

A STUDY OF COLLEGE ENVIRONMENT ON ADJUSTMENT

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Abstract:

This study explores the impact of college environment on the adjustment of students from rural and urban backgrounds. A sample of 100 college students (50 rural and 50 urban) was selected randomly. The Adjustment Inventory by Sinha and Singh (2019) and the College Environment Scale by Dr. Ashwini Kumar (2021) were administered. Data was analyzed using an independent t-test to determine if there was a significant difference in adjustment scores between rural and urban students. The findings reveal a statistically significant difference in adjustment, favoring urban students.

1. INTRODUCTION

Adjustment is a psychological process through which individuals maintain equilibrium with their environment. The college environment, including academic pressure, peer interaction, and institutional support, can significantly affect students' adjustment. This study seeks to understand how college environment influences adjustment in rural versus urban students.

2. OBJECTIVES

- To measure the level of adjustment in rural and urban college students.
- To compare the mean adjustment scores between rural and urban groups.
- To determine whether college environment significantly influences adjustment using statistical analysis.

3. HYPOTHESIS

H₀: There is no significant difference in adjustment between rural and urban college students.

4. METHODOLOGY

Sample Size: 100 college students

Sampling Technique: Random sampling (50 rural, 50 urban)

Tools Used:

- Adjustment Inventory by Sinha and Singh (2019)
- College Environment Scale by Dr. Ashwini Kumar (2021)

Statistical Technique: Independent t-test

5. ANALYSIS AND RESULTS

Table :1 Adjustment Scores of rural and urban college students.

Group	N	Mean Adjustment Score	Standard Deviation	t value
Rural	50	53.20	7.47	5.07
Urban	50	60.12	6.12	

6. INTERPRETATION AND HYPOTHESIS TESTING

The calculated t-value (-5.07) is statistically significant at the 0.05 level, and the p-value (0.0000) indicates a highly significant difference between the adjustment scores of rural and urban college students. This means that the average adjustment score of urban students is significantly higher than that of rural students. Urban students demonstrate better adjustment, likely due to better access to facilities, familiarity with institutional environments, and socio-cultural preparedness. Thus the Null Hypothesis (H_0): There is no significant difference in adjustment between rural and urban college students is rejected.

CONCLUSION:

Since the p-value is less than 0.05 and the t-value is significant, the null hypothesis (H_0) is rejected. This confirms that college environment significantly affects adjustment, and urban students are comparatively better adjusted than rural students.

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