Research Paper   **Education**

A Study of Adjustment Problems of College Students in Relation To Gender, Socio-Economic Status & Academic Achievement

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ABSTRACT

The 21st century- a computer age is bound to make students behave like a machine demanding excessive concentration and speedy reaction. This would naturally pose a greater threat to the students' ego and adjustive mechanism. Thus, the problem of adjustment is of immense importance for all of us and it is felt that the students must be helped in developing good adjustment besides the intellectual progress. In this context the investigators have conducted a study of adjustment problems among college students. The main objective of the study was to identify the adjustment problems among undergraduate college students and its relationship with academic achievement. For this purpose Descriptive survey method of research was used. A sample of 120 students of B.A 1st year (60 High SES & 60 low SES) was selected from 160 students selected randomly from six colleges located in Ongole city. The methodology includes 't' test and Pearson product moment correlation method. Analysis of results indicates that college students have a satisfactory level of adjustment and there is a significant relationship between academic achievement and adjustment of college students. The study revealed significant differences in the college adjustment in relation to gender and socio economic status.

KEYWORDS

INTRODUCTION:

The present society is an ever-changing society and with the passage of time; the needs of human beings are growing day by day. The individuals today are facing contradictions and hence facing difficulty in adjustment with environment. Being a social animal, man needs society and to remain in society he has to adjust with the values of society. Without social adjustment man cannot live happily. Man lives by himself in the changing circumstances of the society. An individual feels a sort of emotional tension, uneasiness and restlessness when he doesn't or can't adjust himself with the social environment. Every individual attempts to adjust to physical needs such as hunger and thirst and protection from danger. Unless a person is not able to adjust himself to the environment, he/she can't develop his/her wholesome personality. The problem of adjustment is a vital problem of the modern world. This problem is a matter of such widespread concerns that books, magazines, scientific journals etc. dealing with adjustment problems are appearing more frequently. Present century is characterized by psychological disorder and disturbed interpersonal relationships.

The 21st century- a computer age is bound to make students behave like a machine demanding excessive concentration and speedy reaction. This would naturally pose a greater threat to the students' ego and adjustive mechanism. The term adjustment in this study mostly refers to the degree of capacity by which an individual tries to cope with inner tensions, needs, conflicts, frustration and is simultaneously able to bring coordination between his inner demands and those imposed by the outer world. 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.

Now a day, the materialism occupies a significant place in the present world situation. Everyone has a tendency to struggle and to gain more and more power in all walks of life than ever before. The students are demonstrating and agitating and tensions are agitating the minds of youth. A tense mind cannot adjust properly in the society. It is a well-known fact

that 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 that education and adjustment are interlinked and complementary to each other. Therefore, it is imperative for educators and researchers to understand the trends in adolescents', college students and the factors contributing to their good mental health. So present study reveals differences in students' adjustment due to sex, socio-economic factors and academic achievement and can leads to find out ways to adjust the maladjusted students.

RELATED STUDIES:

Fregussion & Woodward (2000) found that children of low socio-economic families are at risk from a variety of adjustment problems.

Schoon (2000) found that social origins show a small but significant influence on consequent behavioral adjustment. Social adversity has an indirect influence on adult adjustment. The findings of the study revealed that socio-economic position and circumstances affect behavior adjustment during childhood and adolescence.

Surekha (2008) in her study found that student of private schools are better adjusted than students of government schools. The students of private schools are better than students of government schools in academic achievement. There is a negative relationship between the students' adjustment & academic achievement.

OBJECTIVES:
1. To identify the adjustment problems of college students.
2. To find out difference between high socio economic status and low socio economic status college students on adjustment problems.
3. To find out difference between male and female college students on adjustment problems.
4. To find out difference between high academic achievement and low academic achievement college students on adjustment problems.

5. To find out relationship between academic achievement and adjustment.

HYPOTHESES:

1. There exists no significant difference on adjustment problems of college students of high socio-economic status and low socio-economic status.
2. There exists no significant difference on adjustment problems of male and female college students.
3. There exists no significant difference on adjustment problems of students having high-academic achievement and low academic achievement.
4. There exists no significant relationship between academic achievement and adjustment.

DESIGN AND METHODOLOGY:

The investigator employed descriptive survey method of research for the present study as it is concerned with the present aims of determining the status of the phenomenon under investigation. Initially a sample of 160 students of B.A. 1st year was taken randomly from six undergraduate colleges of Ongole City. Out of them, 60 students of High S.E.S. and 60 students of low SES were selected making a final sample to 120 students.

SAMPLE DESIGN:

Sr. no.	Name of College	No. of Students
1.	S.S.N. Degree College, Ongole.	20
2.	Sri Nagarjuna Degree College, Ongole.	20
3.	Harshini Degree College, Ongole.	20
4.	Geetham Degree College, Ongole.	20
5.	C.S.R. Sarma College, Ongole.	20
6.	A.B.M. Degree College, Ongole.	20

TOOLS:

The investigator used the following tools for the collection of data:

Adjustment Inventory For College Students (AICS) by Dr. A.K.P. Sinha and Dr. R.P. Singh. It measures adjustment in five areas namely – (i) Home, (ii) Health, (iii) Social,

Emotional and (v) Educational. It contains 102 items out of which area of Home contains 16 items; area of Health contains 15 items, Social 19 items, Emotional 31 and Educational 21 items. The criterion for adjustment of students is based on scores gained by students in inventory.

Socio-Economic Status Scale (SESS) developed by Professor A.K. Kalia and Mr. Sudhir Sahu (2007) was used in the present study for measuring SES. It contains 32 items and cover four components- social & cultural including 14 items, Socio-Economic component including 5 items, Possession of Material and Services including 8 items and Educational components contains 5 items. This tool is on the process of standardization.

C. The scores obtained in Board examination of 12th class were taken as the measure of academic achievement.

STATISTICAL TECHNIQUES:

The data were analyzed using 't' test and product moment correlation of coefficient.

ANALYSIS AND INTERPRETATION:

The data in the study is interpreted as follows:

Objective 1: To identify the adjustment problems of college students.

Table 1: Means, SDs, SE$_{Ms}$ and Remarks on the Adjustment of College students

Sr. No.	Areas of Adjustment	Means	Remarks
1.	Home	4.05	Average
2.	Health	4.2	Average
3.	Social	7.46	Average
4.	Emotional	12.56	Average
5.	Educational	6.68	Average
Total Adjustment		34.95	Average

The table 1: indicates that the adjustment of college students in each area i.e. Home, Social, Emotional and Educational is average. Thus table depicts that total adjustment of college students is average.

Objective 2: To find out difference between high socio economic status and low socio economic status college students on adjustment problems.

Table 2: Means, S.Ds. and SE$_{Ms}$ of the scores of adjustment of high S.E.S. and low S.E.S. college students.

Groups	N	Means	SDs	SEMs	't' value	Level of Significance
Students of High S.E.S	60	29.65	11.35	1.46	3.27	0.01
Students of Low S.E.S.	60	36.92	12.92	1.67		

The table depicts that the mean score of college students of high socio economic status is 29.65 and of low socio economic status is 36.92. The 't' value being 3.27, which is statistically significant at .01 level of significance for (df 118). This indicates that the two groups differ significantly. So, it is concluded that the college students of high socio economic status and of low socio economic status differ significantly.

Objective 3: To find out difference between male and female college students on adjustment problems.

Table 3: Means, S.Ds. and SE$_{Ms}$ of the scores of adjustment of male and female college students.

Groups	N	Means	SDs	SEMs	't' value	Level of Significance
Male	60	30.46	12.48	1.61	2.5	0.05
Female	60	36.1	11.49	1.48		

The table depicts that the mean score of male students is 30.46 and of female is 36.1. The 't' value being 2.5, which is significant at .05 level of significance. This indicates that the mean scores of two groups differ significantly. So, it is concluded that Female college students have more adjustment problems in comparison to male college students.

Objective 4: To find out difference between high academic achievement and low academic achievement college students on adjustment problems.

Table 4: Means, S.Ds. and SE$_{Ms}$ of the scores of adjustment of college students of high and low academic achievement.

Groups	N	Means	SDs	SEMs	't' value	Level of Significance
High academic achievement	60	30.15	12.37	1.6	2.818	0.01
Low academic achievement	60	36.41	11.44	1.48		

A view of the table shows that the mean score on adjustment of college students having high academic achievement is 30.15 and of low academic achievement is 36.41. The 't' value is 2.818, which is statically significant at 0.01 level of significance for df =118. The result indicates that the two groups are significantly different. So, it can be concluded that college students having high academic achievement and low academic achievement are significantly different on adjustment.

Objective 5: To find out relationship between academic achievement and adjustment.

Table 5: Co-efficient of Correlation of the scores of adjustment and academic achievement of college students.

Variables	N	df	Correlation coefficient	Level of Significance
Adjustment	120	118	-0.1704	No
Academic Achievement	120	118		

The 'r' value being -0.1704 shows that there exists negative and non-significant relationship between adjustment and academic achievement. But this is not significant. So, it can be concluded that there exists negative but non-significant relationship between adjustment and academic achievement. But this is not significant.

RESULT:

1. It is evident from the interpretation of data that college students have satisfactory adjustment.
2. College students of low socio economic status have more adjustment problems than college students of high socio economic status.
3. Male college students have less adjustment problems than female college students.
4. College students having high academic achievement have less adjustment problems than college students having low of academic achievement.
5. College students having low academic achievement have more adjustment problems than college students of high academic achievement.
6. There exists negative relationship between adjustment and academic achievement among college students.

SUGGESTIONS:

Based on the findings of the study some suggestions in the area of adjustment are worth mentioning. The present study deals with a few demographic variables, so a comprehensive study can also be done on adjustment in relation to psychological variables such as personality traits, intelligence, creativity etc. It is also suggested to study the adjustment pattern of college students belonging to various academic streams i.e. arts, commerce and science. The present study has been conducted on global adjustment of college student however, it will be worthwhile if the study is conducted on all the areas of adjustment i.e. house, social, education, emotional and health. The study has depicted that students belonging to low socio economic status have more adjustment problems than high socio economic status students. It is, therefore, suggested that low socio economic status students should be given orientation and intervention treatment at the time of admission.

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