The Relation Between Home and Educational Adjustment Among College Students

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Abstract:

Objectives: The present study is going to explore the relationship between Home Adjustment and Educational Adjustment among college students.

Sample: Total 54 students joined from different colleges as participants.

Sampling Technique: The data was collected through incidental sampling method by online mode.

Methodology: A Survey research method was applied to achieve the aim of this study.

Tool: The Adjustment Inventory for College Students (AICS) developed by Dr. A.K.P. Sinha & Dr. R.P. Singh applied as a tool.

Result: The result reveals that Home and Educational Adjustment are positively related to each other.

Keywords: Home Adjustment, Educational Adjustment, Nature.

Introduction:

College students usually fall into the stage of later adolescence, where various physical and mental changes occur and they have to face various problems to adjust with these changes. During this time many changes took place in the field of education. They come to college beyond the boundaries of school. There are many differences between the school education system and the college education system. The education system, the environment, the responsibilities, and the classmates all have to adapt in this new environment. In Crow & Crow`s words, "adjustment is adequate, wholesome or healthful to the extent that he has established harmonious relationship between himself and the conditions, situations, and persons who comprise his physical and social environment."

According to the Dictionary of Education "adjustment is the process of finding and adopting modes of behavior suitable to the environment or to change in the environment." That is to say, adjustment is to adapt to the changing environment and try to satisfy one's needs.

Home adjustment refers to how a person adapts to their home environment, relation to their siblings and parents, financial status, security, trust of family, and satisfaction and affection within the family, and health-related aspects.

Educational adjustment refers to how the student adapts to the medium of instruction, the method of teaching, the environment, the teacher, the examination system, the management, etc.

Literature Review:

Sharma and Saini (2013) Jammu in India studied to identify the adjustment problems (health, emotional, and social) among college-going students. The findings revealed that girls were average in the dimension

of health and social adjustment and unsatisfied with the emotional areas. Boys were average in the dimension of social adjustment and unsatisfied in health and emotional areas.

Vishal and Kaji (2014) studied to find the difference due to the total adjustment, home adjustment, social adjustment, and emotional adjustment of school students between boys and girls of Ahmedabad city. The findings revealed that there was significant difference in total adjustment, home adjustment, social adjustment, and emotional adjustment of boys and girl students. And there was no significant difference in school adjustment of boys and girls students in Ahmedabad.

Thakar and Modi (2014), Gujrat in India examined to find out the level of adjustment of school students and whether there was any relation existed between adjustment and academic achievement of high school students. The result showed that the level of adjustment of the school students was average. There was a significant relation found between adjustment and academic achievement of high school students.

Muthukumar and Kumar (2015) have found no significant difference between male and female students, rural and urban students, Govt. and private school students on home adjustment in Tamil Nadu in India. There was no significant difference existed between joint-family and nuclear-family students on their home adjustment.

Rehman and Singh (2015) U.P. in India has studied to analyse the effect of family type on adjustment level in social, and emotional areas of adolescents in Ghaziabad school students. The findings revealed that the adolescents of the joint family were more adjusted than the nuclear family. And girls were better adjusted than boys.

Sekar and Lawrence (2016), Tamil Nadu in India studied to investigate whether there is any significant relationship exist between adjustment and academic achievement of higher secondary school students. The results showed that a significant relation was present between academic achievement and adjustment due to sex (male and female), and area (rural and urban).

Bhartiya (2017) in Assam conducted a study to find out the correlation between adjustment in home, social, emotional, health, and the environmental awareness of the people. The finding showed that there was no correlation in the adjustment of home, emotional, and health with environmental awareness. However there was the existence of a low correlation between social adjustment and environmental awareness.

Singh and Mathew (2019) have conducted a study in Allahabad on "adjustment and home environment of students: A correlation study." The investigators found that the perception of control, protectiveness, nurturance, rejection, and permissiveness components of the family environment does not contribute to social and emotional adjustment in Govt. and private secondary school students of Allahabad. Findings also revealed that the punishment component of the family environment negatively contributes to the social and emotional adjustment of private school students. The Social isolation component negatively contributes to the emotional adjustment of Govt. secondary school students of Allahabad.

Ghatak (2018) in West Bengal conducted a study on "A study on home adjustment of adolescents." The results found that there was a significant difference present between male and female adolescents in their home adjustment. Also, a significant difference was found between urban and rural adolescents in their home adjustment.

Boruah (2018) Assam, studied on "A study on the adjustment and academic achievement of college students." Investigators found that there was no significance difference between males and females due to adjustment. And a high negative significance correlation existed between overall adjustment and academic achievement of college students.

Need of the Study:

Since a student's education starts from their home and the student is connected with the home environment. Most students spend maximum of their time at home and in college, so it is reasonable to assume that factors of home and education can vary with each other and may be a relation between them. If it is known that there is a relationship between home adjustment and educational adjustment, then parents can be aware of that, which will indirectly help them in the educational adjustment and their academic success. So, from this angle, this study is required for parents, teachers, guiders & counsellors, and the other stakeholders.

Statement of the Problem:

The present study is entitled as **"Relationship between Home and Educational Adjustment among College Students".**

Objectives:

1. To find out the nature of Home and Educational Adjustment of college students.
2. To find out the relation between Home and Educational Adjustment of college students.

Research Question:

R.Q1: To find out the nature of home adjustment of college students.
R.Q2: To find out the nature of educational adjustment of college students.

Hypothesis:

H_0: There is no significant relation between home adjustment and educational adjustment of college students.

Delimitation:

The study has some delimitation and limitation like other study. The delimitation of the present study are follows:

- The researcher delimited the study with North & South 24 Parganas under the location.
- The study is delimited by only two variables i.e. home adjustment & educational adjustment.

Methodology:

A Survey research method was applied in accordance to the aim and objectives in this study.

Variables:

The variables of the present study are the home adjustment and the educational adjustment.

Population:

The students of government or government-aided college at North 24 Parganas and South 24 Parganas district of West Bengal are defined as population in this study.

Sample:

Total 54 college students participated voluntarily as sample to achieve the study objectives from the north and south 24 pgs districts. Among them 13 were male and 41 were female.

Sampling Technique:

The data was collected with the help of the incidental sampling technique method by online Google From.

Tools:

The researcher applied the Adjustment Inventory for College Students (AICS) by A.K.P. Sinha and R.P. Singh for both home and educational adjustment variables. Item of the main inventory was 102 with 5 dimensions (home, health, emotional, educational, and social). The researcher took only two dimensions (home-16 items and education-21 items) to achieve the aim of this study.

Data Collection Methos:

At first, the researcher prepared an online Google Form with the pre-selected tool. Then it is distributed to college students through the college teachers at North & South 24 pgs and collect the required data.

Objectives wise Data Analysis and Interpretation

Test of Normality

Table 1 Normality Test of the Data

Tests of Normality						
	Kolmogorov-Smirnov			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Home Adjustment	.179	54	.000	.881	54	.000
Educational Adjustment	.143	54	.007	.943	54	.012

From the normality test, it found that the statistics value of Kolmogrov-Smirnov and Shapiro-Wilk test is significant at 0.01 level. So, it is interpreted that the distribution of home and educational adjustment followed the normal probability curb. The result was also confirmed by the value of skewness and kurtosis. The graphical distribution (histogram) of home and educational adjustment are presented in **Figure 1** & **Figure 2**. Therefore, the researcher followed the non-parametric method to analyse the data.

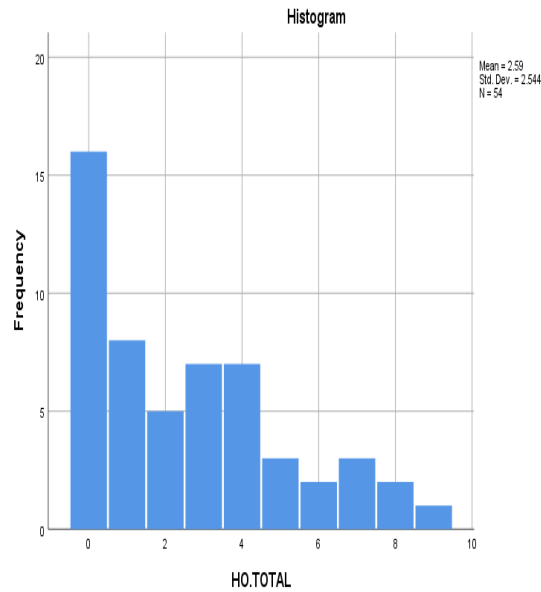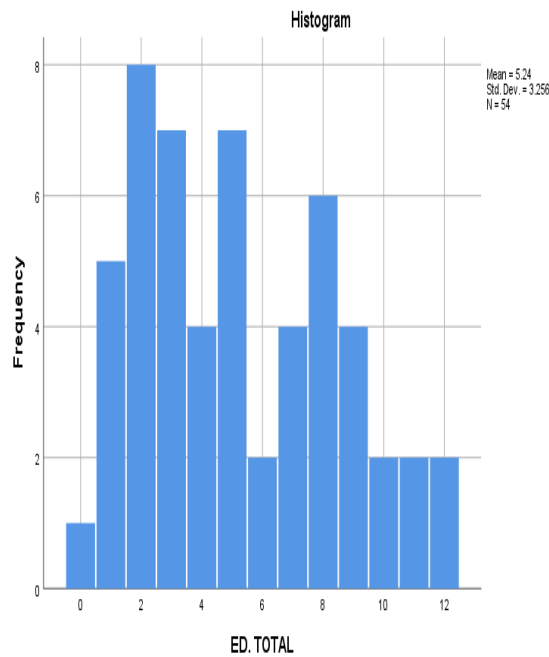**Figure 1 Histogram of Normality Test of the Home Adjustment Scores**

Figure 2 Histogram of Normality Test of the Educational Adjustment Scores

Descriptive analysis:

Table 2 Descriptive Statistics of Home & Educational Adjustment

Descriptive Statistics		
	Home Adjustment	Educational Adjustment
N	54	54
Mean	2.59	5.24
Median	2.08	4.73
Skewness	.791	.393

Kurtosis	-.302	-.961

From the descriptive statistics **Table 2,** it is found that the mean of home adjustment is 2.59 and the median is 2.08 on the other side in case of educational adjustment the mean is 5.24 and the median is 4.73.

Objectives wise Analysis and Interpretation
Objectives 1
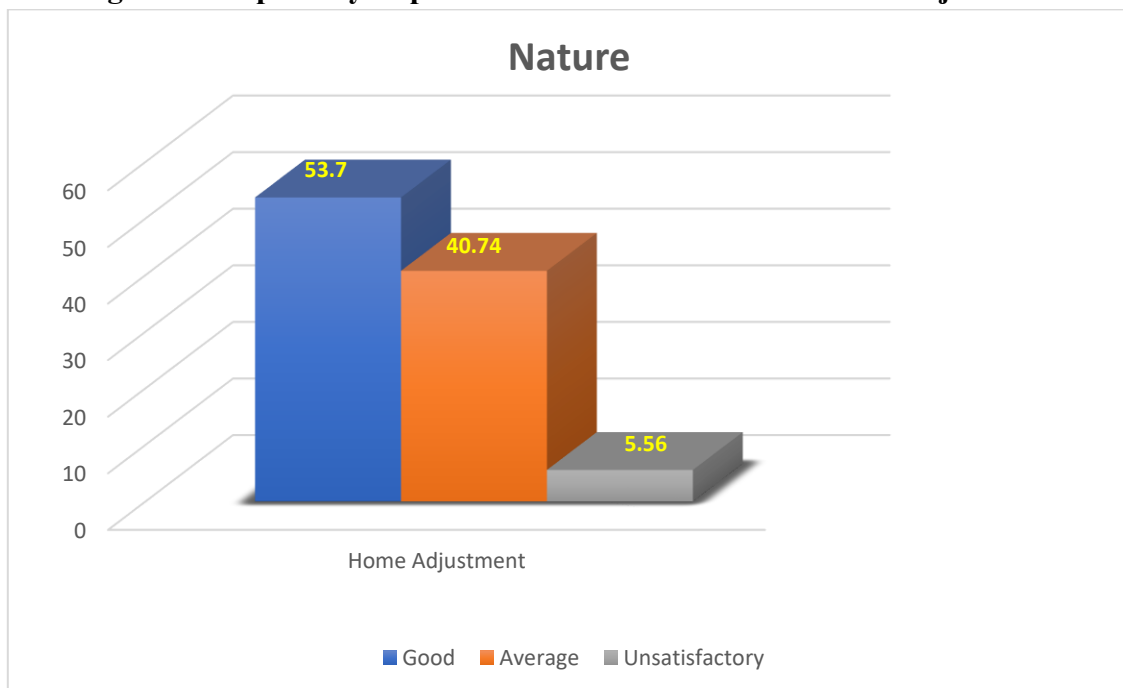To find out the nature of Home and Educational Adjustment of college students.

R.Q1: To find out the nature of home adjustment of college students.

Table 3 Nature of Home Adjustment

	Percentile Norm	Score Range	N	(%)	Level
Home Adjustment	$<P_{25}$	2 & below	29	53.70	Good
	P_{25} to P_{75}	3 to 7	22	40.74	Average
	$P_{75}<$	Above 7	3	5.56	Unsatisfactory

From the **Table 3** it is seen that most of the students (53.70%) belong to the good level of home adjustment whereas only very few (5.56%) are in the unsatisfactory level. So, it can be said that North and South 24 Parganas college students are good in their home adjustment. **Figure 3** represents the nature of the home adjustment.

Figure 3 Graphically Representation of the Nature of Home Adjustment

R.Q2: To find out the nature of educational adjustment of college students.

Table 4 Nature of Educational Adjustment

	Percentile Norm	Score Range	N	(%)	Level
Educational Adjustment	$<P_{25}$	3 & below	21	38.89	Good
	P_{25} to P_{75}	4 to 9	27	50.00	Average
	$P_{75}<$	Above 9	6	11.11	Unsatisfactory

From the **Table 4,** it is seen that most of the students (50%) belong to the average level of educational adjustment whereas 38.89% are good and only 11.11% are unsatisfactory level, also seen in **Figure 4**. So, it can be said that North and South 24 Parganas college student`s educational adjustments are average in nature.

If we compare between home and educational adjustment then we can see that the home adjustment is better than the educational adjustment among the college students of north and south 24 Parganas. The graphical presentation has been seen in **Figure 5**.

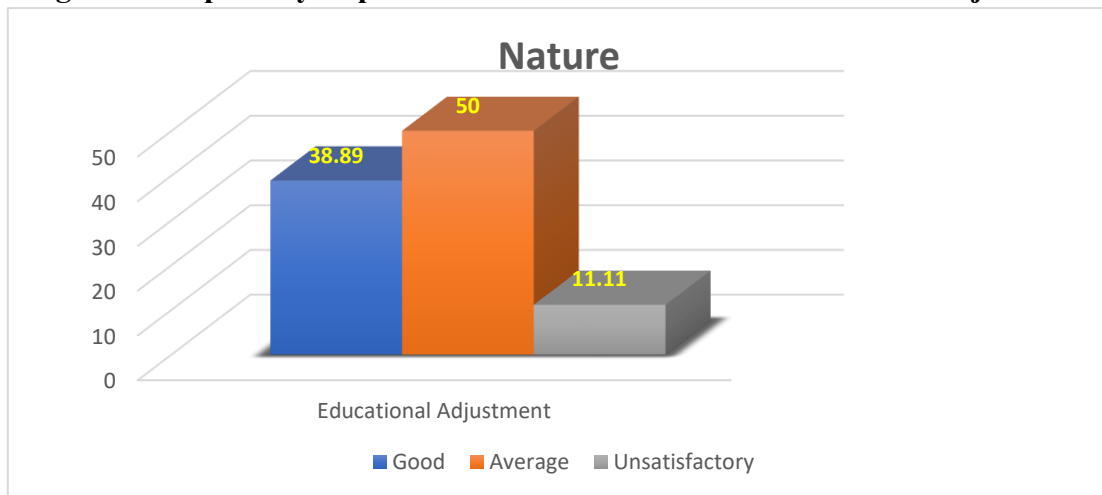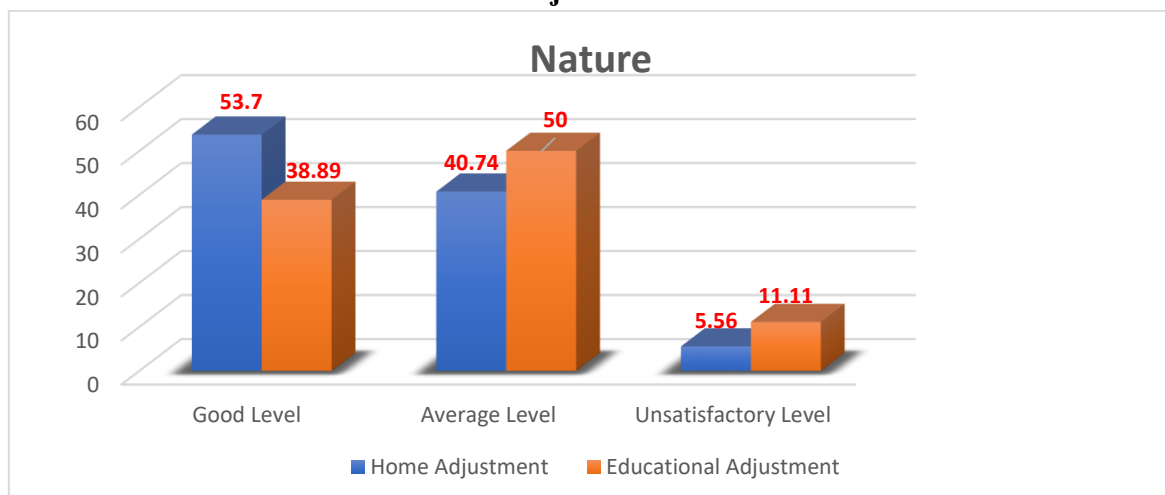**Figure 4 Graphically Representation of the Nature of Educational Adjustment**

Figure 5 Graphically Representation of the Comparison of the Nature of Home & Educational Adjustment

Objectives 2

To find out the relation between Home and Educational Adjustment of college students.

H_0: There is no significant relation between home adjustment and educational adjustment of college students.

Table 5 Correlation Between Home & Educational Adjustment

Correlations			HO. TOTAL	ED. TOTAL
Spearman's rho	HO. TOTAL	Correlation Coefficient	1.000	.379**
		Sig. (2-tailed)	.	.005
		N	54	54
	ED. TOTAL	Correlation Coefficient	.379**	1.000
		Sig. (2-tailed)	.005	.
		N	54	54
**. Correlation is significant at the 0.01 level (2-tailed).				

It is seen from the correlation **Table 5** that the correlation value is significant at 0.01 level and the value is positive (R=0.379). That means the college student`s home and educational adjustment are positively related. So, it can be said that if one is better in their home adjustment automatically, he is better in their educational adjustment or vice-vies.

Result:

- Most of the students belong to the good level of home adjustment
- Most of the students belong to the average level of educational adjustment
- The North and South 24 Parganas college student`s home and educational adjustment are positively related.

Discussion:

The first finding in this study is that most of the students belong to the good level to their home adjustment. From the previous literature, it was not seen by the researcher that supported this finding.

Secondly, the result found that most of the students belong to the average level of educational adjustment. A similar finding was found by Thakar and Modi (2014) at the school level.

The findings also declared that the college student`s home and educational adjustment are positively related. The researcher found so much studies with adjustment variables but it was not seen that which is supported this finding. So, in this angle, the finding is individual.

Conclusion:

- It can be concluded from the nature of home adjustment that most of the North and South 24 Parganas college students belong to the good level in their home adjustment.
- In case of educational adjustment, it can be said in conclusion that North and South 24 Parganas college student`s educational adjustment level are average.
- If we compare between home and educational adjustment then we can see that the home adjustment is

better than the educational adjustment among the college students of north and South 24 Parganas.

- From the correlation, it can be concluded that if one is better in their home adjustment automatically, he is better in their educational adjustment or vice-vies among the students of North and south 24 Parganas college.

Limitation of the Study:

The study limitation are as follows

1. Incidental sampling technique used.
2. The sample size was too small (54).

Further Scopes:

At the end of each research, the way is opened for other new research. In this case too, there are opportunities for new research. They are

1. The present study has been done with only 54 samples. In this case, new research can be conducted by increasing the sample size.
2. It can be scope in research by dividing males & females and urban & rural college students.
3. The present study has been done in North & South 24 pgs (West Bengal). Future research can be conducted in a brought location.
4. Future studies can be done with more variables.

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