

# **A STUDY OF GIRLS' ADJUSTMENT STUDYING IN CO-EDUCATIONAL DEGREE COLLEGES AND GIRLS DEGREE COLLEGES**



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## **ABSTRACT**

### **INTRODUCTION :**

Man is a social creature. He has ability to adjust in the society and to work according to laws of society. He has to mould his behaviour and circumstances according to different situations and thereby he accommodates himself in his environment. But sometimes, he has to face many problems while dealing with various situations encountered by him in his life.

When young men enter upon the practical life, they find a new world for the first time with various problems. Those who are quite accommodative find it easier to change their personal conduct and adjust themselves in whatever spheres they are placed. But youths with rigid ideas are a problem because they are unable to respond to changing situations in life. The result has been that such people suffer from frustration, conflicts, hostility, jealousy and finally dejection.

## Objective of the Study :

The researcher objectives facilitate the execution of activities of the research work in a planned manner. They are stated in achievable terms. The objectives has to be enumerated in such sequential manner that achievement of one objective is logically connected to another activity and so on. They serve as the **functional blue print** of targets of the research study.

The present study has been undertaking with following objectives:

- (1) To compare 'personal adjustment' of girls studying in co-educational degree colleges and girls degree colleges.
- (2) To compare 'health adjustment' of girls studying in co-educational degree colleges and girls degree colleges.
- (3) To compare 'educational adjustment' of girls studying in co-educational degree college and degree college.
- (4) To compare 'economical adjustment' of girls studying in these two types of degree colleges.
- (5) To compare 'emotional adjustment' of girls studying in co-education degree colleges and girls degree colleges.
- (6) To compare 'social adjustment' of girls studying in co-educational degree colleges and girls degree colleges.
- (7) To compare 'total adjustment' of girls studying in co-educational degree colleges and girls degree colleges.

## Population of the study:

A population refers to any collection of specified group of human beings or of non-human entities such as objects, educational institutions, geographical areas, salaries drawn by individuals, books etc. Population is also called as universe which can be finite or infinite. Inference concerning a

population can not be drawn until the nature of the units that comprise it is clearly identified. The population of present study consists of the girls studying in 25 co-educational degree colleges and girls degree colleges of Lucknow University, Lucknow. The details of degree colleges with their type of institutions and streams are mentioned in Appendix-'A'.

### **Sampling Techniques and Sample of the Study:**

Since the researcher can not reach to all the units of the populating and constraints of time, energy and money also force him to choose some respondents from the population who are representative of the population. This is called sampling and the respondents so chosen are called sample. After defining a population and listing all the units, a researcher selects a sample of units from the sampling frame. This process is called sampling.

### **Findings of the Study:**

The main and significant findings of this research study are enumerated below :

- 1- There is no significant difference in 'personal adjustment' between girls studying in co-educational degree colleges and girls degree colleges.
- 2- There is no significant difference in 'health adjustment' between girls studying in co-educational degree colleges and girls degree colleges.
- 3- There is no significant difference in 'educational adjustment' between girls studying in co-educational degree colleges and girls degree colleges.
- 4- There is no significant difference in 'economical adjustment' between girls studying in co-educational degree colleges and girls degree colleges.
- 5- There is significant difference in 'emotional adjustment' between girls studying in co-educational degree colleges and girls degree colleges.

- 6- There is significant difference in 'social adjustment' between girls studying in co-educational degree colleges and girls degree colleges.
- 7- There is no significant difference in 'Total Adjustment' between girls studying in co-educational degree colleges and girls degree colleges.

## **Conclusions:**

It is concluded from the present study that there exists no significant difference in 'personal, health, educational, economical adjustment and total adjustment' between girls studying in co-educational degree colleges and girls degree colleges.

The significant difference was found in the dimensions of 'emotional and social adjustment' between girls of above two types of colleges.

## **Educational Implications of the Study:**

The present study is significant and contributory in the field of education from various angles. The educational implications of the study can be understood by following points –

- 1- Parents of girl students have some illusions towards educational institutions. They should think in broader scenario and should not discriminate between co-educational degree colleges and girls degree colleges while providing higher education to their daughters. They should try to provide such climate where their daughters may be well adjusted. Girls should not feel hesitation in expressing their feelings and emotions and should behave in a frank and free manner.
- 2- The teachers of degree colleges should also do their best to channelize the emotions of girl students in a proper way. They should also see that these girl students do not consider themselves inferior to their male counter parts. The college is a place where a girl is

expected to mould his character through curricular instructions given by teacher. The college is like an 'intellectual mill' where girl students react in terms of individual interests, motives, attitudes and abilities. Infact, it is the college where the role of the girl is crystallized. It would be therefore apparent that there is need for adequate girls' adjustment to the expectancies of the college situation for a healthy adult personality in all means.

- 3- Due to lack of adequate adjustment of girls, a spirit of indiscipline is also developed in the degree colleges. In that case they behave in wrong manners and misguiding in nature, so there is a need for maintaining a good balance of adjustment in college girls.
- 4- For developing adequate adjustment in girls, the college authorities should improve the mode of discipline in the institutions and provide proper guidance and advice to the girls.
- 5- The girls of co-educational degree colleges differ in social and emotional adjustment from the girls of girls degree colleges but they have no difference in the areas of personal, health, educational and economical adjustment and total adjustment. As girls are generally emotional, so it is the duty of teachers to provide them the right channels of the correct expression of their emotions.
- 6- The social adjustment of girls really reflects a carry over of his earlier experiences, although they may go beyond those pre-dispositions in their attempts respond to the entire human interrelationship in a more specific area of life. Teachers should try to inculcate ability in college girls to remain alert and to develop desirable personality -traits in making friends and having associations with others. They should really learn to respect the right to others and should refrain from acting as a "bull in china shop". Economic conditions, social status, personal attractiveness, national or religious learnings should not really stand in the way of making friendship in colleges. Thus, social adjustment of college girls can be positively modified in institutes of higher education.

Infact, adjustment to society is at present a favourite way of conceiving the end of education. After completing college/university education, the social and emotional adjustment play vital role

for girls in their life in adjustment with home & society. So these are more significant for girls from the point of educational implications.

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