



Peer Reviewed Refereed
and
UGC Listed Journal
(Journal No. 40776)

86
AJ

ISSN 2277 - 5730
AN INTERNATIONAL MULTIDISCIPLINARY
QUARTERLY RESEARCH JOURNAL

AJANTA

Volume - XI, Issue - II, April - June - 2022
ENGLISH PART - I

TRUE COPY

[Signature]

Prof. F. V. Malkwadi
Librarian

Shahu Mandir Mahavidyalaya
Pune-411009



Impact Factor / Indexing

2020 - 6.306

www.sjifactor.com

Ajanta Prakashan

ISSN 2277 - 5730
AN INTERNATIONAL MULTIDISCIPLINARY
QUARTERLY RESEARCH JOURNAL

AJANTA

Volume - XI Issue - II

April - June - 2022

ENGLISH PART - I

Peer Reviewed Refereed
and UGC Listed Journal
Journal No. 40776



ज्ञान-विज्ञान विमुक्तये

IMPACT FACTOR / INDEXING
2020 - 6.306
www.sjifactor.com

❖ EDITOR ❖

Asst. Prof. Vinay Shankarrao Hatole
M.Sc (Maths), M.B.A. (Mktg.), M.B.A. (H.R.),
M.Drama (Acting), M.Drama (Prod. & Dir.), M.Ed.

❖ PUBLISHED BY ❖



Ajanta Prakashan
Aurangabad. (M.S.)



EDITORIAL BOARD

**Professor Kaiser Haq**

Dept. of English, University of Dhaka,
Dhaka 1000, Bangladesh.

Roderick McCulloch

University of the Sunshine Coast,
Locked Bag 4, Maroochydore DC,
Queensland, 4558 Australia.

Dr. Ashaf Fetoh Eata

College of Art's and Science
Salmu Bin Abdul Aziz University. KAS

Dr. Nicholas Loannides

Senior Lecturer & Cisco Networking Academy Instructor,
Faculty of Computing, North Campus,
London Metropolitan University, 166-220 Holloway Road,
London, N7 8DB, UK.

Muhammad Mezbah-ul-Islam

Ph.D. (NEHU, India) Assot. Prof. Dept. of
Information Science and Library Management
University of Dhaka, Dhaka - 1000, Bangladesh.

Dr. Meenu Maheshwari

Assit. Prof. & Former Head Dept.
of Commerce & Management
University of Kota, Kota.

Dr. S. Sampath

Prof. of Statistics University of Madras
Chennai 600005.

Dr. D. H. Malini Srinivasa Rao

M.B.A., Ph.D., FDP (IIMA)
Assit. Prof. Dept. of Management
Pondicherry University
Karaikal - 609605.

Dr. S. K. Omanwar

Professor and Head, Physics,
Sat Gadge Baba Amravati
University, Amravati.

Dr. Rana Pratap Singh

Professor & Dean, School for Environmental
Sciences, Dr. Babasaheb Bhimrao Ambedkar
University Raebareilly Road, Lucknow.

Dr. Shekhar Gungurwar

Hindi Dept. Vasantnao Naik
Mahavidyalaya Vasarni, Nanded.

Memon Sohel Md Yusuf

Dept. of Commerce, Nirzwa College
of Technology, Nizwa Oman.

Dr. S. Karunanidhi

Professor & Head,
Dept. of Psychology,
University of Madras.

Prof. Joyanta Borbora

Head Dept. of Sociology,
University, Dibrugarh.

Dr. Walmik Sarwade

HOD Dept. of Commerce
Dr. Babasaheb Ambedkar Marathwada
University, Aurangabad.

Dr. Manoj Dixit

Professor and Head,
Department of Public Administration Director,
Institute of Tourism Studies,
Lucknow University, Lucknow.

Prof. P. T. Srinivasan

Professor and Head,
Dept. of Management Studies,
University of Madras, Chennai.

Dr. P. Vitthal

School of Language and Literature
Marathi Dept. Swami Ramanand
Teerth Marathwada University, Nanded.

❧ CONTENTS OF ENGLISH PART - I ❧

S. No.	Title & Author	Page No.
1	Minority Discourse in Nissim Ezekiel's Verses Dr. Vinodkumar Pralhadrao Chaudhari	1-5
2	A Study of Brand Preference towards Toothpaste of College Students in Western Vidarbha Dr. M. S. Gaikwad Miss. Shraddha D. Rathi	6-12
3	Condition of Women at Workplace and Sexual Harassment Ms. Neeru Redhu Dr. Anil Kumar	13-18
4	Emerging Trends of Crop Investments Schemes: A Case Study of PM Kisan Samman Nidhi and Rythu Bandhu (Ts) Chintha Yella Swamy	19-25
5	Real Beneficiaries of Economically Weaker Sections of India Dr. Ravikiran R. Garje	26-31
6	The Effect of Crossfit Exercises and Traditional Weight Training Exercise on Explosive Strength of 17-21 Years Men Power Lifters Mr. D.M. Jaiswal Dr. K. B. Zarikar	32-42
7	Mobile Based Services in Academic Library: An Effective Platform for Delivering Information Mr. Milin B. Bhongle	43-49
8	Influence of Sanskrit on Odia Language and Literature Umesh Narayan Dash	50-54
9	Impact of Technology on Environment Dr. Premchand Bhimrao Sirsat	55-59
10	A Comparative Study of Aggression Level of Urban and Rural Handball Players Representing all India Inter University Dr. Tanpure Vishwambar Shriram	60-64
11	Level of Adjustments among Medical and other Stream Students Dr. Gauri Makarand Kulkarni	65-72

11. Level of Adjustments among Medical and other Stream Students

Dr. Gauri Makarand Kulkarni

Head, Dept. Of Psychology, Shri Shahu Mandir Mahavidyalaya, Pune.

Abstract

The present research aimed to compare the level of adjustment of medical and non-medical college students. To assess the adjustment, Adjustment Inventory for college students (AICS) by Sinha, Raipur and Singh (2012) were administered to 390 college students (190 medical college students and 200 non-medical college students). The findings indicated that students were observed different on adjustments. Non-medical college students exhibited higher level of adjustments than students from medical college. Overall gender difference was observed on adjustments with the type of the students. Female students exhibited higher level of adjustment than male students of medical and non-medical colleges.

[**Keywords:** Medical College students, non-medical college students, adjustment.]

Introduction

Considering the various aspects of personality, emotional growth and adjustment to life are the main aspects of one's personality development. Today's world is very fast, competitive and full of stress around. Every one's life is under stress. One has to build himself to withstand stress and to deal with his emotions. When we consider higher education and professional skills, students or candidates are largely selected by their academic performance based on age related difficulty levels. But the demands of the higher education are global, in a sense that they are reformed, based on the mental abilities, competency skills and knowledge. In training graduate students, curriculum planning should be designed with the inclusion of the same. Marzouki et.al (2012). Adjustment is termed as a process of establishing relationship with the environment. Generally, it is a 'wider' term in all respects. The way one interacts with the people around, depends upon how he perceives them. One has to adjust with family, society, teachers, class mates and with the norms of the society he lives in. Students of different streams are facing lots of adjustment hazards at their entry level. The adjustment in all respects that is new college

life, curriculum, environment, gender-based problems and new surroundings as well. Students from outside area are away from family, away from state, in some cases away from their country, are home sick and need to adjust with every new aspect of student life. At this stage, personality shaping is mainly based on emotional and social adjustment as well as self-confidence with positive self-concept, self-evaluations. Researches support that coping styles to such situations influences one's behavior and personality development. Gender study in this respect reveals the fact that coping with such situations, students differ at a gender level. It is observed that entry level medical students face increased level of challenges and stress. Adjustment to university life as well as adjustment with the challenging curriculum is also an important factor for handling the social and academic stress. Also, the academic curriculum of medical students is planned to train the students to help deal with life and death situations, including heavy emotional patterns and pressures. The most important factor in this research is to find out the emotional and personality related needs such as emotional competencies and developing positive self with gender-based studies. At the same time self-confidence, positive self-concepts and adequate adjustments are also important to deal with situations of emotional distress. In this study, these needs are focused with finding gender differences.

1. Concepts used in Present Research

a. Adjustment

Psychologist termed this phase as 'Adjustment'. The constant cycle of demands and attempt to fulfill, it is an adjustment. Researchers call it as an adaptation of an organism with the surrounding. Which is why it is a 'Psychological survival'. Lawrence F. Shaffer (1956) stated Adjustment as a process, by which a living organism maintains a balance between his/her needs and the circumstances that influence the fulfillment of these needs. Webster defined adjustment as 'It is the establishment of satisfactory relationship, as representing harmony, conformance, adaptation' Areas of adjustments are Emotional adjustment, social adjustment, educational adjustment, Home and family adjustment and health adjustment.

b. Mal Adjustment

It is the state of mind where a person is unable to satisfy his psychological or social desires successfully and finds imbalance between his personal needs and with the expectations from the society. Mal adjusted people show frequent withdrawal and timidness in real life facing situations

2. Review of Literature

Dr. Gilsa E. (2020) conducted a study on Kerala medical college students. The purpose of the study was to find out the adjustment problems of medical students. 98 first year MBBS students participated in the study. Modified (BAI) Bell's Adjustment Inventory was used for data collection. No significant difference was found at overall adjustment level between male and female medical students. This study resulted that majority of first year MBBS students showing unsatisfactory adjustment ability.

Pritchard M. et. al. (2007) elected a comparative study on adjustment among first year law and medicine students. Students from Evansville University were considered as a sample for the study. 525 first year students participated in the study. This study explains the understanding of students' difficulties in college settings, with negative outcomes. Coping styles, self-esteem and adjustment to new lifestyle affected psychological and physiological health.

Raut R. (2019) investigated on the adjustment among male and female college going students with rural and urban backgrounds. 100 students were considered for this purpose from Aurangabad district. It was found that male and female college going students differ in the levels of adjustments. Female students found better in home adjustments than that of male students. As far as social adjustment was concerned there were no significant differences found with gender.

3. Objectives

1. To find out the gender differences among level of adjustments of medical and non-medical students.

To find out whether there are individual differences at the level of adjustment compared with medical and non-medical students.

To suggest the importance of training needs in the curriculum.

4. Hypothesis

1. Medical students exhibit higher level of adjustment to their field than that of non-medical students.
2. Female students exhibit higher level of adjustment to their streams of medical and non-medical colleges.

5. Methodology

In order to derive the above-mentioned objectives, the methodology used for the above study was sample selection, design of the research, primary and secondary data collection and data analysis a)

A) Sample Selection and the Characteristics of the Samples for the Study

The sample for this study, were selected by random method from different medical and non-medical (Law, engineering and architecture, designing) colleges from Pune district only. For this investigation, First-year students were considered for sample selection 190 students from different streams of medical colleges like allopathy (M.B.B.S), Ayurveda (B.A.M.S.), B.D.S, Physiotherapy etc. were selected (92 males and 98 females.) 200 students from different other professional stream colleges such as Law, Engineering, Architecture and Designing (100 males and 100 females). All the students selected were from Pune District- urban area, having similar socio-economic background and the age group selected is between 18 to 20 years.

B) Variables

Following variables were considered for the study.

Independent Variables

1. **Type of the students:**
 - a) Students from medical colleges.
 - b) Students from non-medical colleges.
2. **Gender:** a) Male b) female

Dependent Variable

1. Level of adjustment.

C) Research Design

A balanced 2 x 2 factorial design is considered for this study, the two independent variables are the type of students and the gender. The dependent variables are emotional competencies, self-concept and level of adjustment.

Table for two-by-two Factorial Design

Two by Two Factorial Design		A	
		A1	A2
B	B1	A1B1	A2B1
	B2	A1B2	B1B2

- **A = Type of the students.**
 - **A1 = Medical college students.**
 - **A2= non-medical college students.**
- **B= Gender**
 - **B1= Male**

- B2= Female

6. Measures/Tools

Adjustment Inventory for College Students (AICS)

Adjustment Inventory for college students by Prof. A.K. Sinha and prof. R.P. Singh (2012) was used for the data collection. The Inventory is designed, having 102 items with five dimensions namely Health adjustment, social adjustment, educational adjustment, emotional adjustment and home adjustment. Respondent needs to select the option from Yes/ No alternatives.. Reliability of the inventory was determined by Spilt- half method, Hoyt's analysis of variance method and K-R formula-20. The test re test reliability was also obtained by testing on 228 students, which was 10 percent sample of the total.

7. Statistical Analysis

- The collected data is analyzed by using SPSS.
- For the analysis of data, basic descriptive statistics calculated such as mean and SD.
- For testing hypothesis, ANOVA is considered

Descriptive Statistics				
Dependent Variable: Level of Adjustment				
Type of Students	Gender	Mean	Std. Deviation	N
Medical	Male	40.1413	11.12821	92
	Female	36.9694	9.80054	98
	Total	38.5053	10.55685	190
Non Medical	Male	37.0900	10.98309	100
	Female	33.9600	8.76047	100
	Total	35.5250	10.03258	200
Total	Male	38.5521	11.12929	192
	Female	35.4495	9.38813	198
	Total	36.9769	10.38572	390

8. Result Analysis and Findings

- Search for Outliers among the Major Psychological Variables – The search for univariate outliers was carried out among the variables separately for students from medical, non-medical college, males and females and for the entire sample, following Tabachnick and Fidell (1989) and Field (2005). Using a cut-off criterion of $z = \pm 3.29$ (i.e., $p < .001$), no outlier was detected. In the second phase, the search for bivariate outliers was also carried out using Mahalanobis distance (D^2) for the variables. The cut-

off criterion, $D^2 = 16.82$, $p < .001$) was used; no outlier was detected. The search for the multivariate outliers, using all the variables $D^2 = 30.50$, $p < .001$), no outlier was detected.

2. The F value for the type of students found 8.60, and found significant at 0.01 level on adjustment. It is indicative that type of students that is students from medical college and students from non-medical college differed on adjustment. Mean and SD for students from medical college is 38.50 and 10.55; mean and SD for students from non-medical college is 35.52 and 10.03 on adjustment respectively. According to the tools of adjustment, low score indicates higher level of adjustment. It is indicative that non-medical college students significantly exhibited higher level of adjustment than students from medical college. Our hypothesis stating that "Medical students exhibit higher level of adjustment to their field than that of non-medical students" has been rejected. The similar researches for the above, support the rejection that the other stream students (than medical students), have better adjustments to their streams. Ahmadi K., A. Faith (2009), Malau- Aduli-B. et.al. (2021), Phillip G. Altbach (1991), Ameri M., Sharifi N & Taheri A. (2020), Belay A. et.al. (2018), Ismael A., Ebrahim J. Misganew. E. (2018) Found that medical students have less adjustments to their stream than other stream students. The reasons may be the fresh students are facing difficulties in coping new tough course, experiences at operation theaters, dissection of dead bodies difficulties in socializing, homesickness or difficulties in making friends, problems in managing time and study skills etc.
3. Considering the adjustment in terms of gender, the results showed that F value is significant for gender ($F=199.30$, $p<0.01$). It reflects that the males and female found different on adjustment. Mean and SD for males is 38.55 and 11.12 ($N=192$); mean and SD for females is 35.44 and 9.38 ($N=198$) on adjustment respectively. According to the tools of adjustment, low score indicates higher level of adjustment. It shows that females significantly exhibited higher level of adjustments than males.
4. Male students and female students of medical and non-medical colleges differed on adjustment. According to the tools of adjustment, low score indicates higher level of adjustment. Female students from medical colleges (mean=36.96, SD=9.80.36, $N=98$) exhibited slightly higher-level adjustment than male students from medical college

students (mean=40.14, SD=11.12, N=92). Female from non-medical college (mean=33.96, SD=8.76, N=100) significantly exhibited higher level adjustment than male students from non-medical college students (mean=37.09, SD=10.98, N=100). So, our hypothesis stating that "Female students exhibit higher level of adjustment to their streams of medical and non-medical colleges" has been proved.

9. Conclusions

1. Non-medical college students exhibited higher level of adjustment than students from medical colleges.
2. Gender differences were observed on overall adjustments and with the type of the students.
3. Female exhibited higher level of adjustment than male students of medical and non-medical colleges and at overall adjustment levels.

10. Limitations and Suggestions

1. The scope of this research is limited to Pune city only. The samples considered for this study, were selected from different medical and other stream colleges in Pune city only. So, the results may not be generalised to the students from other regions. For evaluating the impact of regional aspects, further study can be designed with larger scope, involving the other region/ state students.
2. For this present study, the sample selection was restricted to the entry level students, i.e. First year admitted students of medical colleges and the first year admitted students of non-medical colleges only. Further investigation with the senior students (second year, third year, fourth year university students) can be done for detail study.
3. With the findings, appropriate induction and training programmes to be designed for the medical students, for better emotional as well as social adjustments. University Curriculums need to include the emotional competency skills.

11. References

1. Chirag, S. (2012). A study of adjustment problems of college students in relation to gender, socio-economic status & academic achievement. *International Journal of Behavioural Social and Movement Sciences*, 1(2), 91-98.
2. Chowhan, A., & Sakshi, R. S. (2019). Gender differences in adjustment amongst the college students of Jammu city. *Int. J. Appl. Res*, 5(8), 17-20.

3. Croson, R., & Gneezy, U. (2009). Gender differences in preferences. *Journal of Economic literature*, 47(2), 448-74.
4. Deshmukh, D. D. (1995) Study of academic achievement of college students of marathwada university and its relationship with their intelligence self-concept personality adjustment interpersonal relationship and socio-economic status. <http://hdl.handle.net/10603/146645>
5. Devi, N. (2011). A study of adjustment of students in relation to personality and achievement motivation. *Bhartiyam International Journal of Education & Research*, 1(1), 1-21.
6. Iglesias-Benavides, J. L., Blum-Valenzuela, E., López-Tovar, A. V., Espinosa-Galindo, A. M., & Rivas-Estilla, A. M. (2016). The College Adjustment Scales (CAS) test and recent students' school performance upon entry into a medical school. *Medicina Universitaria*, 18(73), 201-204.
7. Kusumaningsih, R. A. L. P. S. (2016). College adjustment of first year students: The role of social anxiety. *Journal of Educational, Health and Community Psychology*, 5(1), 30-39
8. Kyllonen, P. C., Walters, A. M., & Kaufman, J. C. (2011). The role of noncognitive constructs and other background variables in graduate education. *ETS Research Report Series*, 2011(1), i-133.
9. Lipka, O., Sarid, M., Aharoni Zorach, I., Bufman, A., Hagag, A. A., & Peretz, H. (2020). Adjustment to higher education: A comparison of students with and without disabilities. *Frontiers in Psychology*, 11, 923.
10. Velayudhan, R., Sivan, S., Jayan, N. K., & Raghuram, T. M. (2016). Personality, Adjustment style and academic stress in first year medical students: A cross sectional study. *Kerala Journal of Psychiatry*, 29 (1), 1.



Peer Reviewed Refereed
and UGC Listed Journal

An International Multidisciplinary
Quarterly Research Journal

AJANTA

ISSN - 2277 - 5730

Volume - XI, Issue - II, April - June - 2022

ISO 9001:2015 OMS
ISBN / ISSN



Impact Factor 2020 - 6.306 (www.sjifactor.com)

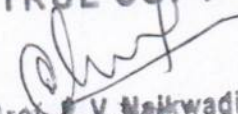
Is Hereby Awarding This Certificate To

Dr. Gauri Makarand Kulkarni

In Recognition of the Publication of the Paper Titled

**Level of Adjustments among Medical
and other Stream Students**

TRUE COPY


Prof. P. V. Naikwadi
Librarian

Shri Shahu Mandir Mahevidyalaya
Pune-411009



Ajanta Prakashan,

Jaisingpura, Near University Gate, Aurangabad. (M.S.) 431 004
Mob. No. 9579260877, 9822620877 Tel. No.: (0240) 2400877,
ajanta6060@gmail.com, www.ajantaprakashan.com

Editor : Vinay S. Hatole

