



Full Length Research Article

LEVEL OF ADJUSTMENT AMONG ADOLESCENTS

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ABSTRACT

Objectives: The objectives of the study are to assess the level of adjustment among first year B.Sc., (N) Basic students and associate the level of adjustment among first year B.Sc., (N) Basic with selected demographic variables.

Design: Descriptive design research design was adopted to measure the level of understanding
Methods: 30 B.Sc (N) Basic 1year both male and female students were selected through simple random sampling technique.

Results: Based on the level of adjustment 86.7% had poor level of adjustment and 13.3% had average level of adjustment and none of them had good level of adjustment. There was no significant association between adjustments with the selected demographic variables ($p < 0.05$).

Conclusion: adjustment plays important role in adolescents especially among college going adolescents. This issue could be addressed with regular conduction of one to one mentoring and support the adjustment become easier among adolescents.

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INTRODUCTION

Nowadays adolescents are very much in the fast forwarded state of living, but parents and guardians have to cope up with the fast paced society, especially now that the prevalent technology such as computer, tab and internet these technological millennium have got great impact on adolescents. Physical maturity plays an important role in peer relationship. In the modern society life become very complex and conflicting day by day. If an adolescent is well adjusted only then he/she is able to survive without psychological stress from maladjustment. Hence adjustment is important in one's life. Adjustment during the period of adolescence will determine to a larger extent what one will be as a person, as an adult. Generally, adolescence is believed to be a period of great stress and storm as rapid physical as well as mental changes occur during this period. Every cultural group has expectations of an individual according to their developmental stage. Successful achievement of such developmental tasks leads to happiness and helps to succeed in later tasks, failure to happiness and a developmental lag. The following study was conducted with following investigators assumptions that the adolescent group adjusts adequately to the problems faced by them and Family support enhances good adjustment among

adolescents with the objectives of the level of adjustment among first year B.Sc., (N) Basic students and associate the level of adjustment among first year B.Sc., (N) Basic with selected demographic variables.

MATERIALS AND METHODS

Participants

The study population comprised B.Sc (N) Basic 1year students with the sample size 30. Participants were selected through simple random sampling technique. Informed consent was obtained and the Students who were under treatment of juvenile diabetes, congenital heart disease and physically challenged students were excluded from the study.

Measures

In this study the investigator adopted standardized tool, called Bell's Adjustment Inventory, developed by Bell Hugh it the year 1934. This tool measures total adjustment and adjustment in four specific areas namely, health, home, social and emotional. The inventory consists of 80 questions with 20 questions relating to each area of adjustment which requires the answer as YES or NO. Scoring was done with the help of scoring key, for 'YES' response a score 1 and for 'NO' score of 0.

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Score	Total Adjustment	Social Adjustment	Health Adjustment	Emotional Adjustment	Home Adjustment
Good	0-17	0-6	0-2	0-3	0-3
Average	18-32	7-12	3-7	4-9	4-7
Poor	33 & above	13 & above	8 & above	10 & above	8 & above

Research design

Descriptive design research design was adopted to find the adjustment level among students. The permission was obtained through proper channel. The purpose of the study was explained to the students. Students who met the inclusion and exclusion criteria were included for this by simple random sampling technique and informed consent was obtained from the students. Data was collected from the student by using Bell's adjustment Inventory. The time spent on the data collection procedure was 20 minutes. The collected data were analyzed using descriptive and inferential statistics.

RESULTS

- The majority of the study sample 26(86.77%) were in the age group of 17-18 years.
- With reference to gender it was equally distributed that is, 15 male and female respectively.
- In religious status, 16 (53.3%) followed to Hinduism and 17(56.67) resided in urban areas.
- In respect to the fathers occupation 13 (43.33%) belonged to other category.
- 15(50%) had one sibling in their family and 24(80%) of the students were hostellers during the course of study.
- 22(73.33%) of them had studied English medium and 22(73.33%) of the student's parents live together.
- With regard to the college environment, 24(80%) of the student's were happy and nearly 10(33.33%) of the students had problems associated with appearance.
- Based on the level of adjustment 86.7% had poor level of adjustment and 13.3% had average level of adjustment and none of them had good level of adjustment.
- There was no significant association between adjustments with the selected demographic variables.

DISCUSSION

The nurses who are working in the hospital and community set up should practice to teach the adolescents and their family members about the various coping strategies to overcome various adjust mental problems faced by the adolescents in their day to day life. Community health nurses are the resource persons as they can educate the health workers at gross root level in impacting knowledge to the adolescents and family members about psychological impact of adolescents and adjustment and also the community health nurse should

provide adequate counseling to family members and there by promote positive attitude while taking care of adolescent's. Nurse educators should prepare self-instructions materials such as self-learning packages, which can be placed in clinical and library settings. Monthly mentoring can be done to the nursing students to find out the adjustmental problem and solution can be given to them to cope constructively. The study helps the nurse researcher to assess the various adjust mental problems and to promote coping ability among adolescents. Nurse, who form an important role health care professionals and nurse researcher can take the initiative to conduct research on various aspects of adjust mental problems among adolescents.

Conclusion

The following conclusion was made from the findings that there was no significant relationship between the demographic variables and adjustmental problems. Hence the investigator recommended further research to find out the support system and other factors which is influencing the adjustment factor among adolescents.

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