



ADJUSTMENT PROBLEMS FACED BY THE FIRST YEAR NURSING STUDENTS IN CLINICAL AREA AT SELECTED COLLEGES

**Mrs. Darlin Priya
Jensi. J***

Guide, Asst. Lecturer, Panna Dhai Maa Subharti Nursing College, Meerut.
*Corresponding Author

**Mr. Rahul Kumar
Diwakar**

Nursing Officer, Emergency Department, Sadar Hospital, Bihar.

ABSTRACT

Statement Of The Problem: A study to assess the adjustment problems faced by the first year nursing students in clinical area at selected college in Meerut. **Objectives:** To assess adjustment problem faced by first year nursing student in clinical area. To associate the adjustment problem with demographic variable. **Methodology:** The present study was conducted at Panna Dhai Maa Subharti nursing college at Meerut. Non experimental descriptive design was used for this study. Permission was obtained from the principal and virtual data collection was done in non-probability sampling technique. The investigators have selected 100 samples first year GNM and BSc students. Descriptive and inferential statistics were used to analyze the finding of the study. **RESULT:** There was no significant difference found mean of adjustment level was 12.19 and the standard deviation was 5.26. There was non-significant association found between the level of adjustment problem in gender, religion, medium of study and course of study. The present study was conducted with the view to assess level of adjustment problem among students. This study shows that less of the student were mild adjustment problems in college.

KEYWORDS :

INTRODUCTION

"The adjustment of reality to the masses and of the masses to reality is a process of unlimited scope".

Adolescence is the most important period in one's life it has affection and excitement, the mind is pious and pure, and free of all wickedness. The adolescent is still teen and lacks maturity of thought and experiences. He/she is not aware of what is proper and what improper and therefore is danger of going in the wrong path.

Joining university for the first time is a stressful experience for among new university students. Through many successfully transitions, some experience long term emotional maladjustment and depression students.

After getting admission for the course of nursing; most of the students have atmosphere problems and other problems such as headache, loss of appetite and under inadequate sleep due to change in physical environment and also they want to face inadequate time for study due to more written assignments and also chance to get acidity due to stress. A well-adjusted child is one who does not get affected adversely by the interactions such as conflicts, emotions etc., and whose personality development goes through a healthy course of socialization.

A tense mind cannot adjust properly in the society. It is a well-known fact the healthy adjustment is necessary for normal growth of an individual in the life. Education trains person for healthy adjustment in various life situations of the present and future. This logic implies the education and adjustment are interlinked and complementary to each other. Therefore, it is imperative of educators and researchers to understand the trends in adolescents' college students and the factors contributing to their good mental health. So present study reveals difference in students' adjustment due to sex socio-economic factors and academic achievement and can lead to find out ways to adjust the maladjusted students.

Need for the study

Stress is a natural body reaction to difficult or challenging situations nursing students are likely to experience "more stress" than their friends and colleagues enrolled in other programs. Clinical practice has been identified as one of the most anxiety producing components in nursing programs. Lack of experience, fear of making mistakes, discomfort at being evaluated by faculty members, worrying about giving

patients the wrong information or medication and concern about possibly harming a patient are just a few of the stressors for the beginning student nurse.

But many students beside hesitate to interact with other because of anxiety and fear. The researcher found many fresher's experienced feeling of anxious, depression, hesitation during their clinical posting. In order to assess the entire adjustment problem, the investigator took this study.

STATEMENT OF THE PROBLEM

"A study to assess the adjustment problems faced by the first year nursing students in clinical area at selected college, Meerut".

OBJECTIVE:

1. To assess the adjustment problem faced by first year nursing students in clinical practice.
2. To association adjustment problems with demographic variables among first year nursing students.

RESEARCH METHODOLOGY:

Research approach: The quantitative researches approach the study.

Research design: Non experimental descriptive research design.

Setting of the study: Panna Dhai Maa Subharti Nursing College, Meerut,

Sample: First year nursing students of Panna Dhai Maa Subharti Nursing college,

Sampling technique: Non-probability purposive sampling technique.

Sample size: 100

DATA COLLECTION TOOLS

The instruments selected in the research must be the virtually online that obtains best data conclusion of the study.

SECTION: A : Demographic profile sheet (Gender, religion, course of study, medium of study)

SECTION: B : Modified adjustment inventory for college student scale of adjustment plan.

ANALYSIS AND INTERPRETATION OF DATA

Description of Demographic data

Percentage wise distribution of nursing students according to their demographic characteristics, N=100

S.NO	Demographic variables	FREQUENCY DISTRIBUTION	PERCENTAGE
I	Gender		
	Male	24	24%
	Female	76	76%
II	Religion		
	Hindu	85	85%
	Christian	10	10%
	Muslim	5	5%
III	Medium of study		
	English	71	71%
	Hindi	29	29%
IV	Course of study		
	GNM	37	37%
	B.SC nursing	63	63%

Frequency distribution level of adjustment problem among nursing students

Level of adjustment among students	frequency	percentage
Mild	35	35%
Moderate	59	59%
Severe	6	6%

DISCUSSION

The results of the study was discussed according to the followings:

1 To Assess the adjustment problem faced by first year nursing students in clinical practice

Frequency distribution of adjustment problem among first nursing students among total population of hundred members, (35%) are having mild, moderate (59%) and severe (6%).

2. To associate the adjustment problems with demographic variables among first year nursing students

In this study the association between the adjustment plan and selected demographic variable was analyzed by chi-square .

Association with gender ($\chi^2 = 0.2595$), religion ($\chi^2 = 1.1049$), medium of study ($\chi^2 = 0.0772$), course of study ($\chi^2 = 0.0772$) .

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