



A STUDY TO ASSESS THE ADJUSTMENT PROBLEM OF FIRST YEAR NURSING STUDENTS AT A SELECTED COLLEGE OF NURSING KELAMBAKKAM, KANCHIPURAM DISTRICT, TAMILNADU

Jyothis Benny	Ivrd year B.Sc (N) student, Chettinad College of Nursing, Chettinad Academy of Research and Education
Divya.A	Ivrd year B.Sc (N) student, Chettinad College of Nursing, Chettinad Academy of Research and Education
Lisa Leo	B.Sc R.N.R.M., M.Sc.(N) (Psychiatry), Professor & HOD (Former), Mental Health Nursing Department, Chettinad College of Nursing, Chettinad Academy of Research and Education

ABSTRACT A descriptive study was conducted to assess the adjustment problem of first year nursing students at a selected college of nursing, Kelambakkam, kanchipuram District, Tamilnadu. The objectives were to assess the adjustment problems faced by the first year B.Sc nursing students and to find the association between adjustments problem among the nursing students with selected demographic variables. Majority of the samples had average degree of adjustment. There was no significant association between adjustments problem among the nursing students with selected demographic variables.

KEYWORDS : Adjustment Problem

INTRODUCTION

When students are transferred from secondary schools to colleges, they commonly face unfamiliar experiences and more demanding academic environment. This transition from high school to college is a stressful event with new responsibilities and challenges. College environment is mainly characterized by almost homogeneous ability groups, high competitive situations, strict grading systems, poor teacher student relationships and the need to make important decisions on the part of the individual learner (Yalew, 2003).

The freshmen year of college life is usually acknowledged as a stressful time for social and academic adjustment. During this period, first-year students face many social challenges (e. g. moving away from their primary support systems-parents) and intellectual challenges (e.g., more demanding course work or heavy work load). Adjustment problems, help seeking behaviors and dysfunctional life style can be filled with emotional stressors such as loneliness, home sickness, grief, confusion and uncertainty which are all related to break from their primary attachment figures-parents and or other loved ones. When students are transferred from secondary schools to colleges, they commonly face unfamiliar experiences and more demanding academic environment. This transition from high school to college is a stressful event with new responsibilities and challenges (Tuna, 2003; Dennis, Phinney & Chuateco, 2005).

OBJECTIVES OF THE STUDY:

- To assess the adjustment problems faced by the first year B.Sc nursing students.
- To find the association between adjustments problem among the nursing students with selected demographic variables.

METHODOLOGY

Non experimental quantitative descriptive design was used. The study was conducted at selected college of nursing, Tamil Nadu, India among 1st year students. A simple random sampling techniques was used to select the samples. Total sample size was 50.

Demographic data and ATCS scale were UTILIZED. ATCS scale is a standard scale.

RESULT AND DISCUSSION

Majority of the samples had average degree of adjustment (66%) and non had low degree of adjustment (0%). There was no significant association between adjustments problem among the nursing students with selected demographic variables.

CONCLUSION

Adjusting to college life immediately after school becomes a difficult transition for many students. The decision to go to college depends on many reasons. It can be for higher education, earning a degree, increasing knowledge and / or personal growth. Going to college gives

a chance to the students to learn new things, meet new people, to deal effectively with new experiences and challenges which eventually help them in their personal growth and development. College adjustment reflects on how much an individual achieves through it and its effect on his or her personal growth. In terms of how adjusted depends on ones capability of getting grades and eventually achieving the degree. Adjustment difficulties arise from the differences between the expectations of the students and realities of college life.

Table 1: Frequency distribution of demographic characteristics of adjustment problem among 1st year B. Sc nursing students.

N=50

S No	Variable	No.	%
1	Age		
	17-20	26	52
	18-20	24	48
2	Gender		
	Male	16	36
	Female	34	68
3	Religion		
	Hindu	42	84
	Christian	8	16
4	Language		
	English	2	4
	Tamil	48	96
5	Medium of schooling		
	Tamil	19	38
	English	31	62
6	Personality		
	Dependent, shy	24	48
	Independent, open	26	52

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