



A STUDY ON THE ADJUSTMENT LEVEL OF RURAL AND URBAN UNDERGRADUATES

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Abstract

Adjustment, in psychology is the behavioral process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. India is a diverse country with lots of variations in culture. Rural India and Urban India are very much different and the mind set of society towards male and female is also different. Therefore, the adjustment pattern for rural and urban students will also be different. This paper analyses the adjustment scenario of rural and urban settings. This information about adjustment problems of college students if available, their needs and feelings are considered and understood, the professional staff in college will be in a better position to provide education to these students.

Key Words: Adjustment, college, students, rural and urban.

Introduction

Social and cultural adjustments are similar to physiological adjustments. People strive to be comfortable in their surroundings and to have their psychological needs (such as love or affirmation) met through the social networks they inhabit. When needs arise, especially in new or changed surroundings, they impel interpersonal activity meant to satisfy those needs. In this way, people increase their familiarity and comfort with their environments, and they come to expect that their needs will be met in the future through their social