

Original Article A Descriptive Study to Assess the Adjustment Problems Among the First Year Nursing Students of Selected College of Haryana

Varsha Thakur¹, Shaveena Khan², Sonali Sharma³

¹Nursing Officer, AIIMS Jammu

²Nursing Office, AIIMS Vijaypur, Jammu

³Nursing Officer, OP Jindal Hospital, Hisar

Corresponding Author: Varsha Thakur, M Sc (Medical Surgical Nursing)

E-mail: thakurvarsha71712@gamil.com

Abstract

Introduction: Nursing students have to face wide variety of adjustment problems during their first year in professional education as they have to adjust in new environment. Problem related to adjustment can affect their academic performance. There are many factors which can affect the adjustment capacity of student and this capacity varies from person to person.

Materials & Methods: A quantitative approach and non-experimental research design was used to conduct the study. The study was conducted at selected college of district Fatehabad, Haryana. Total 100 students were selected by using simple random technique. Data was collected by using structured rating scale.

Results: Majority of nursing students 96(96%) some time had adjustment problems. Only 2(2%) never had adjustment problem, 2(2%) always had adjustment problem. The association with demographic variables was determined by using Chi square. The age, religion, income of family statistically significant with 5% level of significance i.e., they have influence on adjustment problems.

Conclusions: On the whole carrying out the present study was an enriching experience to the investigator. The study finding that there was high prevalence of adjustment problem in nursing students of first year 96%. Based on this finding it is evident that there is need of proper attention management of adjustment problems in student so that it could not affect their professional training and education.

Keywords: Adjustment problem, first year student, nursing.

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Introduction

Adjustment is very important to function and to achieve anything in life. It is very important to adjust in order to stay in environment. There are many theories which states that adoption is important e.g. “Survival of the fittest of Darwin's Theory of evolution state how specie struggles in adopting in existing scenario. Adjustment and adaptation is the same thing it involves expectance of present situation and modification of the present to live happily and successfully. 1 Adjustment is a most effective tool for coping with the problems or realities of

life. Adjustment change in behavior of the individual by which other individual of society recognize person as well adjusted. Adjustment problem is involve the development of emotional or behavioural symptoms such as depression, anxiety, behaviour problems, academic problems, social conflicts or withdrawal and work problems in response to a specific stressor.²

A study was conducted to assess the adjustment problems and coping pattern to the nursing students. The samples in the quantitative phase were 80 nursing students. The quantitative approach was used in the study 78.8% of nursing students having moderate adjustment problems and 21.3% of students having mild adjustment problems. 86.3% students having adaptive coping level and 13.8% of students having maladaptive coping level.³ A Study in Malaysia University reported that 42.8% of the respondents were found to be at low level for the personal -Emotional Scale which states that many subjects in the study were exposed to psychological and somatic problems in adjusting themselves to campus life. Most of the students experience some adjustment problem during their 1st year in college. Students may feel home sick, miss their family, friends and hometown. Classes and instructors are seems to very strange to them and hostel environment makes them feel lonely and isolated. It affects all the areas of student's life such as emotional, physical, social, economic and educational.⁴ Common associated factors of adjustment problem are being away from home, family and friends and adjusting to college classes and accompanying workload difficulties with time management in the clinical areas as well as in the classes. Most common problem faced by fresher is making new friends and adjustment with the roommates.⁵ A successful adjustment strongly predicts students' academic success, mental health and personal development. Thus, the focus of this study was based on to assess the various adjustment problem among the nursing students in order to prevent from the absenteeism and help in the improvement of personal, mental development and education performance of the students.

Materials & Methods

Research approach: Quantitative research approach was used in this research study.

Research design: A descriptive study design was used to conduct the study.

Sampling technique: The sampling was done by using total simple random technique.

Population: The study population was first year nursing (B Sc and GNM)students of selected colleges of Haryana

Sample size: The total 100 student, who had consented, were enrolled in the study from two selected colleges of nursing Fatehabad, Haryana.

Setting of the study: Shaheed Udham Sing College of Nursing and Shaheed Baba Deep Sing College of Nursing Fatehabad, Haryana.

Data collection: Data was collected by using self structured tool.

Score Criteria:

Table: 1 Level of adjustment problem among students of B.Sc. and GNM Nursing year is categorized into three levels: -

This includes self structured rating scale consist of 30 statement rating with 0,1 and 2 rating.

Having adjustment problem	Score
Always	0-20
Sometime	21-40
Never	41-60

Results

The analysis of data has been organized in following parts:

Table: 2 Frequency and percentage distribution of demographic variables among students of B.Sc. Nursing and GNM Ist year.

Table: 3 Level of adjustment problem among students of B.Sc. Nursing and GNM Ist year.

Table 4: Association between score of adjustment among students of B.Sc. Nursing and GNM Ist year with selected demographic variables

Table: 2 Frequency and percentage distribution of demographic variables among students of B.Sc. Nursing and GNM Ist year.

(N=100)

Demographical variables	Category	Number of student [N(%)]
Age	19-20	56 (56%)
	21-22	35(35%)
	23-24	09(09%)
Education of parents	Primary education	41(41%)
	Secondary education	32(32%)
	Under graduate	19(19%)
	Post graduate	8(8%)
Type of family	Joint family	50(50%)
	Nuclear family	50(50%)
Area of residence	Urban	39(39%)
	Semi urban	39(39%)
	Rural	22(22%)
Religion	Christian	3(3%)
	Hindu	51(51%)
	Muslim	15(15%)
	Sikh	31(31%)
Income	-	34(34%)
	5,000-10,000	40(40%)
	10,000-15,000	18(18%)
	20,000 and above	8(8%)

Table 2: depicts that majority (56%) of the B.Sc. (N) and GNM 1st year were between the age group of 19-20 years followed by (35%) between 21-22 year of age. Maximum 41% had primary education of parents, equal number had nuclear and joint family with majority living in urban and semi urban area 39%. 51% were Hindus, 15% were Muslims, 31% Sikh. Maximum (40%) student's family per capita income was between 5,000-10,000 whereas 8% student family per capita income was more than 20,000.

Table: 3Level of adjustment problem among students of B.Sc. Nursing and GNM Ist year.

(N=100)

Having adjustment problem	Range of Score	Percentage	Number of students [N(%)]
Always	0-20	00-33%	2(2%)
Sometime	21-40	34-66%	96(96%)
Never	41-60	67-100%	2(2%)

Table 3: depicts that majority of nursing student 96% sometime, 2% always and 2% never had adjustment problem.

Table 4: Association between score of adjustment among students of B.Sc. Nursing and GNM Ist year with selected demographic variables

Demographical variables	Category	Number of student [N(%)]	Chi- Squire value	DF	P value
Age	19-20	56 (56%)	4.74	2	0.04*
	21-22	35(35%)			
	23-24	09(09%)			
Education of parents	Primary education	41(41%)	3.93	3	0.26
	Secondary education	32(32%)			
	Under graduate	19(19%)			
	Post graduate	8(8%)			
Type of family	Joint family	50(50%)	0.367	1	0.34
	Nuclear family	50(50%)			
Area of residence	Urban	39(39%)	0.122	2	0.94
	Semi urban	39(39%)			
	Rural	22(22%)			
Religion	Christian	3(3%)	7.09	3	0.05*
	Hindu	51(51%)			
	Muslim	15(15%)			
	Sikh	31(31%)			
Income	-	34(34%)	5.94	3	0.05*
	5,000-10,000	40(40%)			
	10,000-15,000	18(18%)			
	20,000 and above	8(8%)			

*significant

Table 4: Depicts that demographic variables age, religion, income of family had statistically significant with 5% level of significance i.e., they have influence on adjustment problems.

Conclusions

Adjustment is a psychological concept that refers to the behavior that permits people to meet the demands of the environment. 6A university is a new environment that triggers different reactions among first year students. Thus, life at university for the first year can be exciting and challenging. 7On the other hand, the student has to reconstruct his or her personal relations in a new environment and this often causes mental and physical distress. 8,9The study concluded that there moderate level of adjustment problems among B.Sc. Nursing and GNM students and there was significant difference in level of adjustment problem with the age at $p=0.05\%$ herefore it indicate that age, income and religion may have influence on the adjustment problem.

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