

Adjustment with respect to Health among College Students of Nagaon District -An Overview

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ABSTRACT:

Health is a situation of whole physical, intellectual and social prosperity and absence of illness or disorder. It is one of the most significant perspectives for the prosperity of human. Actually, being healthy is a state wherein one is fit and without any physical and dysfunctional behavior. The aim of the current study is to contemplate the health adjustment of college students and descriptive survey method has been used for that reason. An aggregate of 650 college students were chosen from 7 colleges of Nagaon district of Assam by applying stratified random sampling method. The Bell's Adjustment Inventory (BAI) developed by Dr. R. K Ojha has been utilized for information assortment as a tool. Simple percentage, Mean, Standard Deviation and t-test have been applied for analysis of data. The major findings of the investigation revealed that the students of colleges have adjustment problems in the health area. The adjustment of the female students of colleges is significantly better than the male students in the health area. The adjustment of the students of urban institutions is significantly better than the students of rural institutions in the health area.

Keywords: Adjustment, Health, and Student.

1.1 Introduction:

Health plays prime role in the development of one's personality. As defined by World Health Organization (WHO), health may be a "State of complete physical, mental, and social well being, and not merely the absence of disease or infirmity." Physical health is the anatomical integrity and physiological functioning of the body. To say an individual is physically healthy-all the body parts should be there, all of them are in their natural place and position, none of them has any pathology; all of them do their physiological functions properly and that they work with one another harmoniously. Mental health is that the ability to find out and think clearly. A person with good psychological state is in a position to handle day-to-day events and obstacles, work towards important goals, and performance effectively in society. Social health is the ability to make and maintain acceptable interactions with other people.

Health can also be a dynamic situation resulting from a body's regular adjustment and adaptation in response to stresses and adjustments inside the surroundings for keeping an internal equilibrium known as homeostasis. Sound health is that the source of satisfaction and adjustment. Health adjustment is the ability to adjust physically and mentally in different type of atmosphere without causing any impact on health. Healthy adjustment is important for normal growth of a private within the life and education. Education trains man and women for the healthy adjustment in various life situations.

1.2 Significance of the Study:

Students who attend colleges for undergraduate education are generally youths. Transition from school to college may be a complex process for nearly all students. Students' entries into the colleges often met with challenges. They need social support from their parents, peers also as college authorities. Most students are move away from home to attend higher institution or college. Such transition to higher institutions or colleges usually reduces contact and social support from friends and relations. They experience a good sort of difficulties in making satisfactory adjustments to college life.

Since pursuing college degree, students put their major time, energy and money into it, it's crucial to offer proper attention to the issues associated with adjustment. Adjustment difficulties

arise from the differences between the expectations of the scholars and realities of college life. A major adjustment difficulty could mean an inability to graduate which successively can affect their future. Considering the age of the students of undergraduate level, it may be say that they are at the age of post adolescents' period of transition. Charlotte Pope (1943) did extensive systemic study on the problems of adolescents and stated that health adjustment is one of the important problems of adolescents during college life.

The investigators feels that with the change in science and technology and to cope up with the demanding world or society, the students have to pass through various health related problems in addition to college, family, society and personal as well as study involvement problems. Thus, keeping these in view and demands of society, the

investigators thought of selecting the problem as under.

1.3 Statement of the Problem:

The major aim of the investigation is to study the Health adjustment problems of the students who are still studying at undergraduate level. Taking the issue of this special group's problem as important one, the research problem undertaken for the present study has been entitled as **“Adjustment with respect to Health among College Students of Nagaon District- An Overview”**.

1.4 Objectives of the Present Study:

The objectives of this study are as following.

1. To study the health adjustment problems of the students of undergraduate level.
2. To study the health adjustment problems of the students according to gender (Male & Female).
3. To study the health adjustment of the students according to the location of college (Rural & Urban).

1.5 Hypotheses:

The following hypotheses are frame for the present study based on the above objectives.

- H₀₁** -There is no significant difference in the health adjustment of students of undergraduate level according to gender (Male & Female).
- H₀₂** -There is no significant difference in the health adjustment of the students according to the location of college (Rural & Urban).

1.6 Delimitation of the Study:

The study is delimited within students, geographical area and procedural aspects. The study is concerned with the students presently studying at undergraduate levels in general degree colleges of Arts faculty only. The area of the study is confined to the Nagaon district of Assam and the present study included the provincialized general degree colleges affiliated to the Gauhati University. The procedural delimitations are the sample of the study and the scale used by the researcher.

2.1 Method of the Present Study:

The Descriptive Method of research has been used in the present study. The type of descriptive research method applied in this study is the “Survey study” method.

2.2 Study Area:

The study has been conducted within the provincialized colleges of Nagaon district of Assam.

2.3 Population of the Study:

The population of this study comprises the students of all the 21(twenty one) provincialized general degree colleges (5 urban and 16 rural) of Nagaon district of Assam.

2.4 Sample and Sampling Design:

In the present study sampling has been done at two stages as (A) Selection of sample of colleges and (B) Selection of sample of students.

(A) Selection of Sample of Colleges:

The Stratified Random Sampling method has been employed in selecting the sample of colleges and the total sample of colleges for the present study consisted of 7 provincialised general degree colleges in Nagaon district.

(B) Selection of Sample of Students.

The present study has included 'Gender' and 'Location of colleges' are the variables for analysis, stratified random sampling method (proportionate allocation) has been followed for selection of sample of students from each of the selected colleges. The stratified random sampling method (proportionate allocation) has been followed for selection of sample of students from each of the selected colleges. Taking 30% from each of the stratum, the total sample for the present study consisted of 650 undergraduate students of which 440 are students of rural colleges (219 male and 221 female) and 210 are students of urban colleges (99 male and 111 female). Thus, the total numbers of male and female students in the present study are 318 and 332 respectively.

2.5 Tools Used for Data Collection:

To carry out any research the selection of research tools must be such that data can be gathered to test the hypothesis effectively. The Adjustment Inventory used in the present study has been developed by Dr. R. K. Ojha on the basis of Bell's Adjustment Inventory (Students Form).

2.6 Statistical Method Applied for Analysis of Data:

In the present study, the obtained data are subjected to a number of statistical analyses. All the data are analyzed with the help of computer using SPSS (Statistical Package for the Social Sciences). The Simple percentage, Mean, Standard Deviation and t-tests are used for analysis and interpretation the data.

1. Analysis of Data And Interpretation

The percentage distribution of the students in the different categories of adjustment in health area is presented in the Table 3.01.

Table-3.01
Percentage Distribution of the Students in the Different Categories of Adjustment in Health Area

Area of Adjustment	Category of Adjustment	Range of Scores	Students	
			Total (N=650)	
			Number	Percentage
Health	Excellent	Below 1	-	-
	Good	1-3	3	0.46
	Average	4-10	521	80.16
	Unsatisfactory	11-13	120	18.46
	Very unsatisfactory	14 & above	6	0.92

It is observed from the Table 3.01 that, 80.16 per cent of the students are in average

category followed by 18.46 per cent in unsatisfactory, 0.92 per cent in very unsatisfactory and 0.46 per cent are in good category of adjustment in the health area. There is no student in excellent category of adjustment. It is also observed that the majority of the students are in average category of adjustment in the health area.

The percentage distribution of the students in the different categories of adjustment in health area is presented with the help of bar diagram (Figure-3.01).

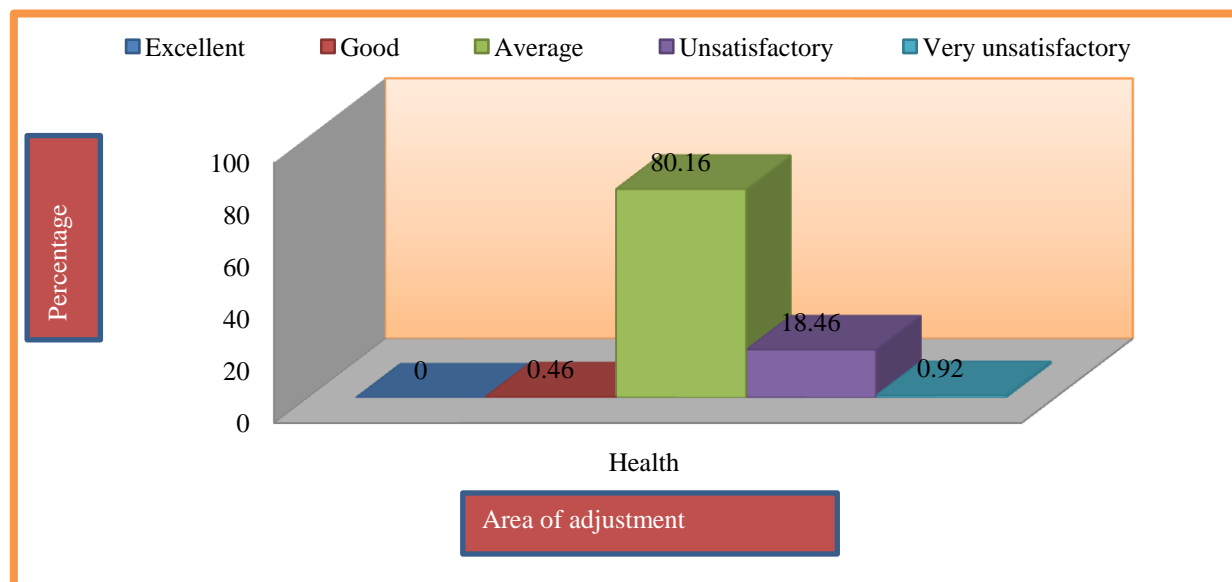


Fig.-3.01
Percentage Distribution of the Students in the Different Categories of Adjustment in Health Area

The percentage distribution of the students in the different categories of adjustment according to gender in health area is presented in the Table 3.02.

Among the male students, 77.99 per cent are in average and 22.01 per cent are in unsatisfactory category in the health area of adjustment. In the same area of adjustment, the percentages of female students are 81.33, 15.87, 1.20, and 0.90 in average, unsatisfactory, good and very unsatisfactory category respectively. There is no male student in excellent, good and very unsatisfactory category of adjustment whereas no female student in excellent category of adjustment. It is observed that the adjustment capacity of the female students is better than the male students in the health area of adjustment (Table-3.02).

The percentage of the students in the health area of adjustment according to gender is presented with the help of bar diagram (Figure-3.02).

Table-3.02
Percentage Distribution of the Students in the Different Categories of Adjustment According to Gender in Health Area

Areas of adjustment	Category of adjustment	Range of Scores	Students			
			Male (N=318)		Female (N=332)	
			Number	Percentage	Number	Percentage
Health	Excellent	Below 1	-	-	-	-
	Good	1-3	-	-	4	1.20
	Average	4-10	248	77.99	270	81.33
	Unsatisfactory	11-13	70	22.01	55	15.57
	Very unsatisfactory	14 & above	-	-	3	0.90

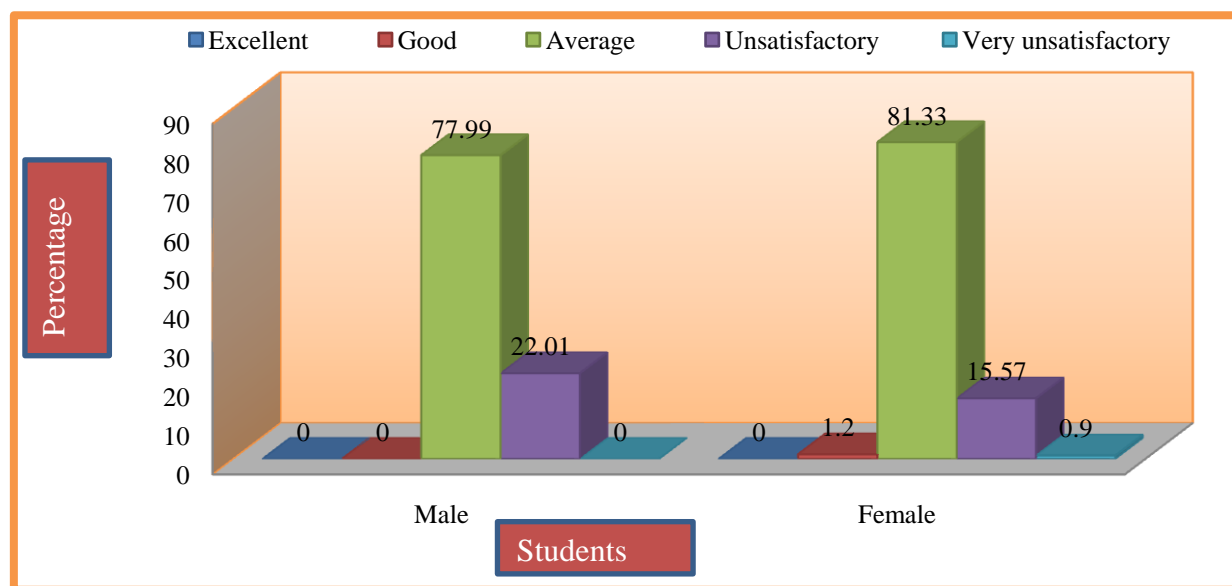


Fig.-3.02

Percentage of the Students in the Health Area of Adjustment According to Gender

The collected data are tabulated and calculated for the Mean, Standard Deviation and 't' value. The Mean of adjustment score, Standard Deviation and 't' value of the students in the health area according to gender is presented in the Table-3.03.

Table-3.03

Mean, Standard Deviation of Adjustment Score and 't' value of the Students in the Health Area According to Gender

Area of Adjustment	Gender of Student	Mean	Standard Deviation	't' Value	Level of Significance
Health	Male	11.63	1.79	17.29	Significant
	Female	9.33	1.59		

It is observed from the Table-3.03 that the mean of adjustment score of the male students are 11.63 & female students are 9.33 in the health area of adjustment. It could be concluded that the female students are better adjusted than the male students in the health area of adjustment.

The mean of adjustment score of the students in the health area of adjustment according to gender is presented with the help of bar diagram (Figure-3.03).

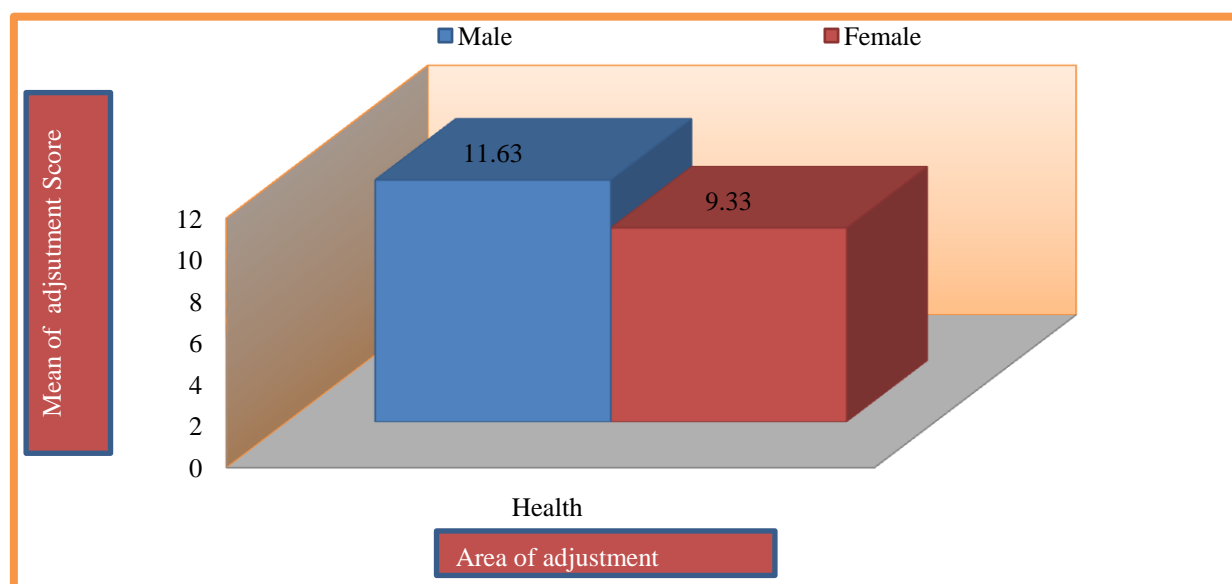


Fig.-3.03

Mean of Adjustment Score of the Students in the Health Area According to Gender

To test the differences of the mean of adjustment scores of the students in the health area according to gender, the 't' test is applied. Here, the null hypothesis (H_{01}) is -There is no significant difference on adjustment of the undergraduate level students between male and female.

It is also observed that the calculated 't' value for the mean difference of the adjustment score of male and female students in the health area is 17.29 (at df 1 and 648) which is greater than the tabulated critical 't' value at 0.01 and 0.05 level of significance. There is highly significant difference at 0.01 & 0.05 levels in the mean of adjustment score of the male and female students. Hence, the null hypothesis H_{02} is rejected at both 0.01 & 0.05 level. It could be concluded that there is significant difference in the adjustment between male and female students in respect of health area (Table-3.03).

The percentage distribution of the students in the health area of adjustment according to location of institution is presented the Table 3.04.

Table-3.04

Percentage Distribution of the Students in the Categories of Adjustment According to the Location of Institution in Health area

Area of Adjustment	Category of Adjustment	Range of scores	Students			
			Rural (N=440)		Urban (N=210)	
			Number	Percentage	Number	Percentage
Health	Excellent	Below 1	-	-	-	-
	Good	1-3	-	-	3	1.43
	Average	4-10	295	67.05	196	93.33
	Unsatisfactory	11-13	139	31.59	11	5.24
	Very unsatisfactory	14 & above	6	1.36	-	-

In the health area of adjustment, the percentages of the students of rural institutions are 67.05, 31.59, and 1.36 in average, unsatisfactory and very unsatisfactory category respectively. In the same area among the students of urban institutions, 93.33 per cent are in average category 5.24

per cent in unsatisfactory and 1.43 per cent are in good category of adjustment. There is no student of rural institutions in excellent and good category whereas no student of urban institutions in the excellent and very unsatisfactory category of adjustment. It is observed that the adjustment capacity of the students of urban institutions is better than the students of rural institutions in the health area of adjustment (Table-3.04).

The percentage of the students in the health area of adjustment according to location of Institution is presented with the help of bar diagram (Figure-3.04).

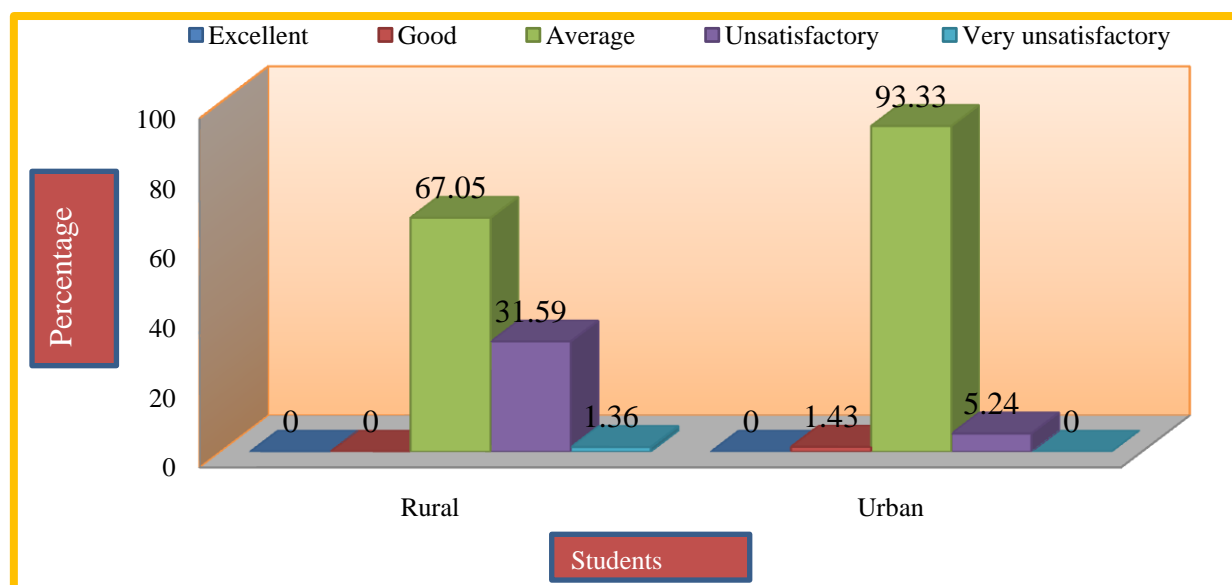


Fig.-3.04

Percentage of the Students in the Health Area of Adjustment According to the Location of Institution.

The collected data are tabulated and calculated for the Mean, Standard Deviation and 't' value. The Mean of adjustment score, Standard Deviation and 't' value of the students in the health area according to the location of institution is presented in the Table-3.05.

Table-3.05

Mean and Standard Deviation of Adjustment Score and 't' value of the Students in the Health Area According to the Location of Institution

Area of Adjustment	Location of Institution	Mean	Standard Deviation	't' value	Level of Significance
Health	Rural	11.12	1.92	10.68	Significant
	Urban	9.48	1.65		

The mean of adjustment score of the students of rural institutions is higher (11.12) than the urban institutions (9.48) in the health area of adjustment. It could be concluded that the students of urban institutions are better adjusted than the students of rural institutions in the health area of adjustment (Table-3.05).

The mean of adjustment score of the students in the different areas of adjustment according to the location of institution is presented with the help of bar diagram (Figure-3.05).

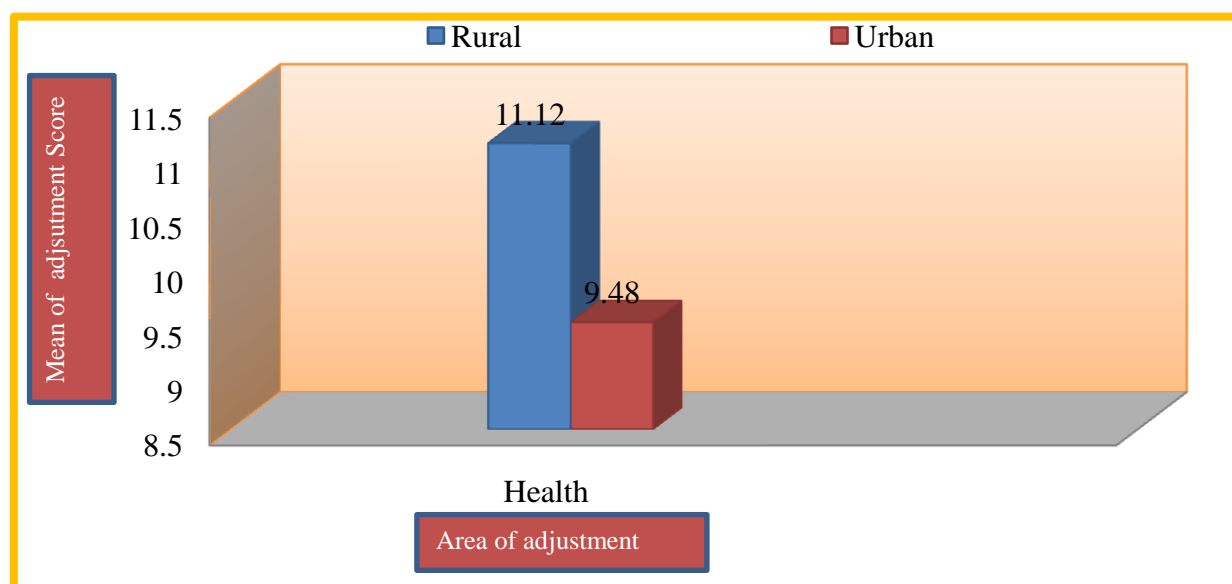


Fig.-3.05

Mean of Adjustment Score of the Students in the Different Areas According to the Location of Institution

It is observed from the Table-3.05 that the calculated 't' value for the total mean adjustment score of the students rural and urban institutions is 10.68 at df 1 and 648 which is greater than tabulated critical 't' value at 0.01 and 0.05 level. There is highly significant difference at 0.01 & 0.05 levels in the mean of adjustment score of the students of rural and urban institutions. Therefore, the null hypothesis (H_{03}) rejected at both 0.01 and 0.05 level in the health area of adjustment. It could be concluded that there are significant differences in the mean of adjustment scores of the students of rural and urban institutions in respect of health area of adjustment.

4. Major Findings of the Study:

The major findings related to the different objectives of the study are presented as follows:

It is found in the health area that the highest percentage of the students of undergraduate level is in the average category (80.16%) followed by unsatisfactory (18.46%), very unsatisfactory (0.92%) and good category (0.46%) of adjustment. The students of undergraduate level have adjustment problem in the health area.

The highest percentage of the male students are in the average category (77.99%) followed by unsatisfactory category (22.01%) while; the percentage of the female students is highest in average category (81.33%) followed by unsatisfactory (15.57%), good (1.20%) and very unsatisfactory (0.90%) category of adjustment. The mean of adjustment score of the male students (11.63) of undergraduate level is significantly higher than the female students (9.33) in the health area. The adjustment of the female students of undergraduate level is significantly better than the male students in the health area.

It is revealed from the analysis that the highest percentage of the students of rural colleges is in the average category (67.05%) followed by unsatisfactory (31.59%) and very unsatisfactory category (1.36%) of adjustment. In the same area, the highest percentage of the students of urban colleges is in the average category (93.33%) followed by unsatisfactory (5.24%) and good category (1.43%) of adjustment. The mean of adjustment score of the students of rural colleges (11.12) is significantly higher than the students of urban colleges (9.48) in the health area. The adjustment of the students of urban colleges is significantly better than the students of rural colleges in the health area.

5. Conclusion:

On the basis of the present study, the following conclusions could be drawn.

- 5.1 The students of colleges have adjustment problems in the health area.
- 5.2 There is significant difference in the mean adjustment score of the students of colleges in health area of adjustment.
- 5.3 The adjustment of the female students of colleges is significantly better than the male students in health area.
- 5.4 The adjustment of the students of urban institutions is significantly better than the students of rural institutions in the health area.

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