among adolescent. J. Soc. Sci. Res., **2** : 53-64.

****