

## Impact of Adjustment on Self- Efficacy of Collegiates of Jammu

\*Prof.Mubarak Singh, \*\*Maansi Sharma Assistant Professor (Research Scholar)

DEPARTMENT OF EDUCATION  
UNIVERSITY OF JAMMU (J&K)  
[maansi.sharma11@gmail.com](mailto:maansi.sharma11@gmail.com)

---

**Abstract:** *In the transition period of adolescence, self -efficacy play an effective role in adjustment. College students have expectations about college life long before actually leaving home. Some students look forward to college, and are eager to experience more freedom and adventure. Other individuals may be enthusiastic about college initially, but then discover that the actual experience falls short of their expectations. This paper highlights the role of self-efficacy and adjustment among college students. The present study examined the self-efficacy and adjustment of college students in relation to their gender. The study was conducted over a sample of 200 randomly selected a college students. The collected data was analysed with the help of test. The results of the study showed significant differences in the adjustment of college students in relation to their gender. Male students of college are found less adjusted than female students. Significant difference was found. Keeping these figures in mind, we need to explore on those factors which help to recover and awareness to the extent of the problem of adjustment and self- efficacy.*

**Keywords:** *Adjustment, College students and Self -efficacy*

---

Date of Submission: 31-07-2017

Date of acceptance: 31-08-2017

---

### I. INTRODUCTION

In the transition period of adolescence collegiates faces lot of stress and strife in terms of their physical, social, emotional, educational and home adjustment. This is due to rapid changes which occur in them. On the one hand they strive hard for improving their academic achievement so as to get better occupational placements but they don't understand that for succeeding in various fields of life. There is a need of higher intelligence, academic motivation, aptitude and self -efficacy. So it is very important for adolescents to understand various factors which affect their adjustment in educational institutions, home and society. Self-efficacy will enable the collegiate to enhance the academic attainments which may help him/her to have better adjustment in the society. Thus, College is an exciting time of life, one filled with many profound transitions in preparation for an exciting and fulfilling future. One thing is likely true for all first year students: beginning college provides countless opportunities for growth, newly emerging challenges, and an accumulation of rich interpersonal experiences. Man is a social human being, who lives in the society and faces every conditions and situations of their life in the environment (good or bad) of his society. Therefore Self –efficacy and adjustment both plays a vital role in a life. In adolescent's life adjustment and self –efficacy both plays a very impressive and important in which a college student can adjust very well, so his life is also very well and he adjusts in every situation (good or bad) in his life, so his adjustment level is good. He feels like happy, joy and calm, but if college student is not doing adjust in our daily life's situations so he can feel stress, irritating and sad. Mostly the collegiate during the period of adolescence face number of challenges like:

- Accepting one's physical condition or body as it is
- Achieving new and more mature relationships with age mates
- Playing social roles i.e. becoming responsible member of society
- Acquiring values
- Preparing for economic career
- Preparing for marriage and family life.

Self-efficacy is individual's belief that he or she can perform some behaviour or task successfully (Baron, 2001). Bandura (1997) defined self-efficacy as "beliefs in one's capabilities to organize and execute the courses of action required to manage prospective situations". These beliefs of personal competence influence the choices individuals make and the courses of action they pursue. Self-efficacy can be defined as our feeling of adequacy, efficiency, and competence in coping with life (Schultz & Schultz, 2004). Self-efficacy has been found to play a role in success on many tasks (Maurer & Pierce, 1998). Many researchers revealed that self – efficacy enhances adjustment .Adjustment is defined as a process where in one builds variations in the

behaviour to achieve harmony with oneself, others or the environment with an aim to maintain the state, aim to maintain the state of equilibrium between the individual and the environment.

**Lazarus (2001)**, defined that the “Adjustment as a ways of managing and consists of coping with various demands and process of life.” Areas of adjustment

- **Home Adjustment-** As students adjust to freedom and responsibility in college, relationship and other significant people change. Freshman and their parents may fear losing aspects of their. It may also be difficult to readjust to curfews, chores or care for younger siblings on visits home. Parents also need to adjust during this period. Their children have become independent in some ways but are still somewhat dependent upon their parents.
- **Health Adjustment-** Heightened emotionality even when the expressions are controlled tends to make one nervous or ill. It is often accompanied by specific mannerism such as nail biting or giggling, creates the impression that the person is silly or immature.
- **Social Adjustment-** Social adjustment is the, most difficult developmental tasks of students’ life. This adjustment has to be done with members of the opposite sex in a relationship that never existed before and to adults outside the family and school environments.
- **Emotional Adjustment-** Emotional adjustment also called Neuroticism emotional equilibrium. Emotional adjustment is less conceptually controversial dimension (Costas Mc Care, 1992; Digman, 1990; Wiggins & Trapnell, 1997).
- **Educational Adjustment-** The ability of student to achieve adjustment with university life and reaching a state of satisfaction on his performance, colleges, teachers and the environment as a whole. Therefore we can say that if person is not doing adjust with their daily life situations so these situations effects their self-efficacy. Adjustment is a behavioural process by which a person maintains balance among various needs that one encounters at a given point of time. Each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike a balance among various forces.

#### **OBJECTIVES OF THE PRESENT STUDY:**

Following will be the main objectives of the present study:

- To study the significant differences in self-efficacy of college students in terms of gender.
- To study the significant differences in adjustment of college students in terms of gender.
- To study the effect of self-efficacy on the adjustment among college students.
- To suggest educational implications based on the finding of the study.

#### **HYPOTHESES**

- There will be no significant differences in self-efficacy of college students in terms of gender.
- There will be no significant differences in adjustment of college students in terms of gender.
- There will be no effect of self-efficacy on the adjustment among collegestudents.

## **II. METHODOLOGY:**

**Sample:** A sample of 200 college going students. (Girls: N= 100 and Boys: N=100) was random selected by Tippet’s method from the different college students of Jammucity. All the students were in the B.A./B.Sc/B.Com Part-I of degree colleges of Jammu city.

#### **TOOLS TO BE USED:**

##### **(a) Self-efficacy Scale:**

Self-Efficacy Scale by Mathur and Bhatnagar (2012). It was administered on 800 male and female students of age group of 14+. The reliability coefficient of the scale was measured by test-retest on a sample of 600 (300 male and 300 female). In male it ranges between 0.73 and 0.81 and in female 0.79 and 0.86 and is significant at .01 level of significance. To obtain concurrent validity co-efficient of self-efficacy scale, the scale was compared with the views of experts’ rating. Validity ranges in male 0.73 to 0.81 and in female 0.76 to 0.83.

##### **(b) Adjustment Inventory for College Students:**

Adjustment inventory constructed and standardized by A.K.P. Sinha and R.P. Singh (1971) was administered. The inventory measures the adjustment of secondary school students in three areas of adjustment - Emotional, Social and Educational. The inventory contains 60 items, 20 items in each area of adjustment. 20 items measure Emotional adjustment, 20 items measure Social adjustment and 20 items measure Educational adjustment

### III. RESULTS AND DISCUSSION

**Table 1:** Comparison of Self -efficacy scores among college students as per gender

VARIABLE	GENDER	N	MEAN	SD	Cr -ratio	df	SIG.(2-tailed)
Self Efficacy	Boys	100	72.92	6.457	3.036	198	.003**
	Girls	100	70.20	6.212			

\*\* Significant at P<0.01 level, \* Significant at P<0.05 level

There is significant difference between boys and girls on self –efficacy. Mean score of boys are higher than girls. Pintrich and Groot [1990] reported that boys’ self -efficiency is more than girls.

**Table 2:** Comparison of adjustment scores among college students as per gender

VARIABLE	GENDER	N	MEAN	SD	Cr -ratio	df	SIG.(2-tailed)
Adjustment	Boys	100	43.95	13.096	5.514	198	.000**
	Girls	100	54.07	12.857			

\*\* Significant at P<0.01 level, \* Significant at P<0.05 level

There is significant difference between boys and girls on adjustment. Mean score of girls are higher than boys. In the case of boys who have low adjustment. Elias et.al (2010) Students who have low adjustment level and who are having difficulties with their studies should be given the appropriate counseling.

**Table 3:** Effect of self-efficacy on the adjustment among college students(N=200) as shown by linear regression analysis

Criterion Variable			
Adjustment			
VARIABLE	N	$\beta$	SIG.
SELF EFFICACY	200	.329	.031*

\*(P<.05)      \*\*\*(P<.01)

Table 3 represents results of simple linear regression analysis showing effect of self-efficacy on the adjustment among college students. Regression coefficient showing effect of self-efficacy on the adjustment was significant for self -efficacy (  $\beta$ =.031). In a study Elias et.al (2010) indicated that students with a strong sense of self-efficacy tend to be better adjusted in the university environment. In order for students to adjust to the university campus life, they have to develop the confidence in their ability to achieve success in the courses that they have chosen.

### IV. EDUCATION IMPLICATIONS:

The present study has following educational implication for administrators, policy makers, teachers and parents too:-

- Teacher should give a proper care for their students. They should be treated politely and psychologically, not rather harshly or bitterly. They should be treated as according to their immediate needs, lest they would become frustrated and depressed. If such a proper guidance is there at college, it is hard fact that time will be see a change in the overall educational aspirations they have. .
- Teacher should respect the student’s efforts and let them how they adjust and their ability to do well. Teacher let them to have some freedom and responsibility to deal with the consequences of their thinking.
- It becomes the primary duty of teachers to make every effort, so that our youth in the college can become mature, thereby will adjust. They should create conducive climate in the college to train their emotions in the right direction.
- Teacher should provide proper care and attention to the students to improve their adjustment problems especially in the case of boys.
- It becomes the core duty of teacher in the classroom to help the students achieving the level of better adjustment. So that their proper adjustment in the school and society can take place.
- The identification of problems of students will help teacher to guide parents so that they can better understand their children.
- The students should be provided counselling sessions in order to maintain a good level of adjustment in college, home and society.
- To improve adjustment & self-efficacy of the collegiates, parents should provide conducive atmosphere to their children so that students can express their problems freely.
- In colleges, there should be proper provision of curricular and co-curricular activities.

- Proper library and laboratory facilities should be there in every college. College environment should be conducive.
- To avoid the adjustment problems, which the collegiate feel, it is highly required that there should be perfect understanding between the students and the teachers. The teacher should be so efficient to note the complexes of the students. In this way, the students who always feel hesitation and shyness in the college or feel some other problems will be benefited and they would be able to achieve their educational aspirations.

### REFERENCES

- [1] Baron, R. (2001). Introduction to psychology. Pearson Prentice Hall, 391-392.
- [2] Bandura, A. (1997). Self-efficacy: The exercise of control. New York: Freeman
- [3] Blascovich, J., & Tomaka, J. (1996). The biopsychosocial model of arousal regulation. *Advances in Experimental Social Psychology*, 28, 1—51
- [4] Elias et., al (2010) Achievement Motivation and Self-Efficacy in Relation to Adjustment among University Students <http://thescipub.com/PDF/jssp.2010.333.339.pdf>
- [5] Lazarus R (2001), Patterns of adjustment and human effectiveness (student's Edition), Tokyo. MC
- [6] Graw Hill Book Co. Inc.
- [7] Maurer, T. J., & Pierce, H. R. (1998). A comparison of Likert scale and traditional measures of self-efficacy. *Journal of Applied Psychology*, 83, 324-329
- [8] Pintrich, P.R., De Groot, E.V. [1990]. Motivational and self-regulated learning components of classroom Academic performance, *Journal of Educational Psychology*, 52[1], 33-40 <https://www.villanova.edu/villanova/studentlife/counselingcenter/infosheets/adjusting.html>
- [9] Schultz, D. P., & Schultz, E. S. (2013). Theories of personality. 10th Ed. UK, Cengage Learning, Wadsworth, 15-16.

International Journal of Humanities and Social Science Invention (IJHSSI) is UGC approved Journal with Sl. No. 4593, Journal no. 47449.

Maansi Sharma. "Impact of Adjustment on Self- Efficacy of Collegiates of Jammu." *International Journal of Humanities and Social Science Invention (IJHSSI)* , vol. 6, no. 8, 2017, pp. 59–62.