

To assess home, health and social adjustment in college going students across gender : A comparative study of Lucknow city

GARIMA SINGH* AND SUNITA MISHRA

Department of Human Development and Family Studies, School for Home Sciences
Babasaheb Bhimrao Ambedkar University, Lucknow (U.P.) India
(Email: garimasinghhs@gmail.com)

ABSTRACT

College is an exciting time of life, one filled with many profound transitions in preparation for an exciting and fulfilling future. College students are also a period of progress towards mental, intellectual and emotional maturation. Present study was undertaken to assess home, health and social adjustment in college going students across gender. The study was conducted in Lucknow city by selecting the total 120 sample comprising 60 male and 60 female respondents. The information was collected using a self prepared interview schedule along with Adjustment inventory. Data was analyzed in terms of frequency, percentage and chi-square test. From the findings of the study it can be concluded that no significant differences was found in the home adjustment of students with respect to their gender and there was significant differences in health and social adjustment across gender.

Key Words : Home adjustment, Health adjustment, Social adjustment, Gender

INTRODUCTION

College is a huge transition for most students. This is often the first time they are away from home, the first time they may be sharing living space with someone else, the first time they will be eating “out” for every meal, and the first time they won’t have the same classes. The stress levels of college students have been on a constant rise.

The adjustment to home is very essential otherwise it may lead to deterioration in family relationship relationships and peer group relationship outside home. Not only parental relationships influences adjustment or maladjustment of children but relationship with grandparents and other relatives are also equally important.

Baker and Siryk (1984) assessed the psychological adjustment of students in college. They recognized the importance of psychological adjustment, as well as the importance of academic and social integration into college systems. Health is about how a person thinks, feels, and acts when faced with life’s situations. Health’s are how people look at themselves, their lives, and the other people in their lives; evaluate their challenges and problems; and explore choices. This includes handling stress, relating to other people, and making decisions.

How to cite this Article: Singh, Garima and Mishra, Sunita (2015). To assess home, health and social adjustment in college going students across gender : A comparative study of Lucknow city. *Internat. J. Appl. Soc. Sci.*, 2 (3&4) : 90-94.

Social adjustment is the most difficult development task of college going student's life. This adjustment must be made to members of the opposite sex in a relationship that never existed before and to adults outside the family and school environments. Educational institute is more than a place where culture is transmitted and skills being taught. It is a world of varied human contacts that demands adjustment on the part of child. It is world where friendships are made and those who do not easily make friends feel isolated.

Hence, the present study was carried out with the objective to assess home, health and social adjustment in college going students across gender.

Hypothesis :

1. Ho: There is significant difference between Home adjustment across gender.
H1: There is no significant difference between Home adjustment across gender.
2. Ho: There is significant difference between Health adjustment across gender.
H1: There is no significant difference between Health adjustment across gender.
3. Ho: There is significant difference between Social adjustment across gender.
H1: There is no significant difference between Social adjustment across gender.

METHODOLOGY

The descriptive research study has been used. For this study a sample of 120 (60 male and 60 female) college going students were selected from different college of Lucknow city named Jay Narayan College (KKC) and BabasahebBhimraoAmbedkar University through purposive random sampling method. All the male and female college going student's age ranged between 18-25 years. Adjustment inventory for college students (AICS) developed by A.K.P. Sinha and R.P. Singh (1971). The inventory comprises of 102 items in relation to five areas of adjustment (home 16, health 15, social 19, emotional 31 and educational 21 items). The test is helpful in screening the poorly adjusted students who may need further psycho-diagnostic study.

The data was coded tabulated and analysed using frequency, percentage and chi-square was used to compare the adjustment across gender.

RESULTS AND DISCUSSION

The above table showed that there was no relationship between home adjustment across gender. Male *i.e.* 21.67 per cent had excellent home adjustment as compared to female *i.e.* 20 per cent. Both male and female 28.33 per cent had equal level of home adjustment *i.e.* good. Male *i.e.* 28.33 per cent had average home adjustment level as compared to female. The percentage of females was more who had unsatisfactory and very unsatisfactory adjustment as compared to male. The null hypothesis was accepted. It means that gender had no influence on home adjustment. The findings of study were at

Table 1 : χ^2 value of home adjustment level across gender			
Level of home adjustment	Male (N=60)	Female (N=60)	Total (N=120)
Excellent	13(21.67%)	12(20%)	25(20.83%)
Good	17(28.33%)	17(28.33%)	34(28.33%)
Average	17(28.33%)	10(16.67%)	27(22.5%)
Unsatisfactory	7(11.67%)	14(23.33%)	21(17.5%)
Very unsatisfactory	6(10%)	7(11.67%)	13(10.83%)
Total	60(100%)	60(100%)	120(100%)
$\chi^2 = 4.27$ NS ($p > 0.05$)		NS=Non-significant	

par with the study conducted by Mahmoudi A.2011 which showed gender had no differential influence over adjustment scores in home, health, emotional, and social areas.

The above table showed that there was relationship between health adjustment across gender. Male 18.33 per cent had excellent health adjustment as compared to female. Male 33.33 per cent had

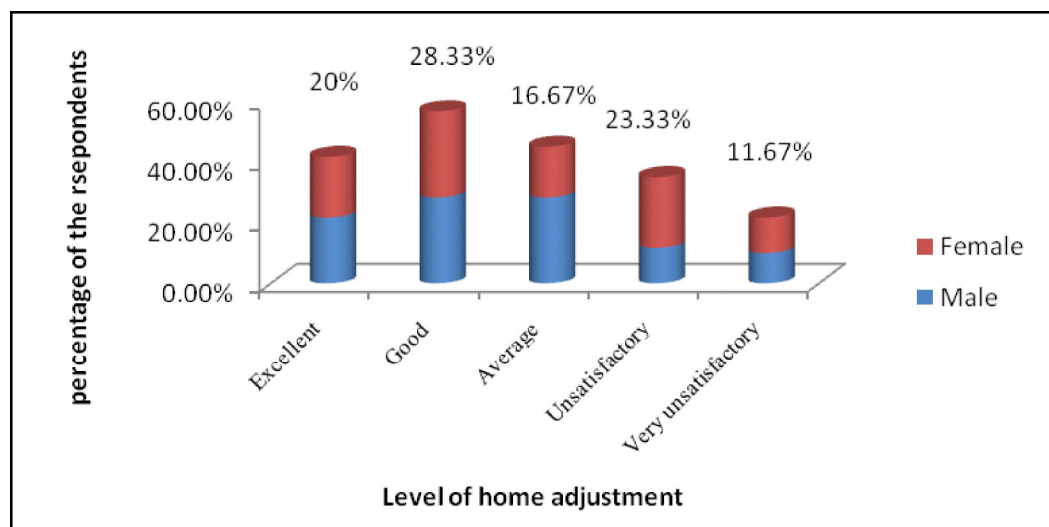


Table.2: χ^2 value of health adjustment level across gender				
Sr. No.	Level of health adjustment	Male (n=60)	Female (n=60)	Total (n=120)
1.	Excellent	11(18.33%)	-	11(9.17%)
2.	Good	20(33.33%)	11(18.33%)	31(25.83%)
3.	Average	9(15%)	35(58.33%)	44(36.67%)
4.	Unsatisfactory	13(21.67%)	9(15%)	22(18.33%)
5.	Very unsatisfactory	7(11.67%)	5(8.33%)	12(10%)
	Total	60(100%)	60(100%)	120(100%)

$\chi^2 = 30.03^{**}$ HS ($p < 0.05$)

HS= Highly Significant

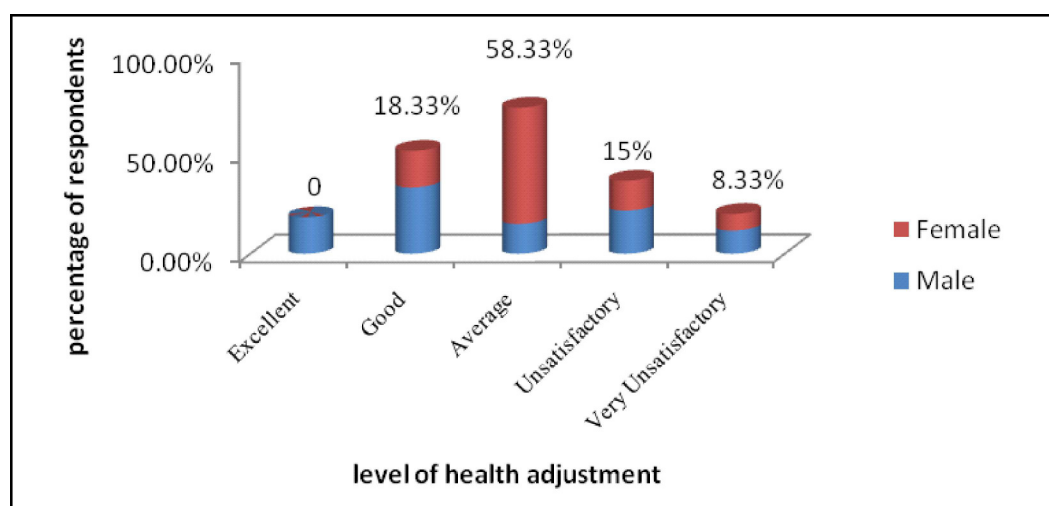
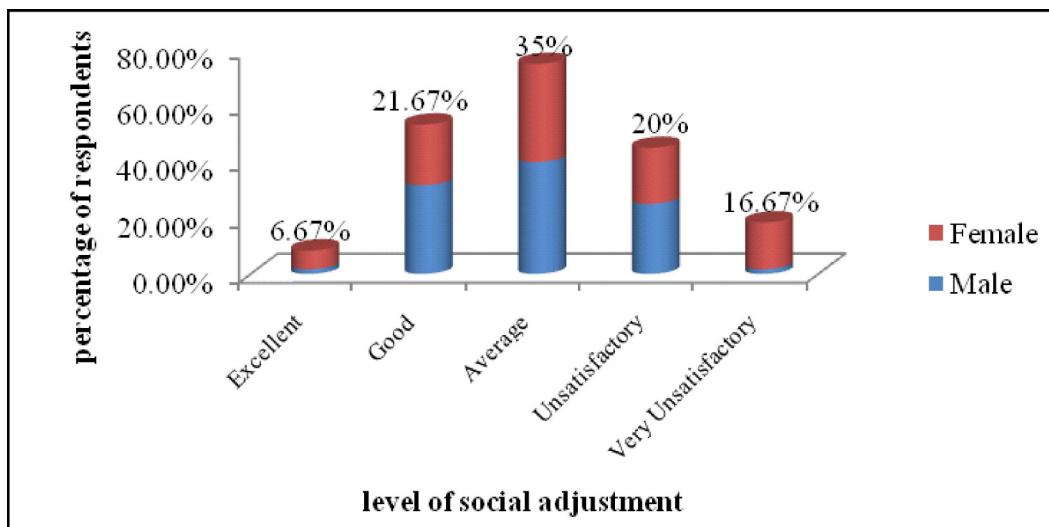


Table.3 : χ^2 value of social adjustment level across gender				
Sr. No.	Level of social adjustment	Male (N=60)	Female (N=60)	Total (N=120)
1.	Excellent	1(1.67%)	4(6.67%)	5(4.17%)
2.	Good	19(31.67%)	13(21.67%)	32(26.67%)
3.	Average	24(40%)	21(35%)	45(37.5%)
4.	Unsatisfactory	15(25%)	12(20%)	27(22.5%)
5.	Very unsatisfactory	1(1.67%)	10(16.67%)	11(9.17%)
	Total	60(100%)	60(100%)	120(100%)

 $\chi^2 = 10.08^* S (p < 0.05)$

S= Significant



good health adjustment as compared to female 18.33 per cent. Female 58.33 per cent had average health adjustment level as compared to male 15 per cent. Male also had unsatisfactory and very unsatisfactory adjustment as compared to female. The null hypothesis was rejected. It means that gender had influence on health adjustment. The findings of this study were at contradictory with the study conducted by Mahmoudi A. 2011 which showed gender had no differential influence over adjustment scores in home, health, emotional, and social areas.

The above table showed that there was significant difference between social adjustment across gender. Female 6.67 per cent had excellent social adjustment as compared to male 1.67 per cent. Male 31.67 per cent had good social adjustment as compared to female 21.67 per cent. Male 40 per cent had average social adjustment level as compared to female 35 per cent. Male 25 per cent also had unsatisfactory social adjustment as compared to females 20 per cent. Female 16.67 per cent had very unsatisfactory adjustment as compared to male 1.67 per cent. The null hypothesis was rejected. It means that gender had influence on social adjustment. The findings of this study were at contradictory with the study conducted by GehlawatM. 2011 which showed no significant differences were found in the emotional, social, educational and the total adjustment of students with respect to their gender.

Conclusion:

From the above results it is concluded there are no significant differences in home adjustment across gender. Male and female are almost having equal home adjustment. Also there are significant differences in health and social adjustment across gender. Male had good social adjustment as

compared to female.

REFERENCES

- Arthur, N. (1998). The effects of stress, depression, and anxiety on postsecondary students coping strategies. *J. College Student Development*, **39** (1): 11-22.
- Baker, R.W. and Siryk, B. (1984). Measuring adjustment to college. *J. Counseling Psychol.*, **31**(2): 179-189.
- Baumeister, R.F. and Leary, M.R. (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation." *Psychological Bulletin*, **117**: 497-529.
- Beyers, W. and Goossens, L. (2002). Concurrent and predictive validity of the Student Adaptation to College Questionnaire in a sample of European freshman students." *Educational & Psychological Measurement*, **62**: 527-538.
- Chipuer, H.M. (2001). Dyadic attachments and community connectedness: Links with youths' loneliness experiences." *J. Community Psychol.*, **29**: 429-446.
- Cook, S.L. (1995). Acceptance and expectation of sexual aggression in college students." *Psychol. Women Quarterly*, **19** : 181-194.
- Gehlawat, M. (2011). A study of adjustment among high school students in relation to their gender." *Internat. Referred Research J.*, **III**: 14-15.
- Mahmoudi, A. (2011). Influences gender on adjustment and self-esteem among adolescents." *IJEMR*; **1**(7): 1-5.
- Protinsky, H. and Gilkey, J.K. (1996). An Empirical Investigation of the Construct of Personality Authority in Late Adolescent Women and Their Level of College Adjustment." *Adolescence*; **3** 1: 291-295.
- Sinha, A.K.P. and Singh, R.P. (1971). Adjustment inventory for college students." *Indian Psychological Review*; **4**(2):158-160.
