

A COMPARATIVE STUDY OF ADJUSTMENT AMONG URBAN AND RURAL STUDENTS

Dr. Renu Jalal, Assistant Professor,

Ms. Rati Rani Chaudhary, Research Scholar

M.B. Govt. P.G. College, Haldwani (Nainital) Uttarakhand, 263139

E-mail: ratichoudhary719@gmail.com

Abstract:

Adjustment is not only the problem of one society but it is the problem of all societies. Whole society is divided based on culture, region and economic status. In this stage student's especially feel many adjustment problems. The present study is a comparative study regarding adjustment among college students living in urban and rural areas. The adjustment inventory by Dr. **A.K.P. Sinha and Dr. R.P. Singh** were administered on 80 randomly selected college students of urban and rural areas from Nainital district of Uttarakhand. The sample has 80 college students in 40 were, 40 urban (20 male and 20 female) college students and 40 rural (20 male and 20 female) college students. The obtained data was analyzed with the help of t-value, to know the mean difference between urban and rural college students. In this study, null hypothesis is accepted and found no significant difference between adjustment among urban and rural students. That overall the score of rural areas student's were higher in comparison to urban area's students.

Key words: Adjustment, Urban, Rural college students.

1. Introduction:

The greatest psychologist of 20th Century, **Freud** said, "Man is a pleasure seeking animal". All his activities, actions and efforts are directed towards the satisfaction of basic instincts. He feels happy to fulfill his wants, which are numberless and ever increasing. Further, his will not change with time, place and environment. He always desires to fulfill his goal to maintain a physical as well as psychological balance. In the process of life, he is likely to face contradictions and confrontation, which in turn compel him to acquire certain knowledge of social skill, which help him to service as well as socialize.

Darwin, who used it as adaption to survive in physical world, first gave the concept of adjustment. The term adjustment is often used as a synonym for accommodation (**Monroe, 2007**).

Adjustment is a continual process by which a person varies his behavior to produce a more harmonious relationship between himself and his environment (**Gate, and Others**). According to **Vonhaller**, "We can think of adjustment as psychological survival in much the same way as biologist uses the term adaptation to describe physiological survival. In **Encyclopedia Britannica** (1968, Vol.I) is stated that adjustment (in psychology) is the process of behavior by which all creatures maintain an equilibrium between their needs and demand obstacles of the environment. It is therefore a harmonious relationship with the environment involving the ability to satisfy most of one's need and meet most of the demands both physical and social that are put upon one. According to **Dictionary of Behavioral Science**, edited by W. Wolman. Thus, we may say that adjustment is a process of maintaining a balance between the needs such as physical, social, psychological and the circumstances the influence the satisfaction of these needs. In other words, adjustment is a state in the condition of harmony arrived by a person whom we call "**well adjusted**".

There are some characteristics of a well adjustment person i.e. physically adjusted, emotionally adjusted, awareness of own strengths and limitations respecting one's self and of others. Socially adjusted, flexibility of behavior, capable of struggling with odd circumstances and satisfaction of the basic needs, good adjustment helps person to overcome from different difficulties. It helps to make good relationship with the society, with peer group. In other way, there are some factors causing adjustment problem i.e. stress, pressure, anxiety and conflict.

2. Major Aspects of adjustment among college students:

- (A) Home Adjustment
- (B) Health Adjustment
- (C) Social Adjustment
- (D) Emotional Adjustment
- (E) Educational Adjustment

3. Review of Related Study:

Alam, Dr. Md. Mohmood (2018) in their study found that there no significant difference in adjustment of senior secondary school students across gender (male and female), locale (rural and urban), academic steam (Science and social science) and types of school (government and private).

Kumar, Dr. R. and Tonk, D. (2018) in their study they found that urban adolescents have more emotional adjustment and social adjustment problems in their life. In view of educational adjustment of urban and rural adolescents, the adolescents to rural locality have more education adjustment problems.

Singh, Dr. P. and Edbor, A. and. Dhingra,Dr. J.S. (2017) attempt to examine the major problem of adjustment among college going students. Sample for the study included 64 college going students (32 boys and 32 girls) from ten different colleges from Nagpur. The data were analyzed by mean, standard deviation and t-value. It was found that there is significant difference between in home adjustment, emotional adjustment and health adjustment of college students. In social adjustment result, show there is no significant difference between social adjustments of college going students.

Chamyal and Manral (2017) have reported that urban students are better adjusted than rural students, private school students are better than adjusted than government school students.

Gul and Ganai (2015) found the female graduate students have more problems related to their overall adjustment than male students.

Sangeeta and Chirag (2012) found the female college students have more adjustment problems than male college students.

4. Statement of the problem:

“A comparative study of adjustment among urban and rural students”

5. Objective of the study:

- i. To compare students on their adjustment level in urban and rural areas.
- ii. To compare boys and girls on their adjustment level in rural areas.
- iii. To compare boys and girls on their adjustment level in urban areas.

6. Hypothesis:

There is no significant difference between adjustment among urban and rural students.

7. Methodology:

7.1 Sample:

The sample was constituted with 80 students which included 40 urban areas and 40 rural areas students, the age group of 18 to 24 years studying in graduation and post-graduation. They were selected randomly for different colleges of Nainital district. The sample consisted of both male and female students.

7.2 Tool used:

The adjustment inventory by **Dr. A.K.P. Sinha and Dr. R.P. Singh** is used to measure the adjustment of students. The inventory consists of 102 items and is based on 5 major areas of adjustment i.e. home adjustment, health adjustment, social adjustment, emotional adjustment and educational adjustment.

7.3 Data Analysis:

To fulfill the main objective of the study the data were calculated with the help of statistical techniques using mean, standard deviation and t- value.

8. Result and Discussion:

Table 1

Table-1 shows Mean, S.D. and t- value of college students adjustment with regard to type of locality

Type of Locality	N	Mean	S.D.	T-value	Level of significance
Urban	40	33.63	2.31	0.635	0.05 Not significant
Rural	40	35.16	2.92		0.01 Not significant

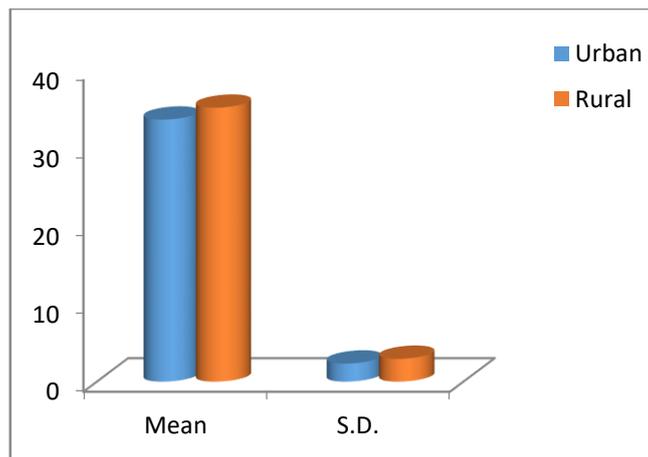


Fig.1: Mean & SD value of college students adjustment with regard to type of locality

The main objective of this study is to test the adjustment level of college students living in urban and rural areas. Table 1 and figure 1 shows that the Mean and SD score of college students of urban areas is 33.63 and 2.31. Similarly Mean and SD value of college students of rural areas is 35.16 and 2.92. The mean score on adjustment of rural students is higher than urban students. The t-value of adjustment of urban areas college students and rural areas college students is 0.635. It is less than with degrees of freedom at 0.05 and 0.01 levels of significance.

Hence, Null hypothesis is accepted that there is no significant difference between adjustment among college student living in urban and rural areas.

Table 2

Table -2 shows Mean, SD and t-value of college student’s adjustment with regard to Gender of urban areas

Gender	N	Mean	S.D.	T-value	Level of significance
Boys	20	35.4	3.67	0.282	0.05 Not significant
Girls	20	30.66	2.81		0.01 Not significant

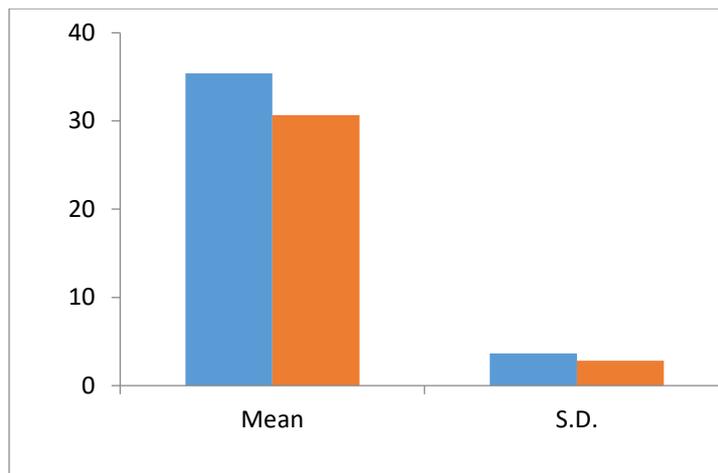


Fig.2: Mean & SD value of college student's adjustment With regard to Gender of urban areas

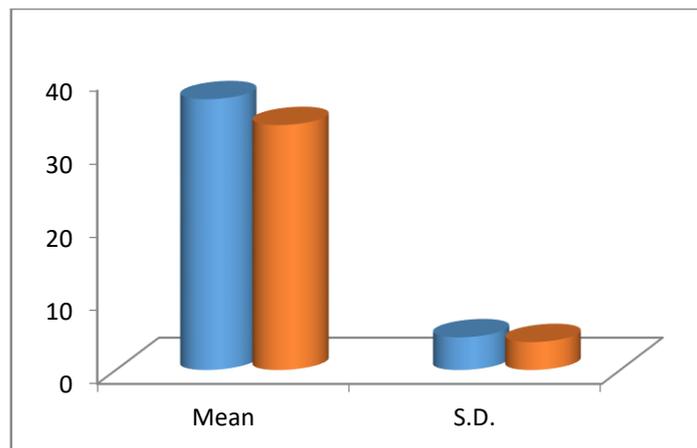
The main objective of this study is to test the adjustment level of college students living in urban areas. Table 2 and figure 2 shows that the Mean and SD score of college boys of urban areas is 35.4 and 3.67. Similarly Mean and SD of college girls of urban areas is 35.16 and 2.81. The mean score on adjustment of urban areas boys is higher than urban girls. The t-value of adjustment of urban areas boys and girls is 0.282. It is less than with degrees of freedom 38 at 0.05 and 0.01 levels of significance.

Hence, Null hypothesis is accepted that there is no significant difference of adjustment among college students living in urban areas.

Table 3

Mean SD and t- value of college student's adjustment with Regard to gender of rural areas

Gender	N	Mean	S.D.	T-value	Level of significance
Boys	20	36.93	4.45	0.427	0.05 Not significant
Girls	20	33.4	3.80		0.01 Not significant



**Fig.3: Mean & SD value of college students adjustment with
Regard to Gender of rural areas**

The main objective of this study is to test the adjustment level of college students living in rural areas. Table 3 and figure 3 shows that the Mean and SD score of college boys of rural areas is 36.93 and 4.45. Similarly Mean and SD of college girls of rural areas is 33.4 and 2.80. The mean score on adjustment of rural areas boys is higher than rural areas girls. The t-value of adjustment of rural areas boys and girls is 0.427. It is less than with degrees of freedom 38 0.05 and 0.01 levels of significance.

Hence, Null hypothesis is accepted that there is no significant difference between adjustments among college students living in rural areas.

9. Major findings of the study:

- (i) There is no significant difference between college students in relation to their living locality.
- (ii) There is no significant difference between college students living in urban areas in relation to their gender.
- (iii) There is no significant difference between college students living in rural areas in relation to their gender.

10. Conclusion:

On the basis of findings of the present study, it can be concluded that there is no significant difference between adjustment among college students living in urban and rural areas. Null hypothesis is accepted. In the present study we found there is

no significant difference between level of adjustment among college students living in urban and rural areas. So it can be said that rural areas students have more adjustment problems in comparison with the urban areas students. Urban area in related to their gender there is no significant difference between adjustments among college students in urban areas. Therefore, it can be said that the urban male students have more adjustment problems in comparison with the urban female students, rural areas in related to their gender there is no significant difference between levels of adjustment among college students. Overall, in the study we found male students have more adjustment problems with the comparison of female students in both areas urban and rural.

Reference:

1. Alam, M.(2018). Study of adjustment among senior secondary school students. *International Journal of Creative Research Thoughts*, Vol. 6 (I), P.P. 47-55.
2. Kumar, R., and Tonk, D. (2018). Adjustment among urban and rural adolescents: A psychological study. *Journal of Indian Research*, Vol-6 (3), P.P. 49-53.
3. Bhagat, P. (2017).Educational Adjustment and Self-Efficiency of Secondary school in relation to their Gender and type of School. *International Journal of research in social science*, Vol-7 (5).
4. Singh, P.,Edbor,A.K.,and Dhingra, J.S. (2017).Home, Health, Social and Emotional adjustment among first year students. *Global Journal for Research Analysis*, Vol-6 (3), P.P. 100-103.
5. Menaga, S., and Chandrasekaran, V. (2015).A study on Adjustment of College students. *An International Peer Reviewed Scholarly Research Journal for Interdisciplinary Studies*, Vol-III/IV, P.P. 2622-2629.
6. Nema, S.,Sovidha., Bansal, I. (2015).Adjustment among M.Tech. Student's of Banasthali University. *International Journal of Scientific and Research Publication*, Vol-5 (2), P.P. 01-04.
7. Chauhan R. (2015).Adjustment. *Educational Psychology*, Page no. 402, first edition, Agarwal Publication.

8. Verma, P., Shrivastav, D.N., and Rajput, A. S., Adjustment frustration, tension and conflict. *Child Psychology: Child Development (Human Development)*, first edition, 2014-15, Agarwal Publication.
9. Jain, S. (2009). Mental Health and Adjustment: *Development of learning and teaching learning process*, p.n. 224-225, Arnav Publication.
10. Chhabra, A. Study of Adjustment and Anxiety among professional and non-professional college students. *Bhartiya Bhasha, Shiksha, Sahitya evam shodh*, Vol-5 (I),P.P.88-94.