

Adjustment of new boarders in girls hostels of bhagat phool singh mahila vishwavidyalaya in relation to their mental health

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Abstract

Adjustment is a process of maintaining a balance between the needs such as physical, social, psychological and the circumstances that influences the satisfaction of these needs. Mental health is a condition, which permits the maximum development of physical intellectual and emotional states of the individual so that he can contribute, maximum to the welfare of the society and can also realize his ideas and aims in life. A person possessing sound mental health can adjust well to environmental situations and interpersonal relations and has clear self-concepts. The main objective of the study was to study the adjustment level of new boarders in girls hostels of Bhagat Phool Singh Mahila Vishwavidyalaya in relation to their mental health. The findings of present study were: New boarders in girl hostels of BPSMV with high "Positive Self-Evaluation" had fewer adjustment problems in the areas namely home, health, emotional and educational whereas no significant relationship was found between positive self evaluation and social area of adjustment. New female boarders with high Perception of Reality had fewer adjustment problems in the home, health, emotional and educational areas whereas no significant relationship was found between Perception of Reality and Social area of adjustment. Fewer adjustment problems were found in all the areas of adjustment (home, health, social, emotional and educational) among new boarders in girl hostels of BPSMV who had high Integration of Personality. High Autonomy among new female boarders lead to fewer adjustment problems in the home, health, emotional and educational areas whereas no significant relationship was found between Autonomy and Social area of adjustment. New Boarders in girls hostels of BPSMV. with high Group Oriented Attitude had fewer adjustment problems in the areas, home, health, emotional and educational whereas no significant relationship were found between Group Oriented Attitude and Social area of adjustment. Fewer adjustment problems were found in all the areas of adjustment (home, health, emotional and educational) among new female boarders of BPSM who had high Environment Competency.

Keywords: girls hostels, home, health, emotional and educational

Introduction

Systematic emergence of the concept of "Adjustment" started with Darwin's theory of evolution (1859). In those days the concept was purely biological. In biology the term usually employed was adaptation. Man among the living beings has the highest capacities to adapt to new situation. Man as a social animal not only adapts to physical demands but he also adjusts to social pressures. According to oxford dictionary, "The A small alteration or movement made to achieve a desired fit, appearance, or result." Adjustment, in psychology, the behavioral process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. According to Gates and other (1958), "Adjustment is a continual process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment." In short "a person said to be adjusted when he is so related to a reasonably adequate environment that he is relatively happy, efficient and has a proper degree of social feeling."

Mental health is a level of psychological well-being, or an absence of mental illness. It is the psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment. John Sutton and Webster defined mental health "is a positive but relative quality of life. It is a condition which is characteristic of the average person who

meets the demands of life on the basis of his capacity and limitations." Carl Roger (1969) defines a healthy personality as one which shows acceptance of feeling self esteem, relating well to others, openness to new ideas, ability to make independent decisions, creativity and living fully in the present." Thus a mentally healthy person enjoys the harmony of the "internal with external" and maintains a balance between his needs and environmental factor that influences the satisfaction of needs. He live fuller happier harmonious and effective life and accepts himself and also other people. Thus mental health also has social aspect.

Kuhlen (1952) ^[2] emphasized the role of intelligence on adolescents' pace of adjustment and holds that there is tendency for those who have higher intelligence test scores to achieve higher level and to make a better total life adjustment. Aggarwal (1964) ^[1] Studied the adjustment problems of secondary school pupils and found that adjustment problem in home and social areas as perceived by pupils themselves decrease with age, where as in the case of emotional and health areas, it increases. In general, homogeneity in the nature of adjustment problems increases with the age and it is found highest in emotional area and lowest in school area. Sunita (1986) ^[3] found that girls were better adjusted at home than boys. Boys were more socially adjusted than girls. Boys were more emotionally adjusted than girls. Sharma (1979) ^[4] concluded that mental health did

not affect scholastic achievement but influence certain measures of self concept mental health was positively and significantly related to self-concept. Gardia Alok and Shandilya Sweta (2010) [5] founded that there are positive and significant correlation between Adjustment, sense of responsibility and scientific attitude among adolescence. The study also draws difference among adolescents in adjustment, sense of responsibility and scientific attitude with respect to gender, education institute and level of study.

Every person is unique in his thinking, reasoning and responding to particular situation and attitude towards the worldly things. With the passage of time, the development in the area of science, technology and industry gave birth to a complex system of society. These developments have brought along with a number of problems in different dimensions of adjustment. Adjustment and Mental health are mutually dependent. They are the important aspects of personality of an individual. Thus it is evident that the study of adjustment problems of university female students in relation to their mental health is necessary. The investigator feels that with the change in science and technology and to cope up with the demanding society/world, students have to pass through various problems in relation to school, family, society and personal as well as achievement problems. Thus keeping in view all these problems and demands of society, the investigator thought of selecting the problem as under: "Adjustment of new boarders in girls hostels of Bhagat Phool Singh Mahila Vishwavidyalaya in relation to their mental health."

Objectives of the Study

1. To study the relationship between Positive Self Evaluation (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV. i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational.
2. To study the relationship between Perception of Reality (dimension of Mental Health) and following areas of adjustment of new boarders in girls hostels of BPSMV.: i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational.
3. To study the relationship between Integration of Personality (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV. i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational.
4. To study the relationship between Autonomy (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV. i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational.
5. To study the relationship between Group Oriented Attitude (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV. i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational.
6. To study the relationship between Environmental Competency (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV. i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational.

Hypotheses of the Study

Following hypotheses were formulated:

1. There is no significant relationship between Positive Self Evaluation (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV.: i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational.
2. There is no significant relationship between Perception of Reality (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV.: i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational
3. There is no significant relationship between Integration Personality (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV. i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational
4. There is no significant relationship between Autonomy (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV.: i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational
5. There is no significant relationship between Group Oriented Attitudes (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV.: i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational
6. There is no significant relationship between Environmental Competency (dimension of mental health) and following areas of adjustment of new boarders in girls hostels of BPSMV.: i) Home, ii) Health, iii) Social, iv) Emotional and v) Educational

Design of the Study

The investigator had visited the selected six hostels in the BPSMV. First investigator had taken permission from the head of the institutions. After receiving the permission, investigator had collected the data.

Sample

In the present study, the investigator selected a sample of 120 new boarders are in girls hostels of BPSMV. There are six hostels for girls in the BPSMV. From each hostel, M.A. first year 120 girls student were selected by making use of purposive sampling.

Tool Used

For collecting the data for the present study, the following tools were used by the investigator:

- a) Adjustment Inventory for college students by (A.K.P. Sinha and R.P. Singh)
- b) Mental Health Inventory by (Dr. Jagdish and Dr. A.K. Shrivastav).

Statistical techniques

In the present study "Product moment Co-efficient of Correlation" was used in order to find out the significance of correlation.

Main Findings

The findings of present study on the basis of analysis and interpretation of data were: New boarders in girls hostels of

BPSMV. With high "Positive Self-Evaluation" had fewer adjustment problems in the areas namely home, health, emotional and educational whereas no significant relationship was found between positive self evaluation and social area of adjustment. New female boarders with high Perception of Reality had fewer adjustment problems in the home, health, emotional and educational areas whereas no significant relationship was found between Perception of Reality and Social area of adjustment. Fewer adjustment problems were found in all the areas of adjustment (home, health, social, emotional and educational) among new boarders in girl hostels of BPSMV. Who had high Integration of Personality? High Autonomy among new female boarders lead to fewer adjustment problems in the home, health, emotional and educational areas whereas no significant relationship was found between Autonomy and Social area of adjustment. New Boarders in girls hostels of BPSMV. with high Group Oriented Attitude had fewer adjustment problems in the areas, home, health, emotional and educational whereas no significant relationship were found between Group Oriented Attitude and Social area of adjustment. Fewer adjustment problems were found in all the areas of adjustment (home, health, emotional and educational) among new female boarders of BPSMV. Who had high Environment Competency?

Educational Implications

The result of the present study indicates that the new boarders in girl hostels of BPSMV. With sound Mental Health had fewer adjustment problems in the areas of home, health, emotional and educational except social area of adjustment. The following can be the education implications of the present study:

1. We can conclude that if the girls have sound mental health then they can adjustment better in all areas. So there is a great need to promote the mental health of boarders in girl hostels.
2. For the attainment of higher level of Positive-Self Evaluation personal guidance services should be provided. A habit of self acceptance and self evaluation can be developed among the girls student particularly in regard to acceptance of their weakness.
3. To promote the mental health of new boarders in girls hostels to the highest level of Perception of Reality some practical work related to real life situations should be organized so that they can understand realities of life and think positively towards real life.
4. For the attainment of higher level of "Integration of Personality" various exhibitions, science fairs, educational tours should be organized so that they can interact with different personalities and get chance to express them.
5. For the attainment of higher level of Autonomy such actions should be taken which may help in the development of their own potentialities and caliber rather than depend upon others.
6. To promote the mental health of new boarders in girls hostels to the highest level of "Group Oriented Attitude" extra activities, group competitions, cultural activities and educational one or two days trips should be organized.
7. For the attainment of higher level of Environmental Competency" such workshops and inhabitations should be organized which may help in developing the ability of

responsibility and capacity for adjustment in all types of environmental conditions.

8. For removal of adjustment problems and attainment of better level of mental health personal guidance services should be provided for the boarders in girls hostels.
9. Parents should pay attention towards the mental health and adjustment problems of their girls.

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