

# A Study of Adjustment and Psychological well-Being in Hostel Students

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## Abstract

The main purpose of present research was to find out of significant difference in Adjustment and Psychological well-being in hostel students. The sample consisted of total 100 hostel students (50 male and 50 female). were selected random sampling method from the Rajkot (Gujarat). The research tool for Adjustment scale was developed by Dr. Pramod Kumar or Psychological well-being scale developed by Sudha Bhogle (1995) was used in research. Gujarati translation of which done by Dr. Yogesh A. Jogsan (2018). A t-test was used for check relation between Adjustment and Psychological well-being in hostel students. The Karl Pearson correlation Method was used to examine the correlation between adjustment and psychological well-being.. The result shows that no significant different in Adjustment ( $t=0.51$ ) and there was significant different in Psychological well-being ( $t=9.67$ ). There was positive correlation (+1) between Adjustment and psychological well-being.

**Keywords:** Adjustment, Psychological well-being and Hostel students

## Adjustment:

In psychology, adjustment is the condition of a person who is able to adapt to changes in their physical occupational and social environment. In other words, adjustment refers to the behavioral process of balancing conflicting needs or needs challenged by obstacles in the environment. Due to the various changes experienced through out life, humans and animals have to regularly learn how to adjust to their environment. Through out our lives, we encounter various phases that demand continuous adjustment, from changes in career paths and evolving relationships to the physical and psychological shifts associated with aging. Each stage presents unique challenges and requires us to adapt in ways that support our growth and well-being. 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. Successful adjustment equips individuals with a fulfilling quality of life, enriching their experiences as they navigate life challenges.

Way of Adjustment in psychology :

- Social support
- Mind fullness
- Problem- solving
- Self- care
- Cognitive reconstruction

**Psychological well-being:**

Psychological well-being is a state of mental and emotional health that includes positive feelings and a sense of purpose. It can also be defined as the absence of negative feelings. Psychological well-being refers to an individual emotional health and overall functioning. It consists of positive social relationships, autonomy, environmental mastery, self-acceptance, a sense of purpose and personal growth. The absence of distress does not necessarily indicate a person has high psychological well-being. High psychological well-being is about feeling happy and doing well. People with high psychological well-being report feeling capable, happy, well-supported and satisfied with life.

Components of Psychological well-being :

- Positive feelings
- Absence of negative feelings
- Purpose in life
- Personal growth
- Environment mastery
- Autonomy

**Review of Related literature :****Adjustment previous research :**

Chauhan V. (2013) : Present study was conducted on 111 higher secondary students of Durg District, to ascertain their adjustment. Adjustment scale by A.K.P. Sinha and R.P. Singh was used for the purpose of data collection. T-test results indicate that there is significant difference in adjustment of higher secondary school students and female students have good adjustment level when compared to the male students.

Makawana D. M. and Kaji S.M. (2014) : The present investigation in to find out the Adjustment of secondary school students in relation to their gender boys and girls. The sample consisted of 120 secondary school students out of which 60 where boys and 60 where girls. For this purpose of investigation Adjustment Inventory by Dr. R.S. Patel was used. The obtained data was analyzed through t-test to know the mean difference between secondary school students in relation to their gender. The result shows that there is no significant difference in home, school and emotional adjustment of boys and girls secondary school student. But there is significant difference in social adjustment of boys and girls secondary school students at 0.05 level. It means boys are social adjustment better that girls.

Shah W. and Matto M. I. ( 2017) : The main purpose of this research paper is to study the adjustment of secondary school students. A total number of 600 respondents were selected for the present study who were studying in the secondary school students in the Kashmir Division of state Jammu and Kashmir. The descriptive and inferential statistics was used to find and generalize the results. The result indicated that secondary school students who are highly adjustment can perform very well in the school subjects.

**Psychological well-being previous research :**

Pandya M. and Korat N. (2015) : The purpose of present study was to find out correlation between the youths personality traits and Psychological well-being. The said sample was 120 both males and females in equal numbers was selected through random sampling. Personality traits inventory and psychological well-being inventory are tailor-made instruments, having sufficient reliability and validity. The purpose of analysis, the karl pearson 'r' technique was used. Present study reveals the result that their significant

positive correlation between the youths Personality traits and psychological well-being. The authors suggest that there is a need to explore the rural and urban youths correlation in the line of above study.

Pandya M. and Korat N. (2015) : The purpose of present study was to find out correlation the youth Internet addiction and psychological well-being. The said sample was 120 both males and females in equal numbers was selected through random sampling. Internet addiction inventory and psychological well-being inventory are tailor-made instruments, having sufficient reliability and validity. The purpose of analysis, the karl pearson 'r' technique was used. Present study reveals the result that there is no significant negative correlation between the youths Internet addiction and psychological well-being. The authors suggest that there is a need to explore the rural and urban youths correlation in the line of above study.

Sonel S. (2024) : The study aims to analyse the effect of husbands out- migration on psychological well-being of rural adult left- behind wives in the district of cooch Behar, India. A sample of 400 wives has been selected for the purpose of this study through snow ball sampling and subsequently they have been interviewed by a structured schedule. The psychological well-being index of left-behind wives has been calculated based on the indicators namely, household responsibilities, decision-making, mobility and social relations, life satisfaction and psychological problems. To identify the difference in psychological well-being of left behind wives suffering from different levels of husbands absence, one- way anova has been carried out. The results shows short term duration of husbands absence brings more psychological well-being then long term absence.

### **Objects of the study:**

1. To measure Adjustment among Male and Female
2. To measure Psychological well-being among Male and Female
3. To measure correlation between Adjustment and Psychological well-being

### **Null hypothesis of the study:**

1. There will be no significant difference between Adjustment among Male and Female
2. There will be no significant difference between Psychological well-being among Male and Female
3. There will no correlation between Adjustment and Psychological well-being

### **Method:**

Participants: According to the purpose of present study total of 100 hostel students ( 50 Males and 50 Females ). Is selected random sampling from the Rajkot (Gujrat).

### **Variable of the research :**

Independent variable :

- Gender : Male and Female

Dependent variable :

- Adjustment
- Psychological well-being

Control variable :

- Age : 19 to 25
- Area : Rajkot (Gujarat)

**Research design:**

The aim of present research was to study of A study of Adjustment and Psychological well-being in hostel students. For the total 100 (50 Male and 50 Female). Sample were taken with use random sampling method. Here, a scale developed by Dr. Prmod kumar was used to measure Adjustment and Psychological well-being scale developed by Sudha bhogle was used to measure Psychological well-being.

**Tools:**

Following tools was used for the collection for the relevant data.

**Adjustment scale:**

Considering the purpose of present research the Adjustment scale developed by Dr. Prmod kumar was used in this research. There are a total 40 statements. Yes or No responses are given against each statements.

In this scale all the statements except statement 33 are given a score of '0' for the No response. While giving '1' score to Yes in statements-33. The sum of the score all the statements in used to calculate the adjustment score. High score on this questionnaire indicate good adjustment. A maximum score of 40 and a minimum score of 0 can be obtained on this scale. Its reliability is found 0.93 and validity 0.71.

**Psychological well-being scale:**

Considering the purpose of the present research the Psychological well-being scale developed by Sudha Bhogle was used in research. Gujarati translation of which done by Dr. Yogesh A. Jogsan. There are a total 28 statements. 'Yes' or 'No' alternative responses are given against each statements. The statements of the legislative from have a correct mark on 'Yes' then a coefficient of 1 and if there are correct mark on 'No' then a code of 0 has to be given. Prohibitive statements will carry 0 marks for correct mark on 'Yes' and 1 mark for correct mark on 'No'. A maximum score of the 28 and a minimum score of 0 can be obtained in this balance. The reliability score of the Psychological well-being scale found to be 0.85.

**Procedure:**

They was informed about the purpose of the study. Participant were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants. Before administering the scale, the purpose of the study was again explained to the participants. A good report was build with the participant for getting correct response. Some necessary instruction and guidelines were provided to them properly filing the scale. After this the scale were provided to them and they were requested to fill up the scale as per the instruction given in the scale. After completion of the scale participants returned the scale and they were thanked for their participation.

**Result and discussion:**

The main object of present study was to study of Adjustment and Psychological well-being. Here, t-test method was used. Discussion of present research is as under.

**Table- 1**  
**Statistical comparison of Adjustment (Male and Female) :**

Sr No.	Variable	N	Mean	t	Sig.
1	Male	50	21.02	0.51	NS
2	Female	50	20.34		

Significant level – 0.05 = 1.98

0.01= 2.61

Here mean score of Male is 21.02 and Female is 20.34. Here ‘t’ value is 0.51, which is not significant. So, we can say that first hypothesis is accepted.

**Table- 2**  
**Statistical comparison of Psychological well-being (Male and Female) :**

Sr No.	Variable	N	Mean	t	Sig.
1	Male	50	22.06	9.67	Significant
2	Female	50	20.02		

Significant level – 0.05= 1.98

0.01= 2.61

Here mean score Male of 22.06 and Female is 20.0. Here ‘t’ value is 9.67, which is significant. So, we can say that second hypothesis is rejected.

**Table- 3**  
**Showing the correlation between Adjustment and Psychological well-being :**

Sr No.	Variable	N	Mean	r
1	Adjustment	50	41.36	1
2	Psychological well-being	50	43.04	

Show that the mean of Adjustment receive 41.36 and Psychological well-being receive 43.04. Here correlation between Adjustment and Psychological well-being is 1, which was positive correlation. Which was positive correlation means Adjustment increase Psychological well-being and Adjustment decrease Psychological well-being.

## Conclusion:

1. We can conclude that there was a not significant difference in Adjustment.
2. We can conclude that there was a significant difference in Psychological well-being
3. There was a positive correlation between Adjustment and Psychological well-being.

**Limitation and future Research:**

The study had several limitations that can be addressed by future research. First, the participants consist only Rajkot (Gujarat). So, it is not representative of all area of Gujrat state. Hence, a more representative participant might different result.

**Suggestions:**

Endeavour can be executed to analyze move them 100 data of sample with efficacy to attain better results. For the accumulation of information, variegated methods except questionnaires can be adopted. Selection of sample can be accomplished with the in take of different district from different state to ascertain in their Adjustment and Psychological well-being.

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