

## **A COMPARATIVE STUDY OF ADJUSTMENT BETWEEN BOYS AND GIRLS AT UNDERGRADUATE LEVEL**

**Usha Sahu & Jyoti Dewangan**

*Ushashaw11@gmail.com*

**Paper Received On:** 21 APRIL 2021

**Peer Reviewed On:** 28 APRIL 2021

**Published On:** 1 MAY 2021

**Content Originality & Unique:** 86%

---

### **Abstract**

---

*Adjustment is an important part of the behavior. It is a learned behavior by which a person copes up with the changed environment. Students have to adjust themselves in new environment of college after passing the secondary school. To understand the problem of adjustment in college student a study was conducted in 2020 between boys and girls at undergraduate level. In this study we used the stratified random sampling technique. The tool used to measure the adjustment level of students is: Adjustment Inventory for College Students developed by A.K.P Sinha and R.P Singh in 1995. Areas of Adjustment were Locality (Home), Health Adjustment, Social Adjustment, Emotional Adjustment and Educational Adjustment In all the categories boys were found better adapted than the girls except health adaptation.*



*Scholarly Research Journal's* is licensed Based on a work at [www.srjis.com](http://www.srjis.com)

### **INTRODUCTION:**

Adjustment is an important part of the human behavior. Adjustment can be defined as a process of change in behavior to reach a harmonious relationship with the existing environment. Overall development of personality is only possible when adapted to his/her environment comfortably. Adjustment is a learned behavior by which a person copes up with the changed environment. After passing the secondary school students join college and other institution. Transition from a secure and known place (school) and known persons (teachers and school mates) to a new place (college) and unknown persons may be stressful experience to the students. Though college life is an exciting time of life, students have to adjust themselves in new environment of the college. The students have to adjust not only to their own changes in personality but also to changing socio-economic and emotional environment. Study on such adjustment is important in the light that it not only has substantial impact on personality

development of the students but also on their academic and other performances. Drop-off rates in our college are much higher which might be related with adjustment problem.

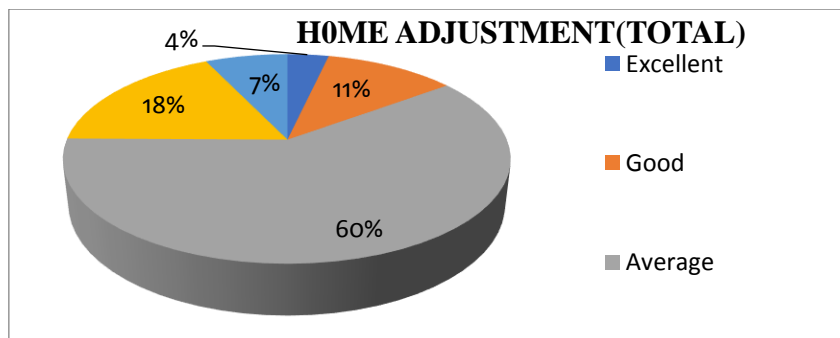
**METHOD:**

A random sampling method was used for the study. The tool used to measure the adjustment level of students was: **Adjustment Inventory for College Students developed by A.K.P Sinha and R.P Singh in 1995**. The inventory has been designed in English/Hindi for College Students of India. The study was conducted at Govt. V. Y. T. P. G. Autonomous College, Durg, one of the biggest and first A<sup>+</sup> grade college of Chhattisgarh state.

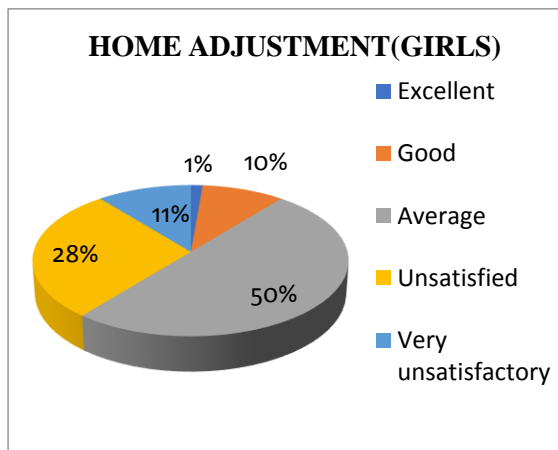
**RESULT AND DISCUSSION:**

category	Description	Home adjustment		Total	Percentage
		Girls	Boys		
A	Excellent	01(1.35%)	04(5.97%)	05	3.55
B	Good	07(9.46%)	09(13.43%)	16	11.35
C	Average	37(50%)	48(71.65%)	85	60.28
D	Unsatisfied	21(28.38%)	04(5.97%)	25	17.73
E	Very unsatisfactory	08(10.81)	02(2.99%)	10	7.09

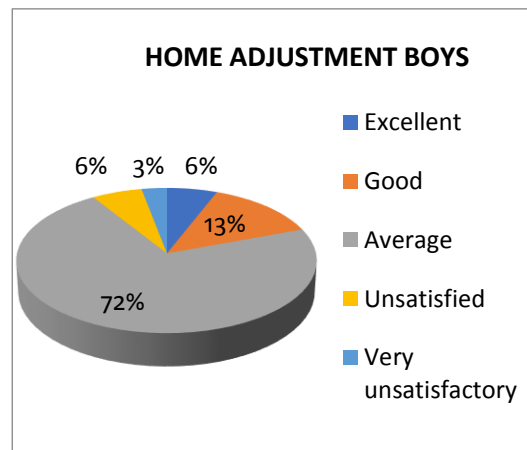
**Table 1: Percentage of Girls/Boys for home adjustment**



Graph1: Percentage of Girls/Boys for home adjustment (total)



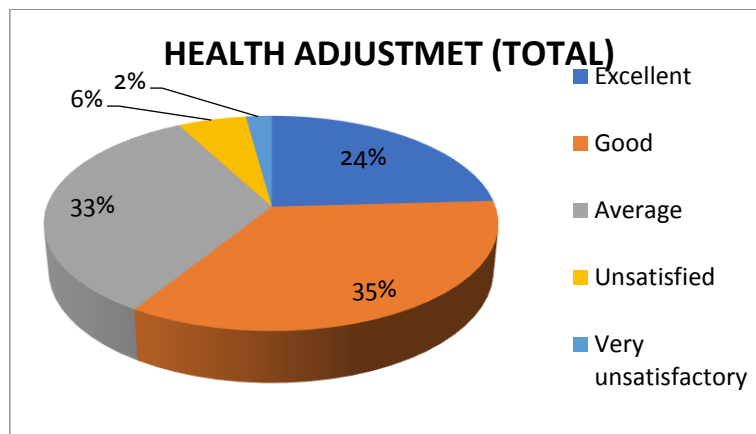
Graph2: % of Girls for home adjustment



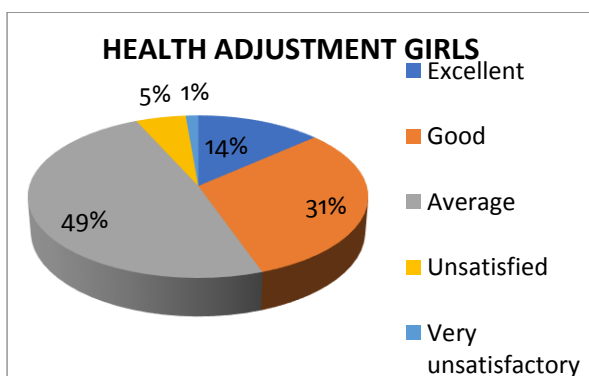
Graph3: % of Boys for home adjustment

Category	Description	Health adjustment		Total	Percentage
		Female	Male		
A	Excellent	10(13.51%)	24(35.82%)	34	24.11
B	Good	23(31.08%)	26(38.80%)	49	34.75
C	Average	36(48.65%)	11(16.42%)	47	33.33
D	Unsatisfied	04(5.40%)	04(5.97%)	08	5.67
E	Very Unsatisfied	01(1.35%)	02(2.98%)	03	2.13

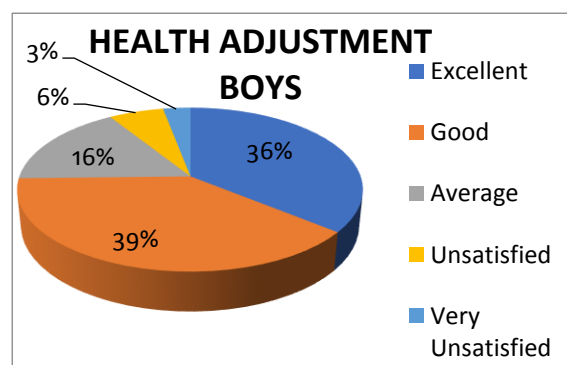
**Table 2: Percentage of Girls/Boys for health adjustment (total)**



Graph4: Percentage of Girls/Boys for health adjustment (total)



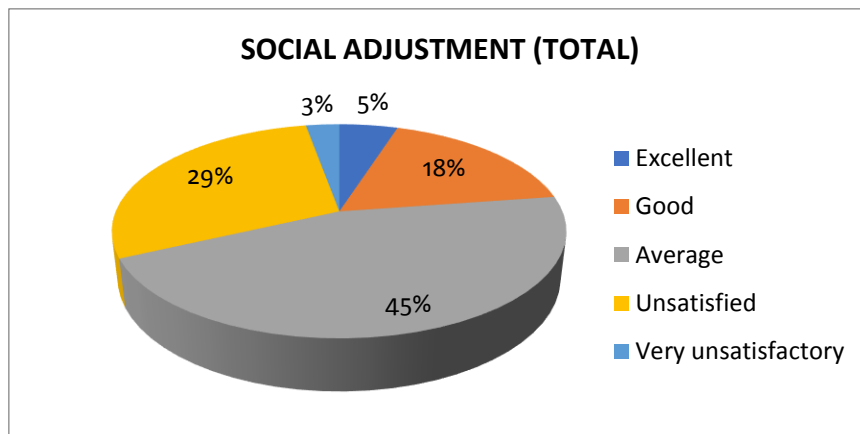
Graph5: % of Girls for health adjustment



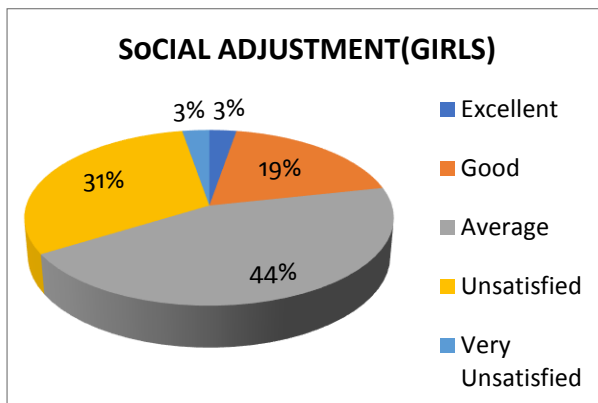
Graph6: % of Boys for health adjustment

Category	Description	Social adjustment		Total	Percentage
		Female	Male		
A	Excellent	02(2.70%)	05(7.46%)	07	4.96
B	Good	14(18.92%)	11(16.42)	25	17.73
C	Average	33(44.59%)	31(46.26%)	64	45.39
D	Unsatisfied	23(31.08%)	18(26.87%)	41	29.08
E	Very Unsatisfied	02(2.70%)	02(2.99%)	04	2.84

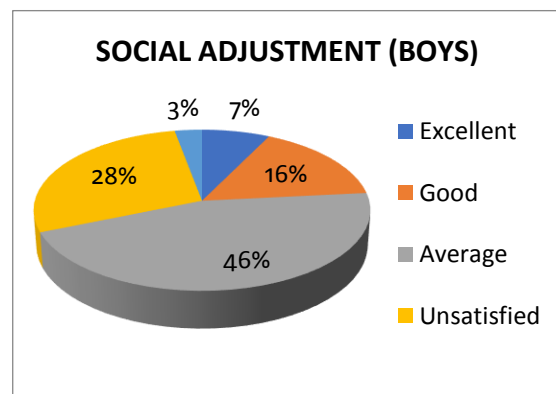
**Table 3: Percentage of Girls/Boys for health adjustment (total)**



Graph7: Percentage of Girls/Boys for social adjustment (total)



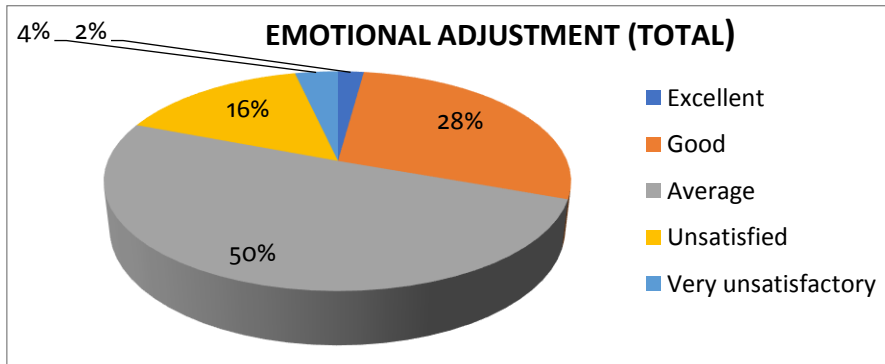
Graph8: % of Girls for social adjustment



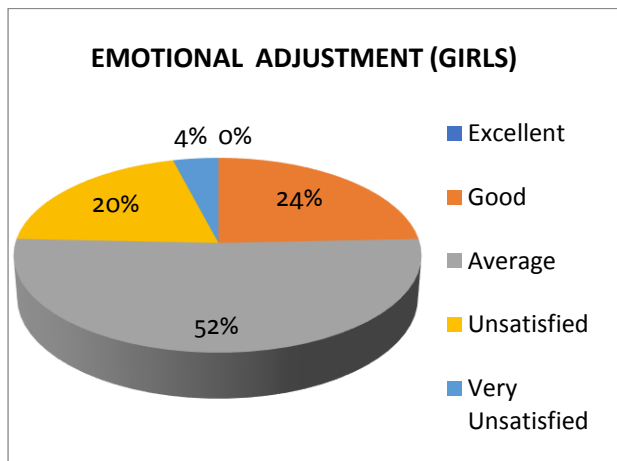
Graph9: % of Boys for social adjustment

Category	Description	Emotional Adjustment		Total	Percentage
		Female	Male		
A	Excellent	Nil(0%)	03(4.48%)	03	2.13
B	Good	18(24.32%)	22(32.83)	40	28.37
C	Average	38(51.35%)	33(49.25%)	71	50.35
D	Unsatisfied	15(20.27%)	07(10.46%)	22	15.60
E	Very Unsatisfied	03(4.06%)	02(2.98%)	05	3.55

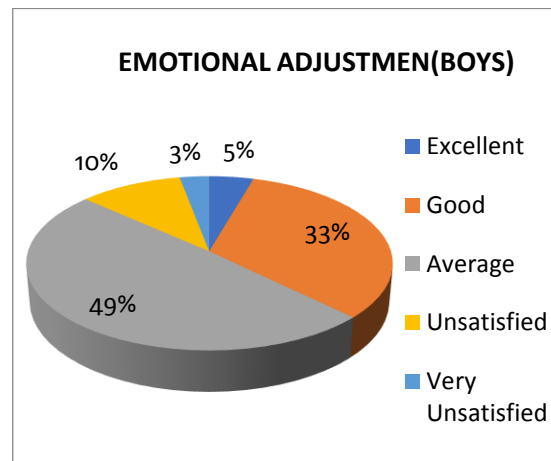
**Table 4: Percentage of Girls/Boys for emotional adjustment (total)**



Graph10: Percentage of Girls/Boys for emotional adjustment (total)



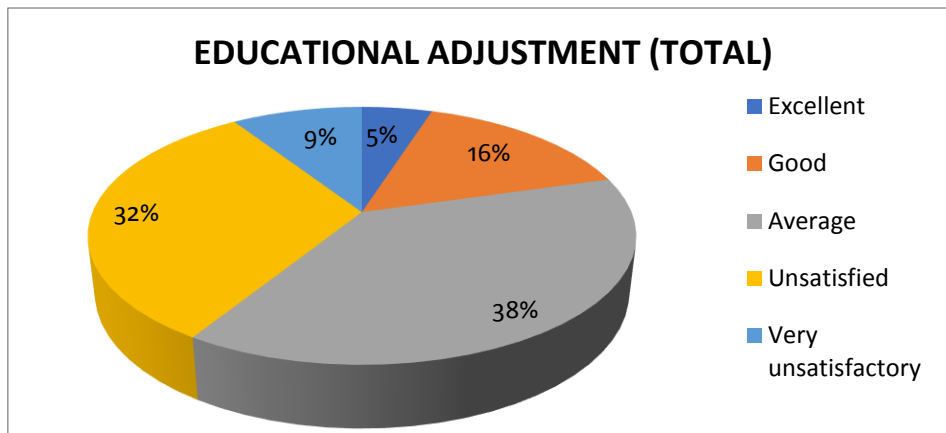
Graph11: % of Girls for emotional adjustment



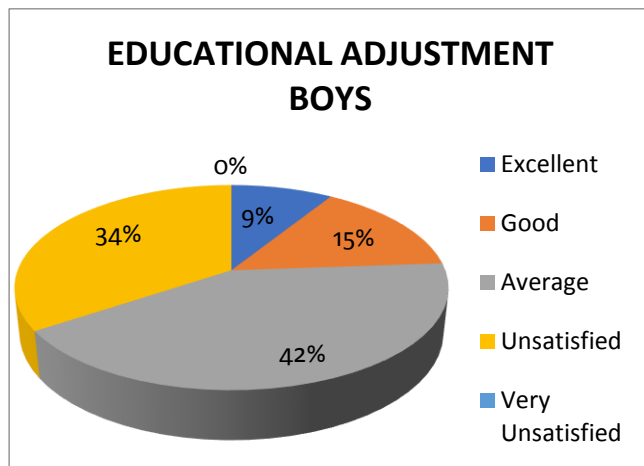
Graph12: % of Boys for emotional adjustment

Category	Description	Educational adjustment		Total	Percent age
		Female	Male		
A	Excellent	01(1.35%)	06(8.95%)	07	4.96
B	Good	12(16.22%)	10(14.92%)	22	15.60
C	Average	26(35.13%)	28(41.79%)	54	38.30
D	Unsatisfied	22(29.73%)	23(34.33%)	45	31.91
E	Very Unsatisfied	13(17.57%)	Nil (0%)	13	9.22

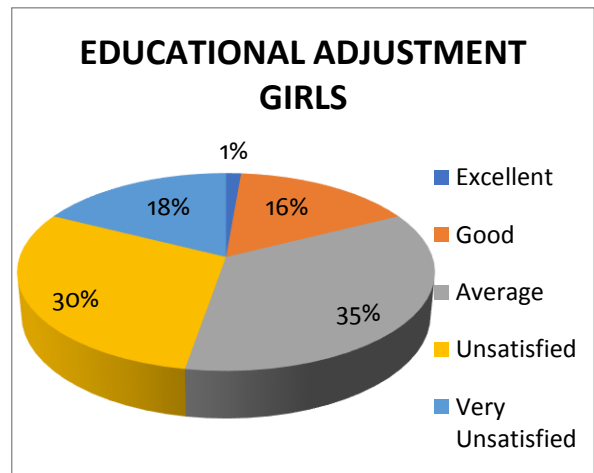
**Table 5: Percentage of Girls/Boys for emotional adjustment (total)**



Graph13: Percentage of Girls/Boys for emotional adjustment (total)



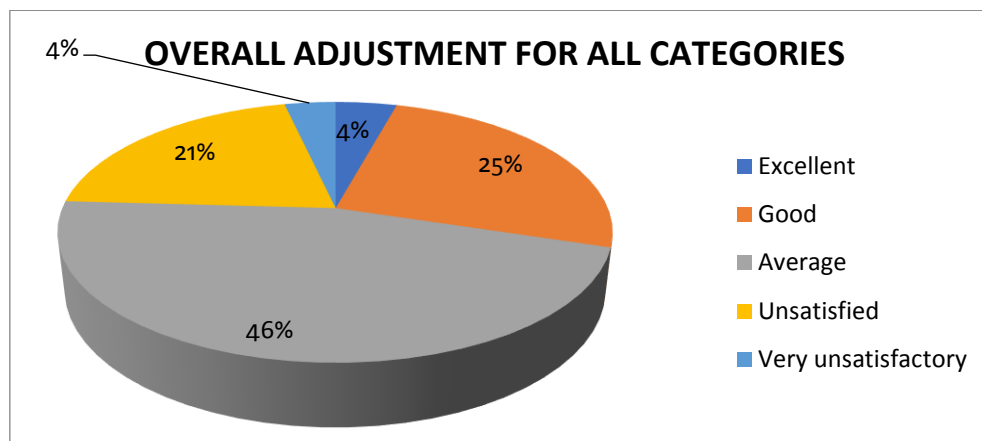
Graph14: % of Girls for educational adjustment



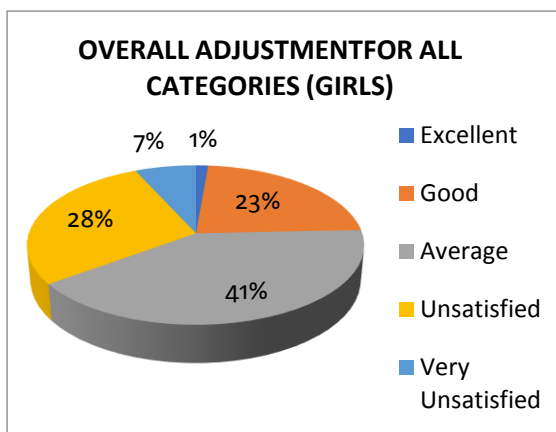
Graph15: % ofBoys for educational adjustment

Category	Description	Overall adjustment		Total	Percentage
		Female	Male		
A	Excellent	01(1.35%)	05(7.46%)	06	4.25
B	Good	17(22.97%)	19(28.36%)	36	25.53
C	Average	30(40.54%)	35(52.24%)	65	46.10
D	Unsatisfied	21(28.38%)	08(11.94%)	29	20.57
E	Very Unsatisfied	05(6.76%)	Nil(0%)	05	3.55

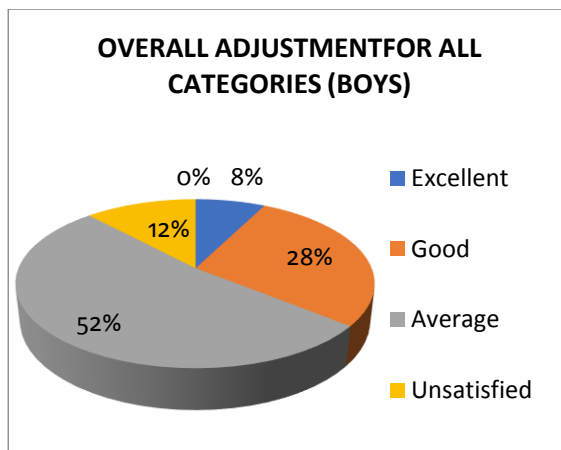
**Table 6: Percentage of Girls/Boys for overall adjustment (total)**



Graph16: Percentage of Girls/Boys for overall adjustment (total)



Graph17: % of Girls for overall adjustment



Graph18: % of Boys for overall adjustment

### DISCUSSION:

**In all the categories boys are better adapted than the girls except health adaptation. In home adjustment only 60.81% girls were adapted up to average category whereas % of boys for the same is 91.03. In this category 39.19% girls are put in unsatisfied/ very unsatisfied category but only 8.97% boys were put in the same category.**

Regarding health adjustment girls are slightly ahead of boys. 93.24% girls and 91.04% boys are adapted up to average category whereas 6.75% girls and 8.95% boys are unsatisfied/ very unsatisfied.

In social adjustment again girls are trailing. % of girls up to average adjustment is 66.21% and of boys are 70.15%. 33.78% girls and 29.85% boys are under unsatisfied/very unsatisfied adjustment category.

Emotionally also boys are well adjusted than girls. 75.67% girls and 86.56% boys are categorized up to average adjustment. 24.33% girls and only 13.44% boys are unsatisfied/ very unsatisfied.

Result shows same trend for educational adjustment also.52.7% girls and65.66% boys are under up to average category. 47.30% girls and 34.33% boys are either unsatisfied or very unsatisfied about their educational adjustment.

In overall adjustment there is a huge difference between girls and boys adjustment to their changing environment. Boys are much better adapted than the girls. Only 64.86% girls are put up to a level of average adjustment as compared to 88.06% boys. 35.14% girls are under unsatisfied/very unsatisfied category as compared to only 11.94% boys. Following table shows the comparative adjustment level of boys and girls for all five categories and overall adjustment.

<b>Description of adjustment</b>	<b>Categories of adjustment</b>	<b>% of girls</b>	<b>%of boys</b>
A (Home)	Up to average	60.81%	91.03%
	Unsatisfied Very Unsatisfied	39.19%	8.97%
B (Health)	Up to average	93.24%	91.04%
	Unsatisfied Very Unsatisfied	6.75%	8.95%
C (Social)	Up to average	66.21%	70.15%
	Unsatisfied Very Unsatisfied	33.78%	29.85%
D (Emotional)	Up to average	75.67%	86.56%
	Unsatisfied Very Unsatisfied	24.32%	13.44%
Educational	Up to average	52.70%	65.66%
	Unsatisfied Very Unsatisfied	47.30%	34.33%
Overall adjustment	Up to average	64.86%	88.06%
	Unsatisfied Very Unsatisfied	35.14%	11.94%

**Table 7: comparative adjustment level of boys and girls for all five categories and overall adjustment.**



Mean and standard deviation calculated are as follows:

Sr.no.	Adjustment area	Boys		Girls	
		Mean	S.D.	Mean	S.D.
1.	Home	4.79	2.04	5.12	2.31
2.	Health	2.61	2.17	2.5	2.32
3.	Social	7.98	2.98	7.94	2.55
4.	Emotional	9.48	5.41	10.19	5.34
5.	Educational	7	4.01	7.47	3.62
6.	Total	32.42	13.61	36.44	13.40

**Table 8: Mean and standard deviation for all five categories**

Comparison of these values with standard table (table 7) of the manual shows that S.D. value for Social adjustment in boys is slightly higher (2.98/2.48). High score indicate slightly aggressive behavior (not very submissive and retiring)

For educational adjustment S.D. values (4.01/3.90, 3.62/3.60) indicate that both boys and girls as a whole are not well adjusted towards their curricular programs.

Overall score shows that boys have satisfactory adjustment. General adjustment status of girls is not satisfactory (13.40/11.62)

S.no.	Area of adjustment	Correlation value	
		Boys	Girls
1.	Home and educational adjustment	0.6314	0.4602
2.	Health and educational adjustment	0.4741	0.6226
3.	Social and educational adjustment	0.6466	0.529
4.	Emotional and educational adjustment	0.757	0.8782

**Table 9: Co-relation values for different areas of adjustment**

Table depict that there is a moderate correlation between home and educational and social and educational adjustment for boys and health and educational adjustment for girls. A strong correlation exist between emotional and educational adjustment for both boys and girls.

**Anchal Agrawal's (2017)** findings revealed that the male and female students differ significantly in their emotional and social adjustment. However, the two groups showed no significant difference in their home and health adjustment. Thus, based on the results it can be said that male and female students significantly differ on their adjustment level. The present study also suggests that male and female students differ in their adjustment level. Socially girls are better adjusted and regarding home boys are better adjusted.

According to **Muntazir Maqbool (2015)** there exists a negative relationship between social adjustment and achievement. Same trend is seen in the present work for boys.

**Work of Mukesh Kumar Panth et.al.(2015)** revealed that the level of emotional maturity and adjustment of girls have high than boys . In our study S.D. values show that boys and girls both

are adjusted normally though girls have slightly lower S.D. value than boys i.e. girls are better adjusted.

**Roy, Ekka and Ara (2011) and Jain and Jandu (1998), Muni and Pavigrahi (1997), Singh (1995), Anita (1994)** found that girls were better adjusted than boys. Our findings suggest boys are better adjusted than girls (**Lama 2010, Rahamtullah 2007, Enochs and Roland 2006, Dutta et.al.1997, Cook 1995, Leelavathi 1987, Mohsin, et.al, 1985**).

#### **Limitations of the study:**

Due to paucity of time and the study has been limited in terms of area of investigation, subject cases etc. So, due to these reasons, the present study has been confined to college going boys and girls. The study is conducted and data is collected only for our college (Govt. V.Y.T.P.G. Autonomous college, Durg )

#### **Conclusion:**

When performed t test. No significant difference was found between male and female college students in terms of total scores obtained on the adjustment scale. The two groups also do not differ in terms of scores obtained separately on any dimension of the adjustment scale. The study leads to following suggestions for further study: The present study cannot be called final and comprehensive. More work can be done on different age groups and for students of different faculties (Arts, science and commerce students). A sample of even more students should be taken for such study and other colleges of Durg district should also be included under investigation i.e. same study can be done on large sample. Similar study may be conducted on different reserved categories including the weaker and special tribe section of society. A similar study may be conducted by taking some other independent variables such as socio-economic status, parents' status, parent's education, urban and rural areas etc.

#### **BIBLIOGRAPHY**

- S. Menaga & V. Chandrasekaran (2015). A study on adjustment of college students, Scholarly Research Journal for interdisciplinary Studies, VOL-III/XVI pp:2622-2629.*
- Roy B., Ekka A., Ara A. (2010). Adjustment among university students, Journal for social Development. Vol.2. (2), ISDR. Ranchi*
- Dr. Priyanka Sharma, Nisha Saini (2013). Health, social and emotional problems of college students, IOSR Journal of Humanities and Social Science (IOSR-JHSS) Volume 14( 5): 21-34.*
- Roy B., Ekka A.,& Ara, A. (2010). Adjustment among university students, Journal for social Development. Vol.2. (2), ISDR. Ranchi.*
- Kurvilla & Maly, (2006). Sex and local difference in emotional adjustment of adolescents, J. Comm.Guid.res., 23(3) 285-291.*
- Lagner V.K. (1962). Local and sex difference in health adjustment of students, J. Comm. Guid.res 16(2): 200-235.*

- Palsane, M.N. (1970). *Health and parental education as factors in personal adjustment Psych. Stu.*, 15: 55-58.
- Pathak R.D. (1970). *Sex difference among school children in the area of adjustment, Psych. Studies*, 15: 120-122.
- Dhoundiyal, (1984). *Home environment and emotional disturbance among adolescents, Ind. J Psych.*, 59(2):17-22.
- Mohsin S.M & Hussain S. (1985). *Mohsin-Shamshad hindi adaptation of bell adjustment inventory (Student Form) Patna: Acrovoice*
- Leelavathi H.R.,(1987). *Factors influencing adolescent adjustment Msc. Thesis, University Agric. Sci. Dhanwad.*
- Thirugnanasambandam N, (1990). *A study of the influence of social structure on social behaviours disposition and adjustment among high school students in Coimbatore educational district. J. Edu.Res.Extn*, 27(2): 111-118.
- Sujatha S.G., Goankar V., Khadi P.B. & Katarki P.A.,(1993). *Factors influencing adjustment among adolescents, Ind. Psy. Rev.* 40(1-2): 35-40.
- Anita K.M, (1994). *Sex difference in adolescent's self-concept and adjustment. Res highlights*, 4:79.
- Singh A.k. (1995). *A study of parent-child relationship and adjustment problem among preadolescent, an unpublished Ph.D. thesis, L.N.M.U. Darbhanga.*
- Cook S.L (1995). *Acceptance and expectations of sexual aggression in college students, Psychology of women quarterly*, 19 ( 2): 181-194.
- Mcwhitner, B.T. (1997). *Loneliness, learned resourcefulness, and self-esteem in college students (Electronic version), Journal of counselling and development*, 75(6), 460-469.
- Dutta M., Baratha G. & Goswami U.,(1997). *Health adjustment of adolescents, Ind. Psych rev* 48(2): 48(3) 84-86.
- Dutta M., Baratha G. & Goswami U. (1997). *Social adjustment of adolescents, Ind. Psych rev* 50(2): 90-94.
- Muni A.K & Pavigrahi B. (1997). *Effect of maternal employment on school going children's adjustment problems, J Comm. Guid. Res.* 14(3): 209-216.
- Jain Prabha & Jandu Krishna, (1998). *A comparative study of school adjustment of adolescent girls and boys, J. Edu. Res. Extn.* 35(2): 14-21.
- Nanda A.K. (2001). *Health of high school students: a comparative study, Ind. Psych. Rev.*, 56(1): 2-7.
- Enochs, Wendy K.; Roland, Catherine B. (2006). *Social Adjustment of college Freshman; the importance of gender & living environment, College students Journal*, 40 (n1): 63-73.
- Demir Meliksah, Urberg (2004). *Friendship and adjustment among adolescents, Journal of Experimental child Psychology* vol. 88.P.68-82.
- Dr. Priyanka Sharma & Nisha Saini (2013). *Health, social and emotional problems of college students, IOSR Journal of Humanities and Social Science*, 14(5): 21-34.
- Raju M.V.R & Rahamtullah K. (2007). *Adjustment problems among school children, Journal of Indian Academy of Applied Psychology*, 33(1):73-79.
- Mukesh kumar panth, Nandani chaurasia and Mansi gupta (2015). *A comparative study of adjustment and emotional maturity between gender and stream of undergraduate student, International journal of Research in Social Sciences and Humanities*, 5 (III): 1-12.
- Muntazir Maqboo (2015). *adjustment problems of college students in relation to gender, socioeconomic status and academic achievement, International Journal of Current research*, 07(04):14574-14578.

- Anchal Agarwal, Nikita Kaul, Dr. Nidhi Gandhi (2017). *A Comparative Study of Adjustment between Boys and Girls at Undergraduate Level*, *The International Journal of Indian Psychology* ISSN 2348-5396 (e) | ISSN: 2349-3429 (p) Volume 4, Issue 4, DIP: 18.01.124/20170404 DOI: 10.25215/0404.124 <http://www.ijip.in> |
- Dr. Nirmala Devi, (2011). *A Study of Adjustment of Students in Relation to Personality and Achievement Motivation*, *Bhartiyam International Journal of Education & Research*. 1(1), 1-21.
- Lama, M. (2010). *Adjustment of college Freshman: The importance of Gender and Place of Residence*. *International Journal of Psychological Studies* 2(1) 142-150.