



A STUDY ON ADJUSTMENT LEVEL OF MALE AND FEMALE UNDERGRADUATES

Anupma Singh
Assistant Professor
Department of Chemistry
DDU Government PG College, Sitapur

ABSTRACT

In psychology, adjustment refers to the behavioural process of balancing conflicting needs, or needs against obstacles in the environment. Humans regularly do this, for example, when they are stimulated by their physiological state to seek food, they eat (if possible) to reduce their hunger and thus adjust to the hunger stimulus. Adjustment disorder occurs when there is an inability to make a normal adjustment to some need or stress in the environment. India is a patriarchal society where male and female are brought up differently. Therefore the adjustment pattern of male and female will also be different. This paper analyses the adjustment pattern of male and female undergraduate students. Since Adjustment in life is very crucial because the one who fails to adjust in life invites Mental stress which paves way for Decline in health and work efficiency. Therefore the information gathered in this paper can be used for better development of young individuals and a sound mental health of the society and country as a whole.

KEY CONCEPTS: Adjustment , Male, Female, Students, Undergraduates.

INTRODUCTION

Adjusting to college life immediately after school becomes a difficult transition for many students. Transition from school to college is a complex process for almost all students. Pascarella and Terenzini (1991) describe this transition as a "culture shock involving significant social and psychological relearning in the face of encounters with new ideas, new teachers and friends with quite varied values and beliefs, new freedoms and opportunities, and new academic, personal and social demands". Tinto(1993) has proposed three stages that students move through from school to college i.e. separation, transition and incorporation. According to Arkoff (1968), the definition of college adjustment reflects on how much an individual achieves through it and its effect on his personal growth. In terms of how adjusted he is also depends on his capability of getting grades and eventually achieving the degree. Adjustment difficulties arise from the differences between the expectations of the students and realities of college life.

Moreover in India the social order regarding sons and daughters is not only different but approximately opposite to each other. The personalities of male and female are different. There is division of work in every household whether rich or poor, whether rural or urban. During the last three decades, increasing attention has been given to Personality development and adjustment problems of male and female college students. A Growing number of studies have been directed towards exploring Various aspects of college students' problems.