



ADJUSTMENT AMONG THE UNIVERSITY STUDENTS

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ABSTRACT

Adjustment is a complex and multi-faceted concept. The adjustment process is a way in which an individual attempts to deal with stress, tensions, conflicts etc., and meet his or her needs (Kulshrestha, 1979). In this process the individual also makes efforts to maintain harmonious relationships with the environment. The present study aimed to examine the adjustment levels in the students' life when they shift from school level to college or university level. A random sample of 100 students from faculty of commerce and business management has been selected which consists of 40 male and 60 female students respectively. The measurement of college adjustment inventory developed by Randhawa and Chauhan (2004) was applied. This scale consists of 50 items distributed on five dimensions. Means, standard deviations and t-test values were used to analyze the data. The findings of the study revealed that male students are better adjusted than the female students. The study concludes that the successful transition of the students from school level to university level is essential for the bright and prosperous future of the students. For this proper and timely guidance and counselling on the part of parents and teachers is must.

KEYWORDS: *Adjustment, Emotional, Health, Social, Transition.*