

## **Home Emotional And Social Adjustment And Mental Health Among Hostel Students**

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### **Abstract**

*This article presents the relation between adjustment and mental health among hostel students. The aim of this study was to predict the mental health condition of hostel students caused by their home, emotional and social adjustment. The research population contained 300 respondents aged between 20 to 23 years. The mental health was measured using Mental Health Inventory (MHI) developed by Dr Jagdish and Dr A. K. Srivastava while adjustment was measured using M. S. L. Saxena's Adjustment Inventory. The obtained data were analyzed using Pearson product moment correlation coefficient, stepwise multiple regression, and Student's t-tests. The results showed that mental health of hostel students was significantly predicted by adjustment. The results further revealed that the home, emotional and social adjustment in students lived in their home is greater than hostel students. Mental health is also greater in students who lived in their home than hostel students.*

**Key Words:** Home Adjustment, Emotional Adjustment, Social Adjustment, Mental Health

### **Introduction**

Adjusting to college can be very challenging for several students. If they do not adjust properly, they can fail or perform poorly at their course work or examination. Professional and non-professional college students face various academic and personal challenges in their first year of graduation. These include the need to make a new relationship, to modify existing relationships and to develop new learning habits for the new academic environment, coping with new syllabus. Failing to adjust such issues appears to be the most common reason for students leaving the college. Hence, the adjustment is a most important issue for every college student.

Adjustment is a continuous process in which a person maintains a harmonious relationship between himself and his environment. In a simple world, the adjustment is a process of maintaining a balance between an individual and the environment where he lives. People have to change their behavior pattern according to this balance, but someone who fails to maintain it called maladjusted. According to Good, (1993)“ Adjustment is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment”.

To what extent a student is adjusted, is also determined by his or her social adjustment. According to Baker and Siryk, (1984) social adjustment means the extent to which students are freely involved in various activities and groups on the college campus. Social adjustment requires the skills of interpersonal relationships and positive attitude towards others. In other words, a significant

aspect of social adjustment is an adjustment with other people. In the word of Tallent, (1978) well-adjusted people are regarded as successful in the art of living.

Social adjustment can be measured in many ways. One way of measurement of social adjustment is that a student must receive appreciation or moral support by parents and neighbors on what type of education he seeks. Developing new relationships in college is another important element of social adjustment. Adams and his colleague, (2000) pointed out that students social adjustment within the college environment plays a major role in students overall adjustment. Social adjustment in college means the student's involvement in social activities and satisfaction with various aspects of college experience (Samuel Salami, 2011).

Every student has to adjust to new friends, especially, at the beginning of senior college. There are various groups, organizations, clubs and sports teams in college and students have to participate at least in one group. Failing to gain the membership of specific group creates adjustment problems for students. Therefore, it is important to all students to live amiable in friendship networks.

Emotional adjustment involves students' proneness to emotional problems, such as the manifestation of depressive symptoms (Samuel Salami, 2011). According to Baker and Siryak, (1989) emotional or personal adjustment means student's state of psychological and physical well-being.

Emotional or personal adjustment is very necessary to all kind of development. College life is a full of experimentation and makes a foundation for an excellent achievement. During this period, some students may experience some emotional disturbance or problems. Students who have high academic stress may suffer from lots of emotional problems, such as tension confusion, depression, anxiety, anger, and fatigue, etc. Such students may give up college life, or their academic performance could be badly affected. Some students behave with a moody and childish pattern in college. They were avoided or neglected by classmates and inversely it may result in other emotional problems, such as low self-confidence and isolation, etc. These problems lead to intake of alcohol or drugs for some students.

Montgomery and Haemmerlie, (1993) indicate that wine or drug addiction in college life exists when students encounter the problems in personal or emotional adjustment. While Weinberger and Bartholomew, (1996) found that students consume alcohol to escape depression, frustration or discomfort related to academic stress. A good state of emotional adjustment may exit when psychological and physical drives and urges are satisfied, and such state helps to enjoy the college life.

The adjustment to home is crucial to all students. Otherwise, it may cause to maladjustment in rest of all types of adjustment. Home adjustment is a process of maintaining the healthy relationships with all the family members. In the Indian culture, minimum one or two siblings live in every family. A healthy relationship between siblings provides energy and motivation for every student. If these relations are disturbed, then mental and emotional life of students becomes maladjusted and inversely it affects the overall performance of college students. Age is another key component responsible for maladjustment of students. Adolescent period or college life is a period of negative mentality. The negative attitude towards parents, especially father and conflict with them affects the adjustment in adolescent period. Expectations and restrictions imposed by the parents may also disturb the home adjustment of students. Some students have to perform light duties at home,

such as taking care of brothers and sisters, duties regarding older people and other relatives as well as duties regarding the farming and other traditional family business. If anybody fails to maintain a balance between these family responsibilities and college life, family, as well as college adjustment, may collapse. Students, those who were taking professional and nonprofessional education, must maintain family or home adjustment otherwise the negative impact may exist in their academic life.

**Objectives of the study:**

- 1) To assess the difference between hostel and non-hostel students in an adjustment in four areas viz. home, emotional, social and mental health.
- 2) To investigate the strength and direction of the correlation between mental health and adjustment in three areas home, emotional and social.
- 3) To determine the possibility of prediction of mental health of hostel students with respect to their adjustment in home, emotional, and social.

**Hypotheses framed in the study:**

- 1) There will be significant difference between hostel and non-hostel students existed in home, emotional and social adjustment and mental health of old people.
- 2) The positive and significant coefficient of correlation will be yielded between mental health and three areas of adjustment viz. home, emotional and social.
- 3) Mental health of hostel students will be significantly predicted on the basis of three areas of adjustment Home, Emotional, and Social.

**Method**

**A. Sample:** The research-population contained 300 respondents aged between 18 and 24 years. The sample is selected from Sangli and Kolhapur Districts of Maharashtra. Among them, 150 were living in their home and 150 living in the hostel. The sample was matched in terms of sex and living condition.

**B. Tools:** For this present research following psychological tests were used for data collection.

- 1) **Adjustment Inventory (AI):** This inventory is developed by M.S.L. Saxena (2010) and intended for school, college and university students, ranging from eleven years to adulthood. It seeks to discriminate between well-adjusted and poor adjusted students. It consists of 90 items based on five subscales viz. Home, Health, Social, Emotional and College adjustment. The test-retest and split half reliability of this inventory are respectively .87 and .89 while the author has found .80 validity index by performing correlation with Dr. H. S. Asthana's adjustment inventory.
- 2) **Mental Health Inventory (MHI):** This inventory is developed by Dr Jagdish and Dr A K Srivastava to measure the mental health condition of normal people. It contains 56 items with 4 alternative responses i. e. always, often, rarely and never. The high scores indicate high level of mental health while low score indicates poor mental health. The mental health inventory has .73 and .54 reliability and validity respectively.

**Results and Discussion**

It was evident from table 1 that mean score of non-hostel students is = 47.85, SD = 6.31 of home adjustment is higher than hostel students mean score = 41.83, SD = 5.60. The t value 8.72 is significant at 0.01 level. It shows that non-hostel students are better adjusted with home than hostel students. On the dimension of emotional adjustment, the mean score of non-hostel students is = 48.40, SD =5.01 and hostel student’s mean score is = 43.48, SD = 3.85 significant at 0.01 level indicates that non-hostel students are more emotionally adjusted than the hostel students.

**Table 1 showing the mean, SD and t values of hostel and non-hostel students**

Variables	Students	N	Mean	SD	t	Sig.
Home	Non-hostel	150	47.85	6.31	8.72	.01
	Hostel	150	41.83	5.60		
Emotional	Non-hostel	150	48.40	5.01	9.53	.01
	Hostel	150	43.48	3.85		
Social	Non-hostel	150	47.27	4.82	.72	NS
	Hostel	150	46.88	4.43		
Mental Health	Non-hostel	150	181.74	11.63	14.67	.01
	Hostel	150	163.17	10.26		

Further on social adjustment dimension the mean score of non-hostel students is = 47.27, SD = 4.82 and hostel-student’s mean score is = 46.88 and SD= 4.43 which is not significant and reveals that non-hostel and hostel students are equal on socially adjusted. Further, on mental health, the mean score of non-hostel students is = 181.74, SD=11.63, and hostel student’s mean score is =163.17, SD= 10.26. The hostel students having poor mental health than their counterparts.

**Table No 2 Correlation Matrixes of Adjustment and Mental Health**

	Home	Emotional	Social	Mental Health
Home	1	.459 <sup>***</sup>	.613 <sup>***</sup>	.313 <sup>***</sup>
Emotional		1	.597 <sup>***</sup>	.536 <sup>***</sup>
Social			1	.350 <sup>***</sup>
Mental Health				1

With respect to the hypothesis no. 2 positive and significant coefficient of correlation will be yielded between mental health and three areas of adjustment viz. home, emotional and social, the Pearson’s product moment correlation was carried out. It was noticed that mental health of hostel students is negatively and significantly correlated with three areas of adjustment viz. home, emotional, and social. The emotional adjustment is highly and significantly correlated ( $r = .536 < 0.01$ ) with mental health. It is also seen that the mental health is negatively correlated with home and social adjustment (respectively  $r = .313$  and  $.350 < 0.01$ ).

**Table 3 showing stepwise multiple regression analyses for Mental Health**

<b>Sr. No.</b>	<b>Predictors</b>	<b>Adjusted R Square</b>	<b>df</b>	<b>F</b>	<b>Standardized Coefficients Beta</b>	<b>Sig.</b>
1	Emotional	.284	1, 148	119.839	.536	.000
2	Home	.198	1, 147	94.486	.341	.000

To explore the predictors of mental health of hostel students, stepwise multiple regression analysis was carried out. Three factors of adjustment viz. home, emotional and social adjustment as predictors were entered into the regression model. Table no. 3 indicates emotional and home adjustment emerged as a significant predictor of mental health of hostel students. It is seen that emotional adjustment was a most significant predictor than home adjustment. The social adjustment was not retained as a predictor in this model. Moreover, it is observed that emotional adjustment has .284 adjusted r square while home adjustment has .198. It means that respectively 28% and 19% variance occurred into mental health. Beta value .536 and .341 respectively shows the significant impact of emotional and home adjustment on mental health of hostel students. It indicates that if a change of 1 standard deviation is existed in emotional adjustment and home adjustment then change of fifty-three and thirty-four standard deviation respectively is taken place in criterion variable mental health.

### **Conclusion**

The issue of adjustment and mental health is very important for hostel students. The adjustment in all aspects of life is positively related to mental health. Moreover, the mental health of hostel students is significantly predicted on the basis of their home and emotional adjustment issues.

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