



A STUDY ON ADJUSTMENT OF COLLEGE STUDENTS IN RELATION TO THEIR ANXIETY

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Abstract:

Man is a social being who strives to lead a stress-free life, yet life's path is rarely smooth. Therefore, individuals must continuously adapt to challenging situations. Since the ability to adjust differs across various domains such as home, social, emotional, and educational settings it directly influences one's performance and academic achievement. Likewise, anxiety is another significant factor, much like adjustment, that affects an individual's performance. The present study seeks to analyse the relationship between adjustment, anxiety and academic achievement of college students. The study is conducted on the sample of college students of Tirupathur District. Adjustment and anxiety were considered as independent variables and academic achievement was considered to be a dependent variable. Results show that there is a significant positive relationship between adjustment and academic achievement but the relationship between anxiety and academic achievement is significantly negative.

Key Words: Adjustment, Anxiety

Introduction:

"Education is that process of development which consists the passage of human being from infancy to maturity, the process whereby he adapts himself gradually in various ways to his physical and spiritual environment".

Adjustment:

William James therefore characterized the concept of Adjustment as 'vagueness incarnate'. John Dewey pointed out that in growing cultures the effective people do not adjust to the environment but instead adjust the environment to suit their needs.

Anxiety:

Anxiety is an emotional state of fear which is characterized by vague sense of threat (unlike fear, which is a reaction to a definite danger).

Need and Importance of the Study:

Now-a-days individual are living in the world of scientific environment and scientific advancements.

In the world of scientific environment talented individual as such they are seen with great aptitude and enormous attitude of uncountable fling of scientific temper. They must be left for critical thinking towards pursuit of excellence and prosperity thereby making their tomorrow's life into convenient and convincingly. Then only there can be an enlightenment for intention for the earn of international value of esteem and dignity. This is the possible with the help of such a system is education shower of sparking emerge out for making the peoples' life into a successful and pleasant.

Hence to meet out the growing needs of the developing countries new finding and conclusions of the present investigation will be highly useful to the authorities of the government who are the policy makers. Thereafter the policymakers find out easily the drawbacks in the present system and take radical reforms for the tomorrow's fulfillment.

Sri Aurobindo (1916) states "Education to be complete, must have five principle activities of the human being, the physical the vital, the mental the psychic, and the spiritual."

According to new education policy (1986), education in general with the aim to focalization the process of development through the manifold tests of generation utilization and expansion of knowledge fostering the spirit of national integration and the ultimate encouragement of scientific temper for instilling innovation.

The students of today are the youths of tomorrow and future citizens of our country. So, proper steps are to be taken for the welfare and development of the students, which will lead to healthy democracy. Thus there is a need for this study. Hence an attempt has been made to study the adjustment and anxiety of B.Ed., college students.

Objectives of the Study:

- To find out the level of adjustment among college students.
- To find out the level of anxiety among college students.

- To find out the significant difference if any, between the male and female college students with respect to their adjustment.
- To find out the significant difference if any, between the Tamil and English medium College students with respect to their adjustment.
- To find out the significant difference if any, between the male and female college students with respect to their anxiety.
- To find out the significant difference if any, between the Tamil and English medium College students with respect to their anxiety.
- To find out the significant relationship between adjustment and anxiety of college

Methodology of the Study:

Normative survey method has been used in the present study

Tools Used in this Study:

In the present study, the following tool was used to measure the Adjustment and Anxiety of college students:

- Adjustment inventory by Srivastava and Govind Tiwari (1972)
- Anxiety scale by Taylor (1964)

Sample:

The present study consists of 200 samples from college of Tirupathur District based on random sampling technique.

Statistical Techniques Used:

The following statistical techniques have been used in the present investigation:

- Descriptive Statistics
- Differential Analysis

Analysis and Findings:

Hypothesis 1:

The Adjustment score of college students are high.

Table 1: The mean and standard deviation scores of college students in adjustment-Total sample

Variable		N	Mean	SD
Gender	Male	58	46.81	8.918
	Female	142	46.63	8.538
Medium of the instruction	Tamil	129	46.77	9.109
	English	71	46.52	7.738
Total sample		200	46.55	8.498

In order to study the level of Adjustment of college students, the mean and standard deviation are calculated for 200 college students Adjustment inventory scores. They are 46.55 and 8.498 respectively. It is presented in the Table 1. As the mean score falls above the mid value (40), of the Adjustment inventory, the level of Adjustment is said to be average. Hence, it is concluded that the college students are having average level of Adjustment.

Hypothesis 2:

The Anxiety score of college students are high.

Table 2: The mean and standard deviation scores of college students in Anxiety-Total sample

Variable		N	Mean	SD
Gender	Male	58	28.53	5.397
	Female	142	25.01	5.366
Medium of the instruction	Tamil	129	26.40	5.606
	English	71	23.72	4.568
Total sample		200	25.35	5.369

In order to study the level of Anxiety of college students, the mean and standard deviation are calculated for 200 college students Anxiety inventory scores. They are 25.35 and 5.369 respectively. It is presented in the Table 2. As the mean score falls above the mid value (25), of the Anxiety inventory, the level of Anxiety is said to be average. Hence, it is concluded that the college students are having average level of Anxiety

Hypothesis 3:

There is no significant difference between male and female on their level of Adjustment

Table 3: Significance of difference on their level of Adjustment based on gender

Variable	Gender	N	Mean	S.D	't' value	Level of Significant
Adjustment	Male	58	46.81	8.918	0.136	Not Significant at 0.05 level
	Female	142	46.63	8.539		

It is evident from the table 3 that the computed 't' value is 0.136 this 't' value is not significant. Hence, the null hypothesis No. 3 is accepted. It indicates that there is no significant difference in adjustment between male and female students.

Hypothesis 4:

There is no significant difference between male and female on their level of Anxiety.

Table 4: Significance of difference on their level of Anxiety based on gender

Variable	Gender	N	Mean	S.D	't' value	Level of Significant
Anxiety	Male	58	26.52	5.397	1.795	Not Significant at 0.05 level
	Female	142	25.01	5.366		

It is evident from the table 4 that the computed 't' value is 1.795 This 't' value is not significant. Hence, the null hypothesis No. 4 is accepted. It indicates that there is no significant difference in anxiety between male and female students.

Hypothesis 5:

There is no significant difference between Tamil and English Medium students on their level of Adjustment.

Table 5: Significance of difference on their level of Anxiety based on medium of the instruction

Variable	Gender	N	Mean	S.D	't' value	Level of Significant
Anxiety	Male	129	46.77	9.109	0.193	Not Significant at 0.05 level
	Female	71	40.52	7.738		

It is evident from the table 6 that the computed 't' value is 0.193 This 't' value is no significant. Hence, the null hypothesis No.6 is accepted. It indicates that there is no significant difference in anxiety between Tamil and English Medium students.

Hypothesis 6:

There is no significant difference between Tamil and English Medium students on their level of Anxiety.

Table 6: Correlation between anxiety and adjustment among college students

		Anxiety	Adjustment
Anxiety	Pearson correlation	1	0.470
	Sig. (2-tailed)		0.01
	N	200	200

From the above table it is observed that there is significant correlation between anxiety and adjustment on and thus the null hypothesis is rejected.

Major Findings:

- The level College student's adjustment showed an average.
- The level College students anxiety showed an average
- There is no significant difference between male and female students with respect to their adjustment.
- There is no significant difference between male and female teachers with respect to their anxiety.
- There is no significant difference between urban and rural teachers with respect to their adjustment.
- There is no significant difference between urban and rural teachers with respect to their anxiety.

Conclusion:

The study concludes that college students possess average levels of both adjustment and anxiety, indicating a moderate ability to cope with academic and social challenges. There is no significant difference in adjustment and anxiety based on gender or medium of instruction, which suggests that these factors do not influence students' psychological adjustment or anxiety levels. Importantly, the study reveals that adjustment has a positive impact on academic achievement, meaning students who adapt well tend to perform better academically. In contrast, anxiety has a negative impact on academic performance, showing that higher anxiety can hinder students' success. Overall, the findings highlight that improving students' adjustment skills and managing anxiety are essential for enhancing their academic achievement and overall well-being.

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