

RESEARCH ARTICLE

Level of Adjustment Issues among B.Sc Nursing Students at Selected College, Puducherry

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ABSTRACT

A descriptive study was done to assess the level of adjustment issues among B.Sc. Nursing students at College of Nursing, Pondicherry institute of medical sciences. Random Stratified Sampling technique was adopted was used to select 126 samples from I, II and III year (42 from each class). Structured questionnaire was administered. Results reveal that, B.Sc. Nursing I year students, 73.8% are adjusted & 26.2% are well adjusted. In B.Sc. Nursing II year students, 97.6% are adjusted & 2.4% are well adjusted. In B.Sc. Nursing III year students, 95.2% are adjusted & 2.4% are well adjusted.

Keywords: Level of Adjustment Issues, Nursing students

INTRODUCTION

Background of the study

“Life presents a continuous chain of struggle for existence and survival” says Darwin.^[1] Adjustment means to the degree of capacity by which an individual tries to cope with inner tensions, needs, conflicts, and frustration and is simultaneously able to bring coordination between his inner demands and those imposed by the outer world.^[2]

Adjustment is the psychological processes accustomed to adapt, cope, and manage the issues sweet faced in the standard of living. For college students, the adjustment could be a multi-faced side that many be divided into four completely different elements that square measure educational, social, personal-emotional adjustment, and attachment to the college.^[3]

The definition of college adjustment reflects on how much an individual achieves through it and its effect on his personal growth. In terms of how adjusted he is also depending on his capability of getting grades and eventually achieving the degree.^[1] The adjustment of adolescent very much depends on the fulfillment of their significant specific needs that consist of physical needs, emotional needs, social needs, intellectual needs, moral needs, and vocational needs. It may be helpful, therefore, to devote a little more space to two important qualities of adjustment.^[4]

According to DSM-IV-TR adjustment disorder outlined due to the development of emotional or activity symptoms in response to classifiable stressor(s) occurring at intervals 3 months of the onset of the stressor(s), these symptoms or behaviors are clinically important as proved by either of the following: Marked distress that is far more than what would be expected from exposure to the agent and important impairment in social or activity (academic) functioning.^[5] Adjustment to college consists of four dimensions, namely, academic

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adjustment, social adjustment, adjustment of personal emotion, and institutional adjustments.^[6] Studies from India determined the level of adjustment problems among adolescents. A study from Coimbatore, India, among 148 higher secondary school students revealed that 56.36% of the boy's had a high-level social adjustment, 42.72% had a moderate level, and 0.91% of the boys had a low level of social adjustment. Similarly, among the girls, 78.95% of them had a high level and 21.05% of girls had a moderate level of social adjustment.^[7] Today's nursing students are tomorrow's nurses; nurses are expected to provide holistic care to individuals and families. In the course of training to be a nurse, the student is exposed to a multitude of stressors. They have to take up the responsibility for giving patient care in various situations adolescents who are healthy want to help others and want to assume responsibility. For this, these adolescent students of nursing should have good adjustment among themselves and to the environment.^[1]

Need for the study

According to the WHO, approximately 20.6% of the total population of 846 million in India consist of youth between 15 and 24 years of age. These critical years of adjustment are undermined by depression, anxiety, substance abuse, and eating disorders, sometimes leading to suicide. The studies conducted in India, highlight the level of adjustment problems in different areas which are getting tired easily (81.30%), worrying about examinations (68.9%), unable to concentrate on studies (79.3%), having no one to share problems (80.20%), having too many personal problems (70%), worried about finances (19.7%), being made fun of (82.17%), difficulty in communication (69.82%), 7% difficulty in making friends, etc...^[3] A study was conducted to assess the adjustment problems among nursing students in Pune. The results show that most of the nursing students have moderate adjustment problems which are ranging from 50 to 100 and 24 (16%) of students were having severe adjustment problems.^[8]

A descriptive study was conducted to assess the knowledge and attitude regarding adjustment problems among nursing students. Data were collected on adjustment problem among the 3rd year

B.Sc Nursing students in nursing colleges at Tumkur, Karnataka. The simple sampling technique was used to select the samples; a self-administered questionnaire and attitude scale were used to assess the knowledge and attitude regarding adjustment problems among nursing students. The knowledge scores revealed that 55 (55%) of nursing students had average knowledge followed by 30 (30%) with good knowledge and least 15 (15%) with poor knowledge and the attitude scores revealed that majority 45 (45%) had favorable attitude and 35 (35%) nursing students had positive attitude toward adjustment problems.^[9]

A study assessed stress level and coping strategies among nursing students. A descriptive study was conducted in a private nursing institute of Punjab affiliated with Baba Farid University of Health Sciences, Faridkot, total students participated in the study. Perceived Stress Scale-14 was used to assess stress level and a COPE was used to identify the coping strategies. Results of the study revealed that 34% of students were having moderate stress and 33% each were having mild stress. A study was done to assess the adjustment problems among the 1st year B.Sc. Nursing students in emotional well being. The study revealed that the adjustment problems are common in emotional than social, health, and home.^[10]

Statement of the problem

“A study to assess the Level of Adjustment Issues among B.Sc Nursing students at selected College of Puducherry.”

Objectives

The objectives of the study were as follows:

1. To assess the level of adjustment issues among I, II, and III B.Sc Nursing students at selected college
2. To associate the level of adjustment issues among I, II, and III B.Sc Nursing students.

Hypothesis

H₁: There will be a significant association in the level of adjustment issues with the demographic variables.

Operational definitions

Assess

It refers to the process of identifying the level of adjustment issues among B.Sc. Nursing students.

Level of adjustment issues

It refers to the level of adjustment issues by the B.Sc. Nursing students such as social, academic, and personal adjustment among themselves to the college.

Social issues

It refers to identifying the level of adjustment toward social adaptation to college, language barrier, fear, criticism, and socialization with others.

Academic issues

It refers to the academic adjustment problems include poor attention and concentration, medium of instruction, adaptation to the course, and academic achievement.

Personal issues

It refers to the personal adjustment problems include making friends, lack of motivation, inner stress, and bullying.

Nursing students

It refers to the students studying B.Sc. Nursing in College of Nursing.

METHODOLOGY

Research approach

Quantitative research approach.

Research design

Descriptive design.

Setting of the study

College of Nursing, PIMS, Puducherry.

Variables

Level of adjustment issues among selected college students is shown in Figure 1.

Population

College of Nursing, PIMS, Puducherry.

Sample

B.Sc Nursing (I, II, and III years) students studying in College of Nursing, PIMS, Puducherry.

Sample size

One hundred and twenty-six B.Sc Nursing (42 from I, II, and III years) students who fulfill the inclusion criteria.

Sampling technique

Stratified random sampling technique was used to select 126 participants from I, II, and III years (42 from each) through computer-generated random numbers.

Sampling criteria

Inclusion criteria

The following criteria were included in the study:

- Students who are willing to participate in the study
- Both boys and girls studying B.Sc Nursing at College of Nursing in PIMS, Puducherry.

Exclusion criteria

- B.Sc Nursing IV year students are excluded due to peer group bias
- Students who are not available during study.

Tool

Structured questionnaires for demographic variables and for the assessment of level of adjustment issues.

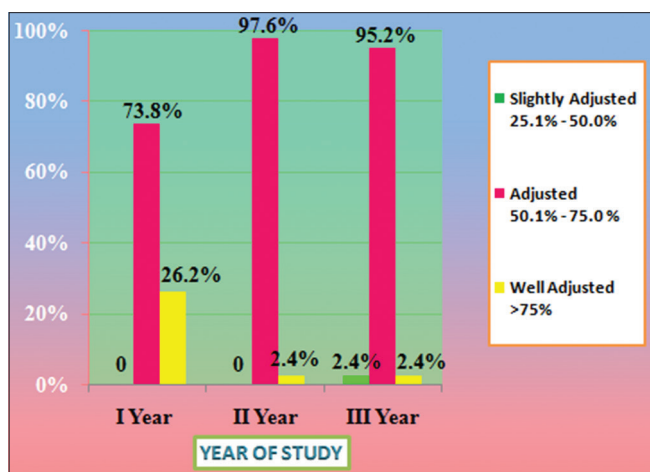


Figure 1: Level of adjustment issues among selected college students. n=126

Description of the tools

- Section A – It consists of demographic data with the variables such as age, gender, year of study, medium of schooling, residence, type of family, domicile, and state of residence
- Section B – The rating scale (structured questionnaire for the assessment of level of adjustment issues). It consists of 40 items. Each item has minimum score of 1 and maximum score of 5.

Scoring

- **For positive questionnaire:** 1 – Strongly disagree, 2 – disagree, 3 – neutral, 4 – Agree, and 5 – strongly agree
- **For negative questionnaire:** 5 – Strongly disagree, 4 – disagree, 3 – neutral, 2 – agree, and 1 – strongly disagree. Minimum score – 40 and Maximum score – 200.

The score was graded as follows: 0–25% – Poorly adjusted, 26–50% – slightly adjusted, 51–75% – adjusted, and 75–100% – well adjusted.

Content validity

Structured questionnaire for the assessment of level of adjustment issues was developed to assess the level of adjustment issues among B.Sc. Nursing students. The content validity was obtained from three nursing

Table 1: Frequency and percentage distribution of demographic variables of selected college students. n=126

S. No.	Demographic variables	I year		II year		III year	
		n	%	n	%	n	%
1	Age (years)						
	a. 17–18	29	69.0	1	2.4	0	-
	b. 19–20	13	31.0	38	90.5	35	83.3
	c. Above 20	0	-	3	7.1	7	16.7
2	Gender						
	a. Male	8	19.0	9	21.4	2	4.8
	b. Female	34	81.0	33	78.6	40	95.2
3	Medium of schooling						
	a. Tamil	0	-	0	-	3	7.1
	b. English	42	100.0	42	100.0	39	92.9
4	Residence						
	a. Hosteller	23	54.8	20	47.6	17	40.5
	b. Day scholar	19	45.2	22	52.4	25	59.5
5	Type of family						
	a. Joint family	6	14.3	5	11.9	9	21.4
	b. Nuclear	34	80.9	36	85.7	31	73.8
	c. Single parent	2	4.8	1	2.4	2	4.8
6	Domicile						
	a. Urban	29	69.0	24	57.1	29	69.0
	b. Rural	13	31.0	18	42.9	13	31.0
7	State of residence						
	a. Puducherry	22	52.4	29	69.0	30	71.4
	b. Mahe/Yanam/Karaikal	3	7.1	4	9.5	6	14.3
	c. Kerala	17	40.5	5	11.9	4	9.5
	d. Tamil Nadu	0	-	4	9.5	2	4.8

Table 2: Mean and standard deviation for the level of adjustment issues among selected college students. n=126

Year of study	Descriptive statistics	
	Mean	SD
I year	142.1	12.0
II year	124.6	11.5
III year	130.7	14.2

experts and one medical expert from PIMS. The tool was validated regarding the adequacy of the content, sequence, and framing of questions. Based on the comments and suggestion, contents are modified.

Ethical consideration

Prior permission was obtained from the Principal, College of Nursing, PIMS, Puducherry. Written inform consent was obtained from students after

Table 3: Association between the levels of adjustment issues among I year B.Sc Nursing students with the demographic variables. *n*=42

S. No.	Demographic variables	Adjusted (50.1–75.0%)		Well adjusted (>75%)		P-value
		<i>n</i>	%	<i>n</i>	%	
1.	Age (years)					1.000
	a. 17–18	21	67.7	8	72.7	NS
	b. 19–20	10	32.3	3	27.3	
2.	Gender					1.000
	a. Male	6	19.4	2	18.2	NS
	b. Female	25	80.6	9	81.8	
3.	Residence					0.504
	a. Hosteller	18	58.1	5	45.5	NS
	b. Day scholar	13	41.9	6	54.5	
4.	Type of family					0.632
	a. Joint family	5	16.2	1	9.1	NS
	b. Nuclear	25	80.6	9	81.8	
	c. Single parent	1	3.2	1	9.1	
5.	Domicile					0.453
	a. Urban	20	64.5	9	81.8	NS
	b. Rural	11	35.5	2	18.2	
6.	State of residence					0.243
	a. Puducherry	16	51.6	6	54.5	NS
	b. Mahe/Yanam/Karaikal	1	3.2	2	18.2	
	c. Kerala	14	45.2	3	27.3	

NS: Not statistically significant

giving a brief explanation about the purpose and process of the students. Confidentiality of information was maintained by utilizing code numbers for the sample.

Data collection process

The investigator obtained formal permission from the Institute of Review Board and the Principal, College of Nursing, PIMS, Puducherry. After obtaining formal permission, general survey was conducted to check the availability of the participant at selected college, Puducherry. Data collected over a period of the 1st week of May 2021. Stratified random sampling technique was adapted to select 126 participants (42 from I, II, and III years) based on the inclusion criteria. Informed consent obtained from the participant before collecting data. The data collected by structured questionnaire for the assessment of level of adjustment issues to the students. The data were maintained confidential, to avoid unnecessary problems among the students.

Data analysis plan

Descriptive statistics

Frequency and percentage distribution of demographic variables was used for categorical variables to describe study participants. Mean and standard deviation was used to analyze the level of adjustment issues among selected college students.

Inferential statistics

Fisher's exact test was used to find association between the levels of adjustment issues among the college students with selected demographic variables.

Data analysis and interpretation

Section I: Distribution of demographic variables among selected college students.

Section II: Distribution of level of adjustment issues among selected college students.

Table 4: Association between the levels of adjustment issues among III year B.Sc Nursing students with the demographic variables. *n*=42

S. No.	Sociodemographic variables	Slightly adjusted (25.1–50.0%)		Adjusted (50.1–75.0%)		Well adjusted (>75%)		P-value
		<i>n</i>	%	<i>n</i>	%	<i>n</i>	%	
1	Age (years)							0.309
	a. 19–20	1	100.0	34	85.0	0	-	NS
	b. Above 20	0	-	6	15.0	1	100.0	
2	Gender							1.000
	a. Male	0	-	2	5.0	0	-	NS
	b. Female	1	100.0	38	95.0	1	100.0	
3	Medium of schooling							1.000
	a. Tamil	0	-	3	7.5	0	-	NS
	b. English	1	100.0	37	92.5	1	100.0	
4	Residence							0.652
	a. Hosteller	0	-	16	40.0	1	100.0	NS
	b. Day scholar	1	100.0	24	60.0	0	-	
5	Type of family							1.000
	a. Joint family	0	-	9	22.5	0	-	NS
	b. Nuclear	1	100.0	29	72.5	1	100.0	
	c. Single parent	0	-	2	5.0	0	-	
6	Domicile							1.000
	a. Urban	1	100.0	27	67.5	1	100.0	NS
	b. Rural	0	-	13	32.5	0	-	
7	State of residence							0.077
	a. Puducherry	0	-	30	75.0	0	-	NS
	b. Mahe/Yanam/Karaikal	1	100.0	4	10.0	1	100.0	
	c. Kerala	0	-	4	10.0	0	-	
	d. Tamil Nadu	0	-	2	5.0	0	-	

NS: Not statistically significant

Section III: Association between the level of adjustment issues among selected college students with demographic variables.

Major findings of the study

Findings related to demographic variables

Table 1 shows frequency and percentage distribution of demographic variables of selected college students. According to the age, the majority of I year 29 (69.0%) falls under 17–18 years, II year 38 (90.5%) falls under 19–20 years, and majority of III year 35 (83.3%) falls under 19–20 years. Most of the I year 34 (81.0%) are female and only 8 (19.0%) are male and most of the II year 33 (78.6%) are female and only 9 (21.4%) are male and most of the III year 40 (95.2%) are female and only 2 (4.8%) are male. With regard to medium of schooling, both I and II years

42 (100.0%) studied in English medium and in III year, 39 (92.9%) are studied in English medium. With regard to residence, hostellers are 23 (54.8%) in I year and 20 (47.6%) in II year and 17 (40.5%) in III year and day scholar 19 (45.2%) in I year and 22 (52.4%) in II year and 25 (59.5%) in III year. With regard to type of family most of the I year, II and III years are 34 (81.0%), 36 (85.7%), and 31 (73.8%), respectively, belong to nuclear family. With regard to domicile, most of them are from urban area 29 (69.0%) in I year, 24 (57.4%) in II year, and 29 (69.0%) in III year. According to the state of residence, majority are from Puducherry 22 (52.4%) in I year, 29 (69.0%) in II year, and (70.4%) in III year. Table 2 indicates that II year mean value is 124.6 is less than III year mean value 130.7 which is less than the I year mean of 142.1 for the Level of Adjustment Issues among the selected college students

Figure 1 reveals that the percentage distribution of the Level of Adjustment Issues among selected college students

- In I year B.Sc Nursing, 73.8% of students are adjusted and 26.2% are well adjusted
- In II year B.Sc Nursing, mostly 97.6% are adjusted and only 2.4% are well adjusted
- In III year B.Sc Nursing, mostly 95.2% is adjusted and only 2.4% are well adjusted.

Association of the level of adjustment issues with the selected demographic variables

Tables 3 and 4 describe the association between the Level of Adjustment Issues among selected first year and III year B.Sc Nursing students with their demographic variables. It was found that there was a no significant association between the levels of adjustment issues with the demographic variables such as age, gender, medium of schooling, residence, type of family, domicile and state of Residence at the level of $P < 0.05$.

RECOMMENDATION

- On the basis of the study finding, the following recommendations were made for further research
- Similar study can be replicated on a large group of samples in different settings to generalize the study findings
- A comparative study can be conducted between the colleges, different fields or discipline, boys and girls, etc...
- It helps the staff nurses to practice ethically
- It helps the nurse to identify the ethical issues to do study relating adjustment issues
- It helps to differentiate the adjustment issues on right or wrong behavior
- Guide for a professional behavior
- It prevents below standard practice.

CONCLUSION

The present study assessed the level of adjustment issues among college students. The findings

revealed that in I year B.Sc Nursing, 73.8% of students are adjusted and 26.2% are well adjusted. In II year B.Sc Nursing, mostly 97.6% are adjusted and only 2.4% are well adjusted.

In III year B.Sc Nursing, mostly 95.2% is adjusted and only 2.4% are well adjusted.

The association between the levels of adjustment issues with demographical variables were assessed. It reveals that there is no statistically significant association. The study concluded that there is no impact on the adjustment issues among college students.

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