

## Adjustment of Graduate and Post Graduate College Students

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### ABSTRACT:

The present study examines the effects of adjustment of graduate and post graduate students. The sample consisted of 240 graduate and post graduate students out of which 120 were graduate students and 120 were post-graduate students. For this purpose of investigation “Bell Adjustment Inventory” by Dr. S.M. Mushin, Dr. Shamshad Husain and Dr. Khursheed Jehan was used. The obtained data were analyzed through ‘t’ test to know the mean difference between graduate and post graduate students. The result shows that there is significant difference in total, home, health, social and emotional adjustment of graduate and post graduate students at 0.01 levels.

**Keywords:** *Adjustment, student, college, graduate, post-graduate.*

### INTRODUCTION

Every one’s life is subject to change in time, circumstances and conditions. For maintaining survival, man has to adjust himself with the changing conditions and for that he makes conscious attempts. How would a man adjust with his environment depends on the psychological system. By and large it depends on the nature and characteristic emotional reactions. The problem of adjustment arises at every stage of life because adjustment process is a continuous process. It continues from birth to death. Whether a man’s life will be good or bad, his personality will be cooperative or non-cooperative, he will achieve success or failure, all this depends on his level of adjustability.

Students at the school and college level suffer from irritability, worries, disturbed inter-personal relationship, resentment towards authority, worries over health and so on, which are indicative of the lack of optimum state of adjustment. So mental illness is not confined to people admitted in institutions; it also reaches into the home, into the school and it can be found among college students and teachers. Thus it is a common knowledge for the behavioral scientists in general that the problem of adjustment is of immense importance for all of us and they feel that students must be helped in developing good emotional, social, health, home, and other types of adjustment besides the intellectual development. Lehner and Kube (1955) in their preface to “The dynamics of personal adjustment”, have well emphasized the importance of adequate behavior patterns in leading a happier life by mentioning, “we would not expect to cross the desert in a boat or the ocean in an automobile, but many of us fail to realize that it is just as unrealistic to expect inadequate behavior patterns to carry us satisfactorily through the journey of life”. The present study aims at assessing the adjustment pattern of graduate and post graduate students.

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### OBJECTIVE:

The purpose of the present study is the difference related to the total, home, health, social, and emotional adjustment of graduate and post graduate students.

### HYPOTHESIS:

1. There is no significant difference between total adjustment of graduate and post graduate students.
2. There is no significant difference between home adjustment of graduate and post graduate students.
3. There is no significant difference between health adjustment of graduate and post graduate students.
4. There is no significant difference between social adjustment of graduate and post graduate students.
5. There is no significant difference between emotional adjustment of graduate and post graduate students.

### Variables:

Name of variables	Nature of variables	Number of variables	Level of variables
Type of student	Independent Variable	2	Graduate and Post-graduate
Adjustment	Dependent Variable	5	Total, Home, health, Social, Emotional

### Research Design:



### METHOD:

#### Sample:

The sample for the present study is various colleges Ahmedabad. 240 students were selected 120 were taken from graduate and 120 were taken from post-graduate students.

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### Tool:

In the present investigation measure the adjustment “Bell Adjustment Inventory” by Dr.S.M. Mohsin, Dr.Shamshad Hussian and Dr. Khursheed Jehan was used. The adjustment inventory consists 124 items with yes/ impartial /no response pattern. 31 were home, 29 were health, 32 Social & 32 were Emotional Adjustment Items. The reliability of the present modified Hindi version of Bell Adjustment Inventory was assessed. Odd-even reliability with Spearman-Brown formula and test-retest technique it is 0.92 and 0.87. High score indicate poor adjustment and lower score indicate batter adjustment.

### Procedure:

The collection of data was spread over a period of 30 days. The researchers personally visited the selected arts and commerce college students in Ahmedabad . On the schedule date the researchers meet the graduate and post graduate college students and made clear to them the purpose of administration. The researchers sought their co-operation. The instructions were explained by the researcher and the doubts were clarified. They were assured that their response will be used for research purpose only and will be kept confidential. They were suggested to give free frank and honest responses without any hesitation. The inventory was administered to the students. The inventory was collected only after they were responded by the subject. After the completion of the administration, the investigator conveyed her gratitude and thanks to the all subject for their kind co-operation. The raw scores were statistically analysed in terms of means; standard deviation and t-test were used to compare adjustment of the graduate and post-graduate college students.

### RESULTS & DISCUSSION:

The main objective of present study was to do study of adjustment of 240 students were selected 120 were taken from graduate and 120 were taken from post-graduate students. In it statistical' method was used.

Results discussions of present study are as under:

**Table-1 Total adjustment of graduate and post-graduate students**

Group	N	Mean	S.D	SE	SED	't' Value	sign.
Graduate	120	50.78	12.93	1.18	1.65	8.03	0.01
Post graduate	120	37.55	12.60	1.15			

Significant at 0.01 levels. (0.01=2.62)

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Table no.-1 shows Total adjustment of the mean of graduate students is 50.78 and post graduate students mean is 37.55 S.D. for graduate students is 12.93 and post graduate students is 12.60. For both groups 't' value is 8.03 and level of significant at 0.01. Thus the null hypothesis, number 1, which states "There is no significant difference between total adjustment of graduate and post-graduate students" was rejected. It means there is significant difference between graduate and post-graduate students of total adjustment. The conclusion is that the total adjustment of post graduate students is better of home environment, family position, responsibility awareness, high education, good health and social involvement than graduate students.

**Table No: 2 Home adjustments of graduate and post-graduate students**

Group	N	Mean	S.D	SE	SED	't' Value	sign.
Graduate	120	13.30	3.71	0.34			
					0.46	6.68	0.01
Post graduate	120	10.23	3.43	0.31			

Significant at 0.01 levels. (0.01=2.62)

Table no.-2 shows Home adjustment of the mean of graduate students is 13.30 and post graduate students mean is 10.23 S.D. for graduate students is 3.71 and post graduate students is 3.43. For both groups 't' value is 6.68 and level of significant at 0.01. Thus the null hypothesis, number 2, which states "There is no significant difference between home adjustment of graduate and post-graduate students" was rejected. It means there is significant difference between graduate and post-graduate students of home adjustment. The conclusion is that the home adjustment of post graduate students is better of home environment, family position, family member co-operation, good understanding and social involvement than graduate students.

**Table-3 Health adjustment of graduate and post-graduate students**

Group	N	Mean	S.D	SE	SED	't' Value	sign.
Graduate	120	10.96	3.98	0.36			
					0.48	5.72	0.01
Post graduate	120	8.23	3.40	0.31			

Significant at 0.01 levels. (0.01=2.62)

Table no.-3 shows Health adjustment of the mean of graduate students is 10.96 and post graduate students mean is 8.23 S.D. for graduate students is 3.98 and post graduate students is 3.40. For both groups 't' value is 5.72 and level of significant at 0.01. Thus the null hypothesis, number 3, which states "There is no significant difference between health adjustment of graduate and post-graduate students" was rejected. It means there is significant difference between graduate and post-graduate students of health adjustment. The conclusion is that the health adjustment of post

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graduate students is better of good home environment, health awareness, family member co-operation, regular running, good understanding and good food habit than graduate students.

**Table-4 Social adjustment of graduate and post-graduate students**

Group	N	Mean	S.D	SE	SED	't' Value	sign.
Graduate	120	13.12	4.50	0.41			
					0.54	5.36	0.01
Post graduate	120	10.23	3.81	0.35			

Significant at 0.01 levels. (0.01=2.62)

Table no.-4 shows social adjustment of the mean of graduate students is 13.12 and post graduate students mean is 10.23 S.D. for graduate students is 4.50 and post graduate students is 3.81. For both groups 't' value is 5.36 and level of significant at 0.01. Thus the null hypothesis, number 4, which states "There is no significant difference between social adjustment of graduate and post-graduate students" was rejected. It means there is significant difference between graduate and post-graduate students of social adjustment. The conclusion is that the social adjustments of post graduate students is better of social activities, family member co-operation, maintain inter-personal relation, good understanding, batter relationship for society and attends social function than graduate students.

**Table-5 Emotional adjustment of graduate and post-graduate students**

Group	N	Mean	S.D	SE	SED	't' Value	sign.
Graduate	120	13.41	2.30	0.21			
					0.28	10.20	0.01
Post graduate	120	8.87	2.04	0.19			

Significant at 0.01 levels. (0.01=2.62)

Table no.-5 shows emotional adjustment of the mean of graduate students is 13.41 and post graduate students mean is 8.87 S.D. for graduate students is 2.30 and post graduate students is 2.04. For both groups 't' value is 10.20 and level of significant at 0.01. Thus the null hypothesis, number 5, which states "There is no significant difference between emotional adjustment of graduate and post-graduate students" was rejected. It means there is significant difference between graduate and post-graduate students of emotional adjustment. The conclusion is that the emotional adjustments of post graduate students is better of good filling for other people, love and affection, social activities, maintain inter-personal relation, good friendship, attends social function than graduate students.

### CONCLUSION:

There is significant difference between total, home, health, social and emotional adjustment of graduate and post-graduate students. It means post graduate students are better total, home, health, social, and emotional adjustment than graduate students. The conclusion this study was higher education level affected on adjustment.

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