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A Comparative Study Of The Psychological Adjustment Among Graduate And Post-graduate Student

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ABSTRACT

Present study investigates the impact of types of education and the sex of the college students on their psychological adjustment. The sample for the study comprised of 70 graduate and 70 post-graduate college students from Vallabh Vidyanagar (Anand, Gujarat). Personal data sheet and Bhatt (1994) psychological adjustment scale were used to collect the required data. 2x2 Factorial design was planned where types of education and sex were considered as independent variables and psychological adjustment as dependent variable. Accordingly, 2x2 ANOVA carried out to test the hypothesis. Results revealed significant differences between graduate and post-graduate college student. Post-graduate students exhibited higher amount of psychological adjustment than the graduate college student. Significant differences between male and female college student. Male college students exhibited higher amount of psychological adjustment than the female college student. The interaction effects also are not significant.

Keywords : Psychology, Students

Introduction

The study of adjustment has to do with how we make such accommodations and how successfully they fit us to the demands that are made on us. Adjustment consists of the processes by means of which we manage these demands. What are these demands to which a person must adjust and what their source is. Some originate outside him; others have their origin in the tissue activity within.

The most important external demand that challenge an adolescent's adjustive capacities arise from the social environment, from living in society interdependently with another person. These demands begin when, as an infant, a person depends from comfort and security on his parents. Later, the social institutions of the culture which he enters demand conformity to certain social values and culturally developed patterns of behavior. These expectations are usually enforced by the threat of physical punishment or psychological penalties and they operate as powerful pressures on an individual to which s/he must conform to these expectations are different from different sexes.

In the main, every human being shares the same physiological needs with others, but it is evident that people who group in different societies often have radically different sets of value and patterns of social motivation although the roles of man and women have altered over the years and though much overlapping is present, different patterns of behavior are still expected for each sex and these sex role patterns are usually imposed early in the childhood.

Since great suffering is associated with person's failure to meet many of the external and internal demands to which s/he is exposed, adjustment is a matter of behaving in such a way that s/he can lessen this suffering by reducing the number of intensity of the demands. But s/he may face serious obstacles to the success of this effort, sometimes the means to gratify needs are not available then; also the level of intelligence, specific skills, and good and bad fortune can contribute to the success or failure of the need reduction.

The adjustment of the individual to the external and internal demand may be different in different areas of his/her life, such as home, school work etc. There is another way of looking at the adjustment made by an individual such as his/her skills and competencies in different areas of behaviour such as emotional, social and educational faculty. In this study it is this latter definition of adjustment that has been used.

Aims of the Study

1. To study the psychological adjustment among graduate and post-graduate Students.
2. To study the psychological adjustment among male and female Students.
3. To study the effect of interaction on psychological adjustment among the type of education and sex.

Hypothesis

1. There is no difference between the psychological adjustment of the graduate and post-graduate students.
2. There is no difference between the psychological adjustment of the male and female students.
3. There is no interaction effect of the psychological adjustment in the types of education and sex.

Method

Sample:

Sample, in this study consisted of 140 subjects the sample were selected from different colleges in V. V. Nagar (Anand, Gujarat). In the survey, we got the information about male and female students studying at the graduate and post-graduate level. The students were randomly selected in that 70 of them were doing their graduation and 70 their post-graduation. From that 35 boys and 35 girls were in graduation and 35 boys and 35 girls were in post-graduation.

Tools Used:

The following tools were used in the present study:

1. Personal Data Sheet:

A personal data sheet developed by the investigator was used to collect information types of education and sex.

2. Psychological adjustment scale:

Bell psychological adjustment scale developed. A translate to Gujarati language by Bhatt, (1994), was used to measure psychological adjustment. The scale contains 160 items with agree, neutral and disagree response alternatives. The responses were marked 2, 1 and 0 respectively and from the responses. We had to select only one response. The maximum possible score is three hundred twenty and minimum is zero. Low score indicates high level of psychological adjustment and high score indicates low level of psychological adjustment. The reliability coefficient is 0.89. the author has reported satisfactory validity of the scale.

Statistical Analysis

In this study 'F' test was used for statistical analysis.

Result and Discussion

Table No 1 : Ummary of the 2x2 analysis of variance based on psychological adjustment of the college student with rasped to types of education and sex. (N=140)

Source of variance	Sum of square	df	Mean sum of square	F
A (Types of education)	10030.18	1	10030.18	15.11**
B (sex)	3045.78	1	3045.78	4.59*
AxB	213.78	1	213.78	0.32 NS
SSW	90287.20	136	663.88	
SST	103576.94	139		

**-. p>0.01, * p>0.05, NS- Not significant

Table No. 2 : Mean scores and difference of mean of psychological adjustment of college student with respect to types of education and sex.

Independent variable	N	Mean	Difference of mean
A ₁ Graduate	70	147.84	16.93
A ₂ Post-graduate	70	130.91	
B ₁ (Male)	70	134.71	9.33
B ₂ (Female)	70	144.04	

According to table No. 1 it is observed that 'F' value of psychological adjustment of college student saying in graduate and post-graduate is 15.11 which does show significant difference even to a level of 0.01, looking at the table No. 2 it is observed that mean score of psychological adjustment of graduate and post graduate are 147.84 and 130.91 respectively. Their difference is 16.93.

It is observed from table 1 that 'F' value of psychological adjustment of male and female college students is 4.59 which does show significant difference even at a level of 0.05, from table 2 it can be seen that score of psychological adjustment of male and female college student are 134.71 and 144.04 expectedly. The difference between them is 9.33 from these results. It significant difference between male and female.

From Table 1, it can be observed that 'f' values obliged interaction AxB with respect to the types of education and sex statistical. This 'f' value is not a significant interaction effect.

Conclusion :

1. There is significant mean difference between the psychological adjustment of the graduate and post-graduate level student. There is more psychological adjustment in Post-graduate then graduate students.
2. There is significant mean difference between the Psychological Adjustment of the male and female college student. There is more psychological adjustment in girls then boy college students.
3. Interaction between types of education and sex has no significant effect on Psychological adjustment.

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