



## A STUDY OF ADJUSTMENT AMONG NURSING STUDENTS OF RANCHI DISTRICT

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### ABSTRACT:

**Introduction:** This study aims to investigate the adjustment of Government Nursing students and Private Nursing students in Ranchi District. **Aim:** The Aim of this study is assess the study of adjustment among nursing students of Ranchi District. **Methodology:** The study of tools and techniques for research design, measurement, and analysis. The present study aimed to determine the Adjustment of Private and Government Nursing students of Ranchi District. The sample of the present study consisted of 150 private and 150 government nursing students in the area of Ranchi. Bell Adjustment Inventory was used for data collection. **Result:** Present research suggests that a significant role in the adjustment among private and government nursing students. Private nursing students' experiences are significantly higher adjustment than those of government nursing students.

### KEYWORDS:

ADJUSTMENT, NURSING STUDENTS, INSTITUTE, INVESTIGATION AND RESEARCH.

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### INTRODUCTION

Adjustment means that when the individual face a new environment or a situation, the individual has to adjust him or herself in order to manage, learn and adapt to the 2-multitude situation or environment. These adjustments occur over times. And it was often used convertibility with coping (Brennan, 2001). Adjustment occurs within a person's social- cultural context (Martin et al., 2016). In Huang & Yang (2011), it defined that work adjustment described how the individual could adapt to their working environment.

Emotional adjustment was a process of affective transmission when the people were in bad mood because of the changeable environment and situation. (Sherman et al,2009) Social adjustment was a process that the persons, groups and cultural elements were satisfied with each other. (Weissman et al,1981) There was another definition about the adjustment, it mentioned the "adjustment disorder". "Adjustment Disorder" referred to 'significant emotional or behavioral symptoms in response to an identifiable psycho-social stressor or stressors' (James B., 2001). Adjustment consisted of the psychological processes which meant the individual manages or copes with various demands or pressures (Lazarus, 1969). And in this study, the author used these two definitions of the

adjustment.

Adjustment is a method by which an individual by using different coping mechanisms tries to get accustomed to the new environment. Adolescents away from home face many challenges as the new environment demand lot of adjustment (Valsaraj, Savitha, & Nayak, 2017). Immaturity is the most imperative time frame in one's life. It is a time of anxiety, of fantasies, of exceptional friendship and forever, the brain is devout and unadulterated, free of all evil (Kale, 2011). The present society is dynamic. The needs of human beings are increasing tremendously which needs to be fulfilled. Everybody in a society is in the race. This poses a serious threat to the adjustment of the individuals, particularly to the adolescents/college students. Adolescence is Adolescents are' more vulnerable to most of the psychology problems/social problems (Sangeeta & Chirag, 2014). Adolescents face numerous adjustment problems. A qualitative study conducted at the University of Zimbabwe among first year students experienced adjustment problems in both social and academic areas. Higher social and academic adjustment challenges were reported by female students than male students (Mudhovozi, 2012). Freshman students of Jimma University, Ethiopia reported a moderate level of social

adjustment problems (50%). The study also reported that female students are more predisposed to all forms of adjustment problems, particularly in the area of social adjustment as compared with male students (Jemal, 2012).

Studies from India determined the level of adjustment problems among adolescents. A study from Coimbatore, India among 148 higher secondary school students revealed that 56.36% of the boys had a high- level social adjustment, 42.72% had a moderate level and 0.91% of the boys had a low level of social adjustment. Similarly, among the girls, 78.95% of them had a high level and 21.05% of girls had a moderate level of social adjustment (Packiaselvi & Malathi, 2012). In a study among institutionalized children between the age group of 10-16 years found unsatisfactory social, emotional and educational adjustment (Hunshal & Gaonkar, 2010). The undergraduate students from low socio-economic status have reported more adjustment problems than that of high socio-economic status students (Nidhi & Kermane, 2015). A study among six hundred adolescent students between the age group of 15-16 years, studying in PUC College, Mysore demonstrated an unsatisfactory and an average level of adjustment. A substantial rate of gender difference was demonstrated in the areas of the home and social adjustment (Bhaskar & Komala, 2014)..

**AIM AND OBJECTIVE OF THE STUDY:**

- To assess the adjustment of nursing students.

**METHODOLOGY**

- **Sample Sizer of Study:** The present study aimed to determine the adjustment of Private Nursing Students and Government Nursing students healing from the area of Ranchi District. The problem for the investigation has been adjustment as “A study of adjustment among nursing students of Ranchi District.
- **Inclusion Criteria:** B.Sc., GNM, and ANM Nursing students. Participants ranged between the ages of 18-30 years, All Female patients, Participants educated up to Nursing course or more, and those who will give informed consent for the study.
- **Exclusion Criteria:** Who is not pursuing a nursing course, any other significant co-morbid psychiatric disorder in addition to alcohol or cannabis dependence, Co-morbid chronic physical illness, organic illness and disability or infirmity, Family history of mental illness, and History of brain injury

**TOOL USED**

**Bell Adjustment Inventory** in 1934, Bell published the first version of a test of student adjustment known as the Adjustment Inventory (later the Bell Adjustment Inventory). It included a series of questions designed to measure home adjustment, health adjustment, social adjustment, and emotional adjustment.

The Bell Adjustment Inventory consists of 140 questions, 35 in each of the categories: home, health, social, and

emotional adjustment. The questions are scored to indicate the total number of undesirable responses in each area. Thus, a high score indicates a great number of bad symptoms in a given area (1, 2).

Bell adjustment inventory developed and standardized by H.M. Bell (1934) and Hindi adopted by Mohsin – Shamshad. This inventory is consisting of 124 items, which measure adjustment, four dimensions namely, Home, health, social and emotional.

This is a test of personality that assesses the individual's adjustment in a variety of situations. Example: Home, health, social, emotional and overall dimensions. “Home adjustment is expressed in terms of satisfaction or dissatisfaction with home life, health adjustment in terms of shyness, submissiveness, introversion, etc. and emotional adjustment in terms of depression, nervousness, etc.”. Number of items in home, health, social and emotional dimensions of adjustment consisted of 35, 31, 34 and 35, respectively. The possibility range of scores for home, health, social and emotional adjustments were 0 to 35, 0 to 31, 0 to 34, and 0 to 35, respectively. High scores on the inventory signify poor adjustment and low scores better adjustment in different specific areas and also in respect of adjustment taken as a whole. Test-retest reliability of different adjustment dimensions as reported in the manual ranged from .70 to .93 and internal consistency (odd-even) from .74 to .93. The inventory was validated by using contrast groups, normal and diagnosed neurotics as well as against the Eysenck Personality Inventory and a number of personal variables. In each case, the validity coefficient was found to be significantly high.

**RESULT AND DISCUSSION**

**TABLE 1 SCORE OF PRIVATE AND GOVERNMENT NURSING STUDENTS ON FAMILY ADJUSTMENT**

Group	N	Mean	SD	t	df	Level of Significant
Private Nursing	150	19.98	5.54			
Government Nursing	150	17.04	7.01	4.01	298	.000
Total	300					

**FIGURE 1: MEAN SCORE OF PRIVATE AND GOVERNMENT NURSING STUDENTS ON FAMILY ADJUSTMENT**

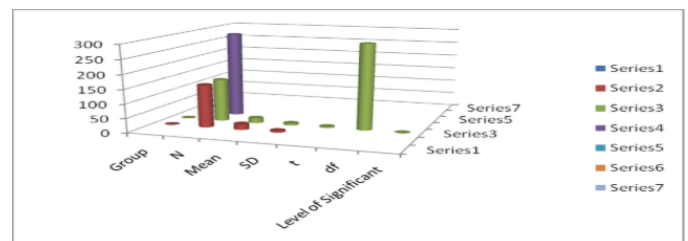


Table - 1 Showing that comparison of Bell Adjustment Test

score of Family Area the Private Nursing students and Government Nursing Students. The test score indicates that high scores mean poor adjustment of the nursing students in family area.

The mean score of private nursing students was = 19.98, SD = 5.54, and mean score of government nursing students was = 17.04, SD = 7.01. which shows there was no significant difference between two groups ( $t = 4.01$ ,  $df = 298$ ,  $p = .000$ )

**TABLE 1: SCORE OF PRIVATE AND GOVERNMENT NURSING STUDENTS ON HEALTH ADJUSTMENT**

Group	N	Mean	SD	t	df	Level of Significant
Private Nursing	150	16.21	4.47			
Government Nursing	150	12.06	4.35	8.16	298	.000
Total	300					

**Figure 2: Mean Score of Private and Government Nursing students on Health Adjustment**

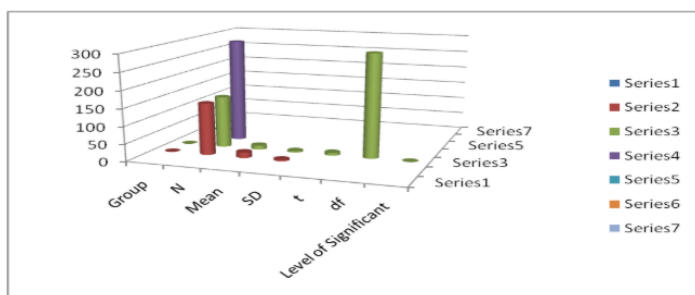


Table -2 Showing that comparison of Bell Adjustment Test score of Health Area the Private Nursing students and Government Nursing Students. The test score indicates that high scores mean poor adjustment of the nursing students in health area.

The mean score of private nursing students was = 16.21, SD = 4.47, and mean score of government nursing students was = 12.06, SD = 4.35. which shows there was no significant difference between two groups ( $t = 8.16$ ,  $df = 298$ ,  $p = .000$ )

**TABLE 3 SCORE OF PRIVATE AND GOVERNMENT NURSING STUDENTS ON SOCIAL ADJUSTMENT**

Group	N	Mean	SD	t	df	Level of Significant
Private Nursing	150	19.62	21.77			
Government Nursing	150	13.24	5.74	3.47	298	.001
Total	300					

**FIGURE 3: MEAN SCORE OF PRIVATE AND GOVERNMENT NURSING STUDENTS ON SOCIAL ADJUSTMENT**

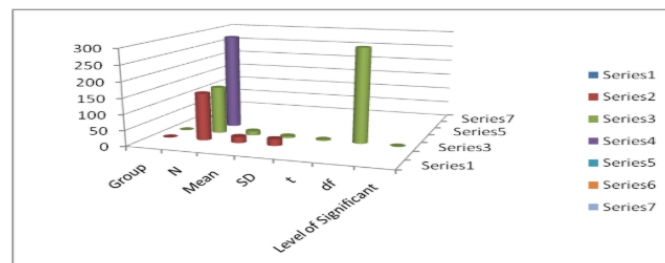


Table -3 Showing that comparison of Bell Adjustment Test score of Health Area the Private Nursing students and Government Nursing Students. The test score indicates that high scores mean poor adjustment of the nursing students in social area.

The mean score of private nursing students was = 19.62, SD = 21.77, and mean score of government nursing students was = 13.24, SD = 5.74. which shows there was no significant difference between two groups ( $t = 3.47$ ,  $df = 298$ ,  $p = .001$ )

**Table 4 Score of Private and Government Nursing students on Emotional Adjustment**

Group	N	Mean	SD	t	df	Level of Significant
Private Nursing	150	18.87	5.15			
Government Nursing	150	13.99	5.68	7.78	298	.000
Total	300					

**FIGURE 4: MEAN SCORE OF PRIVATE AND GOVERNMENT NURSING STUDENTS ON EMOTIONAL ADJUSTMENT**

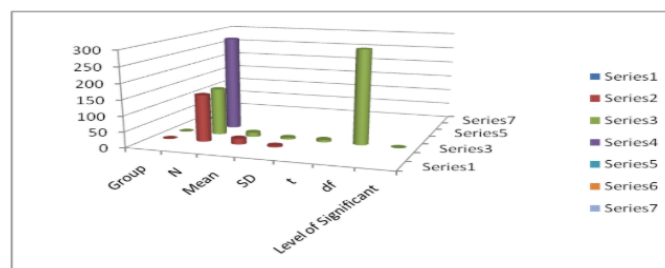


Table 4: Showing the comparison of the Bell Adjustment Test score of Health Area, the Private Nursing students, and the Government Nursing Students. The test score indicates that high scores mean poor adjustment of the nursing students in the Emotional area.

The mean score of private nursing students was = 18.87, SD = 5.15, and the mean score of government nursing students was = 13.99, SD = 5.68. which shows there was no significant difference between the groups ( $t = 7.78$ ,  $df = 298$ ,  $p = .000$ )

**CONCLUSION:**

BAI Scores assessing the individual's adjustment in various domains were as follows. In the domain of family, they had good adjustment ( $5.54 \pm 7.01$  versus  $4.47 \pm 4.35$ ). In the health domain, there was a better and statistically

significant adjustment in government nursing students. Social area (21.77±5.74), emotional area 5.15±5.68. Private Nursing students experience significantly poor adjustment than Government nursing students.

The findings of the present study concluded that there is positive co-relation with nursing students' adjustment problems and its ill effects. It is also evident that there is significant association related adjustment problems. Thus, it was concluded that, significant number of nursing students had average knowledge and favorable attitude towards adjustment problems at selected nursing colleges of Tumkur. Hence, health care professionals should give importance to health education regarding the adjustment problems among nursing students and its methods of coping so as to prevention further consequences, and take interest in promotion of health among student's population.

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