

A STUDY OF ADJUSTMENT PROBLEMS AND ACADEMIC ACHIEVEMENT OF STUDENTS AT COLLEGE LEVEL

By

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ABSTRACT

Future world is in the hands of present youth. It is a well known fact that education shapes the future of the youth. The college is the major socialization institution of the youth. College is one of the most important foundation pillars on which the youth's personality develops. Adolescents learn proficiencies in various abilities like learning process, social communications, handling emotions and the management of day-to-day interaction at home and college. In reality, the growing adolescent is dependent on the immediate environment i.e. the house and the college to meet his growth needs. The young college students face a lot of problems while adjusting with their environment at college, home and society. To find out whether these problems become hurdles in their path of academic achievement, the present study was done. 300 II year UG college students from the Arts and Science were taken for the study and their adjustment problems were analyzed with the help of an adjustment inventory. The variables taken for the study were sex, community, residence, educational qualification and the annual income of the parents. The conclusion arrived at the study was that the student's adjustment problems at home, education, society and emotion, remarkably affect their academic achievement. In other words, the students who are better in their adjustment mechanisms are able to score high academic achievement. So to tone up their adjustment ability, it can be suggested that the students can be subjected to (i) Group works and assignments, (ii) Yoga and Meditation, practice and, (iii) Guidance and Counseling.

Keywords: Adjustment, Adjustment Problems, Academic Achievement, Guidance, Counseling.

INTRODUCTION

Every individual from the time he or she steps out of the family and goes to school makes a long series of adjustments between the whole unique personality and the environment. The ardent desire of each boy and girl is to become an individual person having a healthy physique, a growing intellectual ability, a greater degree of emotional poise and increased participation in social groups, as such characteristics enhance one's personality. Even parents, teachers and other significant members of the society to which the person belongs will encourage this desire. The college is the major socialization institution of the youth. College is one of the most important foundation pillars on which the youth's personality develops. Adolescents learn proficiencies in various abilities like learning process, social communications, handling emotions and the management of day-to-day interaction at home and college. In reality, the growing adolescent is dependent on the immediate environment i.e. the house

and the college to meet his growth needs. This concern therefore extends to how the education at college level can be enhanced and improved to meet the growth needs of the youth by studying the adjustment problems and personality development of college students.

Statement of the Problem

Adjustment is a condition or state in which one feels that one's needs have to be fulfilled and one's behavior conforms to the requirement of a given culture. It is an important psychological variable which can be defined as, "An index of integration between needs and satisfaction, which remains related to achievement, social acceptance, age, sex, economic security and moral standard"(Eysenck and others, 1970). When the social and psychological needs of the adolescent college students are not gratified, it may develop adjustment problems that affect their academic achievement. Some common reactions of early adolescents which are known as depressive equivalents have been listed by Weiner (1970):

boredom and restlessness, fatigue, and bodily pre-occupation, difficulty in concentration, acting out, and flight to or from people.

Moreover, some adolescents find it difficult to adapt to an adult culture, which is undergoing rapid change. The youth of the 1950s, for example, were primarily passive and privatistic (Keniston, 1960; Gillespie and Allport, 1955). The alienated youth of that decade were followed by the strikingly different activists of the 1960s (Keniston, 1968). Benjakul and Cheunarrom (2000) studied adjustment problems and academic achievement among dental students at Thailand and found that the most severe adjustment problems were related to adjustment to college work. Raju and Khaja Rahamtulla, (2007) studied the adjustment problems of school students from urban and rural schools of Vishakapatnam district. They found that adjustment of school children is primarily dependent on the school variables like, the class in which they are studying, the medium of instruction present in the school, and the type of management of the school. Parental education and occupation of the school children also significantly influenced the adjustment.

Those who falter or fail in the adjustment process may be considered emotionally immature, maladjusted, or mentally ill. They might be visualized on a continuum extending from minor emotional problems to serious mental illness. Their difficulties may show in attitudes towards themselves such as lack of confidence or guilt feelings. Their poor adjustment may come to light in fellow relationships. An understanding of the ways and means of adjustment in various areas of living, especially in college life brings to light some effective adjustment mechanisms. So the investigator conducted a study entitled, "A study of adjustment problems and academic achievement of students at college level."

Objectives

- (i) To assess the adjustment problems of the college students in Coimbatore.
- (ii) To assess the total academic achievements of the college students in first year exam of UG – Under Graduate.
- (iii) To find out whether there is any significant difference

between the adjustment problems of the following:

- Male and female college students.
- Rural and urban college students.
- College students belonging to backward community and other community.
- College students with regard to their parents' educational qualifications (Pre-degree and Degree level).
- College students belonging to high and low income group.

- (iv) To find out whether there is any relationship between the adjustment problems and academic achievement of the college students.

Research Procedure

A "Descriptive Survey" method was used in order to study the adjustment problems and academic achievement of college students studying in the following colleges (Figure 1).

- Dr. NGP Arts and Science College.
- Hindustan Arts and Science.
- SNR Sons College.
- Karpagam Arts and Science College.
- SNMV College of Arts and Science.

Three hundred 2nd year UG college students, from arts and science were selected through Random Sampling Technique. An adjustment inventory was prepared with the guidelines of the inventory of Dr. D.N. Srivastava and Dr.

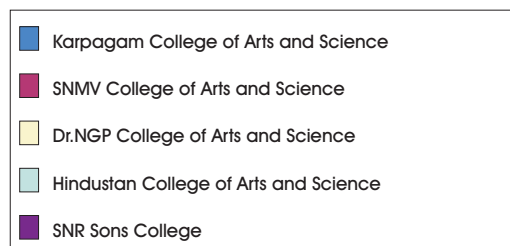
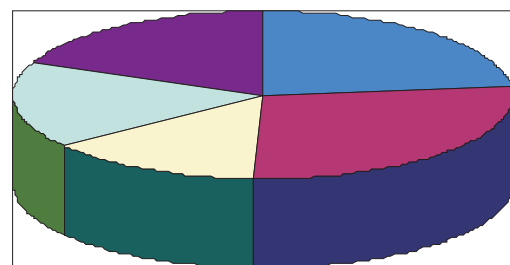


Figure 1. Sample Distribution

Govind Tiwari of Department of Psychology, Agra. It consisted of a bio-data and 80 questions covering the adjustment problems in the following fields (Table 1).

- Home adjustment.
- Educational adjustment.
- Emotional adjustment.
- Social adjustment.

Each section consisted of 20 questions. The face validity and the content validity of the inventory were checked with the help of the experts in the field of psychology and with college teachers. The reliability of the tool was checked by using Test-Retest method.

Personal data and family background was sought through bio-data. The responses were taken in closed type (yes/no). The pilot study was done with 30 second year UG students of SNR Sons College-15 arts and 15 science students. The data was collected with the help of the Head and Staff of all the five colleges. Scores were calculated with the help of the prepared scoring key. In order to analyze and interpret the data gathered from the sample students, the mean score technique was used in the study. The variables taken for the study are sex, community, residence, educational qualification and the annual income of the parents. Each variable has been classified into two sub-variables and they have been indicated in the following Table 2. 't' scores were computed to compare the significant difference between the sub-variables of the sample.

Findings, Results and Interpretation

In order to find out the significance of the mean of two variables, the investigator has used differential study. The mean adjustment scores obtained for the variables under the study has been given in Figure 2.

S.No.	Section	Aspects	No. of Items
1	Home Adjustment Problems	Relationship with Parents, Siblings	20
2	Educational Adjustment Problems	Relationship with lecturers, syllabus, etc.	20
3	Emotional Adjustment Problems	Emotional disturbances like frustration, depression, etc.	20
4	Social Adjustment Problems	Relationship with peer groups, sociability, friendship, etc.	20

Table 1. The Items of Adjustment Inventory

S.No.	Variables	Sub-Variables
1	Sex	Male, Female
2	Community	BC, OC
3	Residence	Rural, Urban
4	Educational Qualification of Parents	Pre-Degree, Degree
5	Annual Income of Parents	Low, High
6	Academic Achievement	Below 68%, Above 68%

Table 2. Variables and Sub-variables

The findings like the values of mean, standard deviation and the 't' values are given in the following Table 3.

The Product Moment Correlation Coefficient details are given in Table 4. The 'r' value (0.28) is significant at 0.01 level. This indicated that there is significant difference between the adjustment problems and academic achievement of college students. The final conclusion is that, there is a definite relationship between the adjustment problems and academic achievement of college students in Coimbatore.

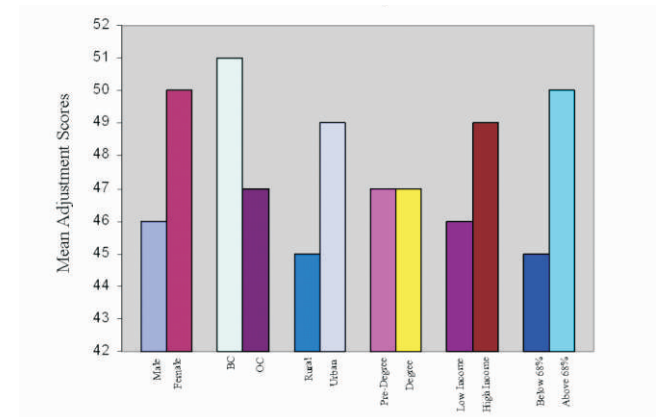


Figure 2. Bar Diagram showing the Mean Adjustment Scores of Variables Under Study

S.No.	Variables	Number	Mean	S.D	"t"	Level of Significance
1	Male	180	46	2.3		
2	Female	120	50	3.6	11.1	Significance at 0.01 level
3	BC	67	51.47	4.02	8.00	Significance at 0.01 level
4	OC	233	46.66	2.08		
5	Rural	124	45	3.08		
6	Urban	176	49	3.00	11.8	Significance at 0.01 level
7	Pre-degree	158	47.21	2.51	0	Not significant
8	Degree	142	47.08	3.54		
9	Less than Rs.70,000	137	46.23	2.70	8.6	Significance at 0.01 level
10	More than Rs70,000	163	49.32	3.31		
11	Below 68%	168	45.18	2.41	13.9	Significance at 0.01 level
12	Above 68%	132	50.22	3.63		

Table 3. Mean, SD and "t" Value of Adjustment Scores of Male and Female Students

N	Σx	Σy	Σxy	Σx^2	Σy^2	r	Significant Level
300	14156	20275	965264	700522	1397945	0.28	Significant at 0.01 level

Table 4. The Correlation Coefficient

The results from the above findings are,

- (i) There is significant difference between the mean adjustment scores of
 - Male and female students.
 - BC and OC students.
 - Rural and Urban students.
 - Students of low and high income groups.
 - Students of low and high academic achievements.
- (ii) There is no significant difference between the students whose parents are at pre-degree and degree level.
- (iii) The academic achievement of college students is highly correlated with the percentage of their adjustment ability.

Conclusions

The conclusions are arrived as follows:

- The female students are found to be better than male in tackling their adjustment problems. This reveals the fact that among the same age level, females seem to be more mature than the males.
- The BC students appear to deal their adjustment problems better than the OC students.
- The urban students are found to be highly adjusted than the rural students. This is because students from urban areas get all facilities and face fewer problems than that of the rural students.
- The adjustment ability of the students has no connection with the educational qualification of their parents. Both the low and high qualified parents have the same parental care at home.
- The students of high-income group are found to be better in adjusting with their environment than the students of low-income group. The reason may be the high-income group students are provided with

moderate luxurious life but the low-income students have to struggle for their basic needs.

- The students who have high academic achievement are better in dealing with their adjustment problems than the students with low academic achievement.

In other words it can be concluded that the students who are better in their adjustment mechanisms are able to score high academic achievement. On the other hand the students with the low adjusting ability get low academic achievement.

The final conclusion is that the student's adjustment problems at home, education, society, and emotion remarkably affect their academic achievement. It is very clear that some solutions should be sought to improve the student's academic improvement and as well as their personality development. So the following recommendations are suggested. These educational implications play a vital role in the personality development of the youth.

Educational Implications

The academic achievement of the student not only depends on his intelligence and knowledge but on his complete personality. Their attitudes, self concept, mode of adjustment, reaction to frustrating situations are important in determining the dynamic aspects of their personality. Youths' characters are compared to a mass of clay that can be easily blended by the teachers and lecturers accordingly. Students are easily affected by their environmental conditions.

- At home-Misunderstanding with elders, financial problems.
- Society-Recognition problems.
- Schools and Colleges-Difference of opinion with teachers and friends.
- Personal-Physiological and psychological disturbances.

All these adjustment problems have a direct influence on academic achievement. Sometimes, the pressures, which bear down upon youth, threaten destruction or serious injury to their personality and then they judge themselves helpless. Since the present study has proved that all these adjustment problems affect the academic achievement

of the college students it is important to take care of the toning up of the adjustment capability of the college students. For effective toning up of social, educational, emotional and home adjustments of college students, the following implications are suggested.

- Group Assignments.
- Yoga Practice.
- Guidance and Counselling.

Group Assignments

Providing more opportunities for group discussions, group projects and involving the students compulsorily in a few group games and arranging a 10 days compulsory social service camp in rural areas, for (e.g.) blood donating camp can help the students to prevent the adjustment problems. All these group works and working with public, tone up the mutual adjustment, emotional, home, social and college adjustment of the students.

Yoga

Yoga helps to improve one's productivity, efficiency, relationship and level of self-fulfillment. It undoubtedly enhances the memory, decision-making capacity and ability to concentrate in every work undertaken almost 100% in a few weeks of practice. It also helps center our energy, reduce stress, activate creativity and regularize metabolic activity. It not only acts as an effective and complete cure and preventive for several chronic diseases but also enhances our personality development. The above said magnificent effects of yoga can be achieved if the college students are compulsorily subjected to practices of yoga. In this modern world of fantasy, we see a drastic increase in luxurious attractions, which increase the problems in youth hand in hand. Now a days the rate of

"youth suicide" is increasing remarkably. The only magic and scientific solution for reducing suicides is Yoga. So it is highly recommended to provide a Yoga training to the college students by proper professionals.

Guidance and Counselling

Guidance and counselling help the individuals in the following specific ways.

- To help the individuals to understand and formulate their problems.
- To show them how to appraise their own strengths and weaknesses.
- To assist them in developing goals and objectives which are realistic in terms of their abilities and opportunities.

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