



## TO STUDY ADJUSTMENT LEVEL IN GRADUATE LEVEL COLLEGE STUDENTS

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### ABSTRACT :

The present study was conducted to assess various dimension of adjustment in college students. For this purpose 40 college students were selected randomly from Aurangabad district. The age group of 18 to 22 years. A AICS test was used to assessed adjustment.

**KEYWORDS :** college students, adjustments, male, female.

### INTRODUCTION

Each individual tries his best to adjust himself in various situations because Everybody has a desire to live a happy life. Positive thinking and positive behavior is essential for adjustment. he struggles against situations to make his life happy or Sometimes he surrenders before situations depending upon severity of situation . Such conflicts in life occur right from adolescent period. So this adolescent period is known critical period in life. During adolescent period especially college period a person passes through mental strain with biological, mental and emotional changes. He feels too much mental stress. To make the college period tension free parents and teachers should co-operate. Healthy life depends on tensionless adolescent period. (Pestanji 1986).

### Adjustment

“Adjustment is such process through which individual maintains the balance among the factors affecting the fulfillment of his needs”. – Boring and Lang Field

“Adjustment is interaction between an individual and environment”

In every stage of life man has to adjust himself. He has to “let go”, he has to compromise with life. Depending upon situation, he have to sacrifice his wishes, desires, ambitions, habits, ideals, values, interest and hobbies for to live peacefully. He has to be prepared to leave them or forget them. He has to live his life according to the circumstances and outside world. Throughout life he has to make compromise. We can say “life means compromise with worlds.

College students have to adjust with different situation and areas . during this period He or she plan for carriers and focus on it. There are different areas of adjustment



### Home adjustment

A person has adjusted to his family that is called home adjustment. Many areas are related with individual's life. Among all those areas family is the most important one.

### Family

Fulfill basic needs of individual and primary area of adjustment.

### Social adjustments

A person has to adjust to his society, neighborhood, various institutions or groups it is called social adjustment. Human being lives in society and every society having their norms and social rules and person have to adjust with it.

### Health adjustment

Person is surround by changing environment and situation and he or she have to adapt with it. "Health mind lives in healthy body". Healthy body means healthy and positive adjustment in life. Unhealthy person may face difficulty in adjustment.

### Emotional adjustment

Person having particular expectation from every situation and other person. When such Expectation was not fulfilled then negative emotion occurs. People have to adjust with different emotional situation and We have to adjust to our emotions like anger, fear, love etc. This called emotional adjustment.

Educational adjustment. Students have to make adjustment during their school and college days and it is called educational adjustment. Next to family adjustment educational adjustment is very much important in life.

Pre adult period or college going period is important one because adjustment at this Stage influence future of person. Proper adjustment at this stage make better and comfortable Life.

### Review of literature

Vaghela , Parikshit M., (2009), carried out research on social adjustment of Literate and illiterate people and found that there is significant difference in social adjustment level of literate and illiterate people.

Kaji, S.M., (2009) carried out research on social adjustment of married and unmarried people in Ahmedabad city and found that there is significant difference in social adjustment level of the married and unmarried people; and Married-Unmarried Males and Married-Unmarried Females.

### Aim

To study adjustment level of college students based on gender.

### Hypothesis

There would be significant difference in adjustment level in male and female.

### Research design

#### Sample of study

For the study first 40 sample of college students of both gender taken from Aurangabad. They are of 18 to 22 years.

### Research design

#### Independent variable:

- Gender : girls boys

Dependent variable

- Social adjustments

Control variable: socioeconomic status, unmarried, urban, age .

### Tools

Adjustment inventory for college students this test developed by Pro.A. K. Sinha and Dr. R .P. Singh. Reliability of test by test-retest method is .93 and validity of test is concurrent validity with hostel superintendents rated for adjustment is .58 significant at .01 level.

#### Procedure

Sample is selected randomly and AICS test was administered. After that Data was collected individually. Proper instructions were given to them. They had been assured regarding confidentiality of

data. Subject took some time to complete scale. The scale was recollected and data were tabulated and analyzed with t-test

### Result

	male	female	t-test	significanc e
mean	29.2	16.9	5.12	5%=2.048
S.D	5.54	7.04	significant	1%=2.763

### DISCUSSION

From above table it is seen that there is significant difference between adjustment level of male and female students and adjustment of female students is better than male, as mean of female is less which indicate better adjustments. Adjustment mean making balance with environment.

### CONCLUSION

From above study it is indicated that adjustment of female student is better than male students.

### LIMITATIONS

The finding of study is based on small sample.  
The sample is restricted to Aurangabad city only.  
The finding is based on elders sample only.

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