



To assess home and educational adjustment in college going students across gender : A comparative study of Lucknow city

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ABSTRACT

College going situation is the most important period of human life which is called the transitional period of life. It is during college students that rapid physical growth and changes in physiological processes take place. College students are also a period of progress towards mental, intellectual and emotional maturation. Present study was undertaken to assess the home and educational adjustment in college going students across the gender. The study was conducted in Lucknow city by selecting the total 120 sample comprising 60 male and 60 female respondents. The information was collected using a self-prepared interview schedule along with adjustment inventory. Data were analysed in terms of frequency, percentage and chi-square test. From the findings of the study, it can be concluded that no significant differences were found in the home adjustment of students with respect to their gender and there were significant differences in educational adjustment across the gender.

INTRODUCTION

College students, in a transitional period from late adolescence to early adulthood, meet quite a few new and ever-complicated surroundings which they have never encountered before. They experience a wide variety of difficulties in making satisfactory adjustments to college life. Personality problems are frequently precipitated in college students by stresses met in attempted adjustments to perplexing situations. The adjustment to home is very essential otherwise it may lead to deterioration in family relationship and peer group relationship outside home. Not only parental relationships influences the adjustment or maladjustment of children but relationship with grand parents and other relatives are also equally important.

As students experience more freedom and responsibility in college, relationships with parents and other significant people change (Baumeister and Leary, 1995). Freshmen, as well as their parents, may fear losing aspects of their relationship with each other. Frequent calls home from freshmen are

common, especially during the first few months away at college. It may be very hard to say goodbye at the end of holiday or semester breaks. It may also be difficult to re-adjust to rules at home, such as curfews, chores or responsibilities for younger siblings (Beyers and Goossens, 2002).

College is more than a study place. Culture is transmitted and skills being taught. It is a world of varied human contacts that demands adjustment on the part of child. It is world where friendships are made and those who do not easily may friends feel isolated. They are not self-bound particularly; minority and economically less favoured groups may feel lack of status and acceptance. Level of academic achievement during college students and educational attainment later in life are strong predictors of variety of well-being in adulthood. A well-adjusted adolescents meets his/her college environment with the initiative of full sharing with others and for the optimum development of himself/herself students perceptions of their teachers interest in their education also seem to have implications for their expected and aspired educational