

Social Adjustment among Postgraduate Students in Periyar University

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ABSTRACT

The purpose of this study was to investigate the social adjustment among post graduate student in Periyar University. 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, Social adjustment, Postgraduate, University students

INTRODUCTION

The word "Adjustment" is often used as a synonym of adaptation to the environment. It is a process of altering behavior in harmonious way. According to Plato, 'Man is a social animal.' In social situation an individual behaviour affects others people. We make a conscious effort to behave in keeping with the norms of the society so that we can adjust with others. Adjusting to university is a major transition in emerging adulthood (Arnett, 2000). Social adjustment plays a pivotal role in student persistence at university. At the university level student's social relationships enhance their well being as well as promote intimate relations with others. However, social adjustment is an attempt made by an individual to address the standards, values and desires of a society so as to be accepted.

The social adjustment as the processes whereby the individual attempts to maintain or further security, comfort, status, or creative inclination in the face of the ever changing conditions and pressures of their social adjustment. Moreover, social dysfunction is an important feature in this disorder that has vital implications for the

development, course and outcome of the illness (Couture *et al.*, 2006). University is a time for making friends and establishing romantic relationships, engaging in frequent social gatherings, exploring new places, growing intellectually and affirming personality through self-expression (Buote *et al.*, 2007; Cutrona, 1989; Hays and Oxley, 1986; Schwartz *et al.*, 2005). Many factors contribute the student's social adjustment but family environment; personality traits directly influence student's social adjustment. Deepshikha and Bhanot (2009) found that family environment played significant role in social adjustment of girls. Poor social adjustment declines an individual well being and it's led to physical and psychological illness. Couture *et al.* (2006) found that poor social adjustment is interrelated with depression.

Badani and Goswami (1973) found that comparatively the female group was significantly socially better adjusted than the male. They also concluded that the students falling into various socio-economic strata did not differ significantly in their social adjustment. Moreover, Duru and Poyrazli (2008) found that students with higher social connectedness and social support were likely to adjust easily to their new social environment.

On the other hand, international students who experience feelings of estrangement and social isolation were more likely to exhibit psychological adjustment problems (Baba, 2014). Singh (2015) found a significantly high correlation between mental health and social adjustment.

Objectives :

To assesses the social adjustment among post graduate students in Periyar University on the basis of selected demographic variables like gender, type of family and locality.

Hypotheses :

- There is no significant difference in social adjustment based on gender
- There is no significant difference in social adjustment based on locality
- There is no significant difference in social adjustment based on family type

METHODOLOGY

Sample :

The present study collected sample through simple random method. Samples of 60 post graduate students from various discipline in Periyar University were selected 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 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" 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.

RESULTS AND DISCUSSION

Table 1 shows demographic summary of the variable. The sample consists of 60 postgraduate students in Periyar University. In this, 53% male participants and 46% female participants. 31% belong to joint family and 68% belong to nuclear family. Based on the locality 63% belong to rural and 36% belong to urban.

Table 1 : Shows that frequency and percentage of the sample demographic variables

Demographical Variable		Frequency	Percentage
Gender	Male	32	53.0%
	Female	28	46.0%
Type of family	Joint	19	31.0%
	Nuclear	41	68.0%
Locality	Rural	38	63.0%
	Urban	22	36.0%

An independent sample t-test was conducted to examine gender difference in social adjustment among postgraduate students in Periyar University. Levene's test for equality of variances showed $p=.114$. Results indicates that males ($M=6.84$, $SD=5.652$) there is no difference social adjustment compared with females ($M=6.89$, $SD=4.341$) among postgraduate students in Periyar university. $t(.58=-.037, p>.970$, Cohen's $D=.000922$. hence, hypotheses is accepted. Similar study found by (Shruti A. Suthar, 2015) there is no significant mean difference between male and female college students in Social Adjustment. Further, (Jean, Daniel, 2010) also found that no significant patterns of academic and social adjustment were found among first generation college students.

An independent sample t test was conducted to investigate based on locality in social adjustment among postgraduate students in Periyar University. Levene's test for equality of variances showed $p=.85$. Results indicates that Rural ($M=6.05$, $SD=4.756$) there is no difference social adjustment compared with Urban ($M=6.05$, $SD=4.756$) among postgraduate students in Periyar university. $t(.58=.960, p>.341$, Cohen's $D=0.26$. hence, hypothesis is accepted. (Priyanka Sharma, Nisha Saini, 2013) found that there is no significant difference between social adjustment of urban and rural college students (Table 2).

There are some studies conducted on this dimension which contradict to this finding. Sujatha *et al.* (1993) studied adjustment problems among urban and rural

Table 2 : Shows the difference in social adjustment based on gender

Variable	Gender	N	M	SD	df	t
Social Adjustment	Male	32	6.84	5.652	58	.97 ^{NS}
	Female	28	6.89	4.341		

Significant at $p < 0.05$ level**Table 3 : Shows the difference in social adjustment based on locality**

Variable	Locality	N	M	SD	df	t
Social Adjustment	Rural	22	6.05	4.756	58	.85 ^{NS}
	Urban	38	7.38	5.200		

Significant at $p < 0.05$ level**Table 4 : Shows the difference in social adjustment based on type of family**

Variable	Type of family	N	M	SD	df	t
Social Adjustment	Joint family	19	7.11	5.44	58	.80 ^{NS}
	Nuclear family	41	6.76	4.90		

Significant at $p < 0.05$ level

college students and reported a significant difference in the social adjustment of urban and rural college students. Another study by Sulthana *et al.* (1981) conducted a comparative study on social adjustment among urban and rural college students and reported that urban students were more socially adjusted as compared to rural students (Table 3).

An independent sample t test was conducted to investigate type of family in social adjustment among postgraduate students in Periyar University. Levene's test for equality of variances showed $p = .65$. Results indicate that joint family ($M = 7.11$, $SD = 5.446$) there is no difference social adjustment compared with nuclear family ($M = 6.76$, $SD = 4.908$) among postgraduate students in Periyar university. $t(58) = -.248$, $p > .805$, Cohen's $D = 0.06$. Hence, hypothesis is accepted. Similar study (Bhungaria, Kaji, 2014) found that, there is no significant difference in social adjustment of joint and nuclear family commerce college students. Some contrasting results found that (Rehman, Singh, 2015) family type and gender affects the social adjustment of adolescents; Mahmood Alam (2017) found that there is significant difference between adolescents from nuclear and joint families on the measure of social adjustment (Table 4).

Conclusion :

The present study investigates the Social adjustment among postgraduate students in Periyar University. The following results found that there is no significant difference in social adjustment between male and female postgraduate student. Further, there is no significant

difference in social adjustment based on locality of living. In addition, that, there is no significant difference in social adjustment based on types of family.

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