



A STUDY TO ASSESS THE ADJUSTMENT PROBLEM FACED BY THE FIRST YEAR STUDENTS OF SELECTED COLLEGE, MANGALORE

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ABSTRACT

The study at Srinivas Institute of Nursing Sciences in Mangalore used a descriptive quantitative research approach, with 50 first-year nursing students as the sample, using demographic form and modified SACQ. The study was conducted with permission from Srinivas Institute of Nursing Science, Mangalore, and data collection was done on 05/03/2023, with 50 subjects selected using nonprobability purposive sampling technique. A study result was shown that The study found that the majority of first-year college students face moderate level of adjustment problems related to the new academic environment. The majority of subjects were female, had 1 to 2 siblings, and had no prior experience of hostel stay. The frequency distribution of academic, psychological, economic, social, and hostel adjustment factors showed that most respondents had moderate levels of adjustment problems. The study found no significant association between adjustment problems and the selected demographic variables. A study was concluded that The study revealed that first-year B.Sc. nursing students face moderate adjustment problems, with no significant correlation between these issues and their demographic variables.

Key words: adjustment problem, first year students, assess, selected college

INTRODUCTION

Education facilitates learning and acquisition of knowledge, skills, values, and habits. Adjustment, a behavioral process, includes emotional, social, and academic adjustments. University students face multifaceted problems, including academic, social, personal-emotional, and institutional attachment.¹ The first year of college life is often stressful and overwhelming for students, involving social and intellectual challenges, emotional stressors like loneliness, home sickness, grief, confusion, and uncertainty, and the loss of primary support systems. Despite the excitement of attending college, many students struggle to complete their studies due to adjustment difficulties.² Adjustment is a psychological concept involving behavior to cope with demanding environments, such as college, where first-year students often experience mental and physical distress. Tinto and Kidwell studies reveal 40% of American college students feel unprepared for a degree, while 57.9% of Canadian students have graduated within six years. Smith&Rink highlights that university life stressors like future planning, exams, assignments, professors, and financial independence can lead to over-wellness, with adjustment difficulties being the most common problem among first-year students.³ Previous studies suggest four aspects of college adjustment include academic, social, personal, and institutional changes, requiring changes in roles, relationships, and academic and social

demands.⁴Yusufaserts highlights challenges faced by students in higher education, including economic, psychosocial, and educational health issues, particularly in first-year colleges, and cultural and language barriers.⁵ Assessing students' alternative coping strategies, such as help seeking, is crucial for addressing challenges and ensuring they receive support and understanding from others.⁶

OBJECTIVES

The objectives of the study were to;

- Identify the adjustment problems faced by the students.
- Find the association between the level of adjustment problem and their selected demographic variables.

METHODOLOGY

Research approach: The study utilized a quantitative research design due to the chosen problems and objectives, combining both qualitative and quantitative methods for a comprehensive investigation.

Research design: A research design is the plan or organization of a systematic investigation, providing the structure and determining how the study will be organized.

Setting: The study was conducted at Srinivas Institute of Nursing Science in Mangalore, Karnataka, focusing on the physical location and conditions for data collection.

Population: The study aimed to sample first-year BSc Nursing students at Sriivas Institute of Nursing Science.

Sample: The study involved 50 first-year BSc nursing students from Sriivas Institute of Nursing Science in Mangalore, Karnataka.

Sampling techniques: This study utilized a non-probability purposive sampling technique to select subjects from the population to represent the entire population.

DATA COLLECTION TECHNIQUE

INSTRUMENTS

An instrument is a device used to measure the concept of interest in a research project. The instrument used in this study was,

- Tool1:Demographic proforma
- Tool2:Modified student adaptation to college questionnaire (SACQ)

RESULT

SECTION A: description of subject characteristics:

Table1: Frequency and percentage distribution of subject characteristics.

n =50

Sl No	Variables	Frequency (f)	Percentage (%)
1	Age in year		
		a) 17-27	54.0%
		b) 18-15	30.0%
		c) 19-8	16.0%
2	Sex		
		a) Male 10	20.0%
		b) Female 40	80.0%
3	Religion		
		a) Hindu 24	48.0%
		b) Christian	
		c) Muslim 24	48.0%
		2	4.0%
4	Residence		
		a) City 24	48.0%
		b) Village	
		26	52.0%
5	No. of siblings		
		a) 0-5	10.0%
		b) 1-2	
		c) 3or more	

		41	82.0%
		4	8.0%
6	Previous experience of hostel stay		
	a) Yes	9	18.0%
	b) No		
		41	82.0%

Section B: Distribution of samples according to adjustment problems faced by first year college students.

Table 2: Adjustment problems level of first year college students

n=50

Level of adjustment	Frequency	Percentage
Low	12	24%
Moderate	32	64%
High	6	12%

The data presented in the table no. 2 depicts that in the majority of 32(64.0%) having moderate level of adjustment problem followed by 12 (24.0%) has low level of adjustment problems and 6(12.0%) has high level of adjustment problems.

SECTION C: Frequency distribution academic adjustment ,psychological, economic, social and hostel adjustment

Table3 showing the frequency academic, psychological, economic, social and hostel adjustment.

n =50

Level of factors contribution	Academic adjustment (N, %)	Psychological Adjustment (N, %)	Economical Adjustment (N, %)	Social Adjustment (N, %)	Hostel Adjustment (N, %)
Low	15(30%)	20(40%)	14(28%)	15(30%)	21(42%)
Moderate	23(46%)	18(36%)	22(44%)	22(44%)	16(32%)

High	12(24%)	12(24%)	14(28%)	13(26%)	13(26%)
Total	50(100%)	50(100%)	50(100%)	50(100%)	50(100%)

The table 03 reveals that 24% of respondents experienced high levels in academic adjustment, 46% experienced moderate adjustment, and 30% had low levels in psychological, economic, social, and housing adjustment.

Section D: Significant association between the adjustment problems and the selected demographic variables.

Table 4 Chi square value showing association of adjustment problem level with demographic variables.

n =50

demographic variables	Below median	Above median	df	Chisquare value	Inference
AGE					
17	15	12	2	1.823	NS
18	11	4			
19	6	2			
SEX					
Male Female	7	3	1	.195	NS
	25	15			
RELIGION					
Hindu	14	10	2	5.150	NS
Christian	18	6			
Muslim	5	2			
RESIDENCE					
City	16	8	1	.142	NS
Village	16	10			
NO. OF SIBLINGS 0 1-2 3or more					

	4 27 1	1 14 3	2	3.257	NS
PREVIOUS EXPERIENCE OF HOSTEL STAY Yes No	6 26	3 15	1	.034	NS

(S-Significant,NS-Non-significant)

Table 4 shows that ,there is no significance between the academic adjustment and selected demographic variables.

Table 5 Chi square value showing the association between the economic maladjustment problem and the selected demographic variables.

n =50

Demographic variables	Below Median	Above Median	Df	Chi square value	Inference
AGE					
17	14	13	2	1.059	NS
18	9	6			
19	3	5			
SEX					
Male Female	3 23	7 17	1	2.424	NS
RELIGION					
Hindu	13	11	2	2.257	NS
Christian	13	11			
Muslim	0	2			

RESIDENCE					
City Village	12	12	1	.074	NS
	14	12			
NO. OF SIBLINGS					
0	4	1	2	5.949	NS
1-2	22	19			
	0	4			
3or more					
PREVIOUS EXPERIENCE OF HOSTEL STAY	3	6	1	1.532	NS
Yes	23	18			
No					

Table 5 reveals no significant association between economic adjustment issues and selected demographic variables.

Result: Chi square values were calculated to find the association between adjustment problems and the selected demographic variables, the result interpreted that there is no significant association between adjustment problems and selected demographic variables. Hence the null hypothesis(H0) was rejected.

Discussion

Section A: Description of subject characteristics

The study found that the majority of the subjects were 17 years old, female, Hindu, living in city or village, having no siblings, and having no previous hostel experience.

Section B: distribution of samples according to adjustment problems faced by first year college students.

The collected data shows that majority of 32(64.0%) having moderate level of adjustment problem followed by 12(24.0%) has low level of adjustment problems and 6(12.0%) has high level of adjustment problems.

Section C : Frequency distribution of academic, psychological, economical , social and hostel adjustment

The study found that 24% of respondents had high levels in academic adjustment, 46% had moderate level, and 30% had low level in psychological, economic, social, and housing adjustment.

Section D: Significant association between adjustment problems and selected demographic variables.

The study used Chisquare values to examine the relationship between adjustment problems and selected demographic variables, finding no significant association, thus rejecting the null hypothesis.

CONCLUSION

The study found first-year nursing students face moderate adjustment problems, with no significant association found between these problems and demographic variables, according to the findings.

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