



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

EMOTIONAL ADJUSTMENT AND PSYCHOLOGICAL WELLBEING AMONG ENGINEERING STUDENTS

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ABSTRACT

Emotional adjustment is there physically and mentally expressionless. Psychological well-being is about our lives going well. The main purpose of present study was to investigate mean difference between emotional adjustment and psychological well-being in engineering students. The total sample consisted of 60 students which 30 were girls and 30 were boys selected from colleges of Kutch district in Gujarat. The research tools for emotional adjustment test was developed by Bell and gujarati translated by Dr. D.J.Bhatt and psychological well -being was developed by SudhaBhogle. To check the difference in emotional adjustment and psychological well-being in engineering students 't' test was applied. Results revealed no significance difference in emotional adjustment and psychological well-being in engineering students.

Key Words: emotional adjustment and psychological well-being.

Introduction :

Emotional adjustment and psychological well-being are connected with student life and overall human life. Emotional adjustment and psychological well-being both are effected on engineering students. Stress, anxiety, social environment and economical status also affect on their life but in this study two factors including with engineering students.

Adjustment is a vital problem of the morden world. Adjustment is a dynamic and continuous life long process. Carter V. Good (1959) viewed, "adjustment is the process of finding and adopting modes of behaviour suitable to the environment or change in the environment." Young adulthood is a period of adjusting to a new pattern of life and social expectations. It is an age when one tries to set up, an age when one focuses a lot of problems and critical situations still trying to adjust to the new acquired lifestyle. Adult would have to make big changes in their adjustments as developing new relationship is important and is the main factor of social adjustment. It is a time when person is expected to make some types of adjustments to live life successfully. (paranmeswaran and beena, 2004) Emotional adjustment is there physically and mentally inexpressive. It is type of mental psychology and that's why wood worth says that emotion is striped up state of the individual. 'Emotion' it derives from Latin word emovere. It means to do exits so that F.C. ruche says that if we see as personality it means increasing or excitements it can be happy ended or sad also.

According to Zulkifli (1988), teenagers always face problems in adjusting. Teeagers especially those who are students always face career management, learning problems and also problems in solving personal and social matters. These are the factors that factors that give to stress in life. Students are starting to shift a beginning a life that is dependent on others to a life that needs them to release the need and start carrying their own responsibilities.

Psychological well-being is good for our mental and physical health. Psychological well-being is about our lives arriving in a good way. It is combination of happiness and good mood. Psychological well-being heartily connected with good feeling in people. Psychological well-being has a good for their emotions, satisfaction relationship. A good psychological well-being is usually conceptualized some combination of positive states such a happiness and working with best effectiveness in individual and their social life (Deci& Ryan, 2008). Huppert's (2009) review claims the consequences of psychological well-being include good

health, mediated possibly by our brain patterns neuro-chemical effects and genetic factors. So, psychological well-being is very affected on engineering students.

Psychological well-being is composed of person's evaluate ones of their lives, including pleasant affect, infrequent unpleasant affect and life satisfaction. Diener and Lucas (2000) in their study on emotions and subjective well-being found that (a) people ongoing experienced affect; (b) affect was valence and easily judged as positive or negative, and (c) most people reported having positive affect most of the time. Thus, because having more, positive emotions and less negative emotions was experienced as psychological well-being, the research implied that people, in general, had fairly high psychological well-being.

Sponagle (2007) in his article "pursuit of happiness" reported that study have found that nearly everyone feels happier when one is with other people. There's scientific evidence that suggested that those who practice some sort of religion are happier and more optimism. The social support that religion provides and a comforting belief system are thought to be the reasons.

Review of literature:

According to **SwetaNema, Dr. Suvidha, Prof. InduBansal (2015)**, the study consists from adjustment among M.Tech students of Bansthali University. The sample 67 girls were selected from Bansthali Hostel. The measure of Bell's adjustment Inventory developed by Dr. R.K. Ojha (1934) was used. Data analysis was done by using Karl Pearson correlation statistical test. Finding of the study revealed that significant positive correlation between all variables at the level of (0.01).

According to **JoymalyaParamanik, BirbalSaha and Bhim Chandra Mondal (2014)**, that the work aims at studying the adjustment ability among secondary school students in relation to gender and residence. The sample consist of 471 class x students with 234 boys and 237 girls which were drawn randomly from different schools of purulia districts, west Bengal. The researchers have constructed and authorize an adjustment inventory for school students to collect the basic data. The study revealed that there is no significant difference between adjustments of students residing either at urban or rural area. But on the other hand the mean adjustment score of girls is higher than those from boys which indicate that the girls are better adjusted as compared to their boy's equal.

According to **JenyRapeal and Varghese Paul K. (2014)**, objective of this study was to analyze the psychological well-being and anxiety among 153 adolescents selected from 5 higher secondary schools of kerala. Psychological well-being test developed by Devendra Sing Sisodia and anxiety test Samuel King were used for data collection. Adolescents in urban and rural area, aids and private schools, and males and females hadn't any significant difference in their mean psychological well-being or anxiety as per t-test. Age of participants hadn't any significant correlation with psychological well-being but that with covert anxiety was highly significant. Extremely significant difference in the mean psychological well-being of group of students categorized according to their levels of anxiety was observed in ANOVA results. Significant negative correlations between the sub variables of psychological well-being and anxiety, ranging from ($r=-0.37$) to ($r=-0.20$) was observed except for "sociability".

Objectives:

The main objectives of this study were as under:

- 1) To measure emotional adjustment in engineering students.
- 2) To measure psychological well-being in engineering students.

Null Hypothesis:

To related objectives of this study Null-Hypothesis were as under:

- 1) There will be no significance difference on emotional adjustment in engineering students.
- 2) There will be no significance difference on psychological well-being in engineering students.

METHOD

Participants:

In this study total 60 students were taken as a sample (30 boys and 30 girls)

Tools:

- 1) Emotional adjustment test:

Emotional adjustment test was made by Bell. Gujarati translated by Dr. D. J. Bhatt. 32 sentences are held in this test. Three options given each sentences yes, ?, No. scoring is 2,1,0 are given in this test. When score is low that emotional adjustment is good and score is high

that emotional adjustment not good.

2) Psychological well-being test:

Psychological well-being is developed by SudhaBhogle (1995) in English language which is translated in Gujarati by Suvera, 2000. 28 sentences are in this test, the sentence No. 4, 5, 6, 10, 12, 14, 15, 16, 21 are negative while others are positive. It is measured psychological well-being. This test has test-retest reliability coefficient of 0.72 and internal consistency reliability coefficient are 0.70. This test two point scale in Gujarati translation test-retest reliability coefficient was 0.91. Validity of this scale is 0.85.

Procedure :

First of all select some students as a sample and went at their colleges. Total 60 students were taken as a sample, 30 were Boys and 30 were Girls selected. They were informed about the purpose of the study. Participants were informed about the confidentially regarding information collected from them. A time for data collection was setup that was conducive for the participants. Before administering the scale, the purpose of the study was again explained to the participants a good report was built with the participants for getting correct response. Some necessary instruction and guidelines were provided to them property filling the scale. After this the both scale were provided to them and they were requested to fill up the both scales as for the instructions given in the scales. After completion of the scale participants returned the scale and they were thanked for their participation and co-operation.

Research Design :

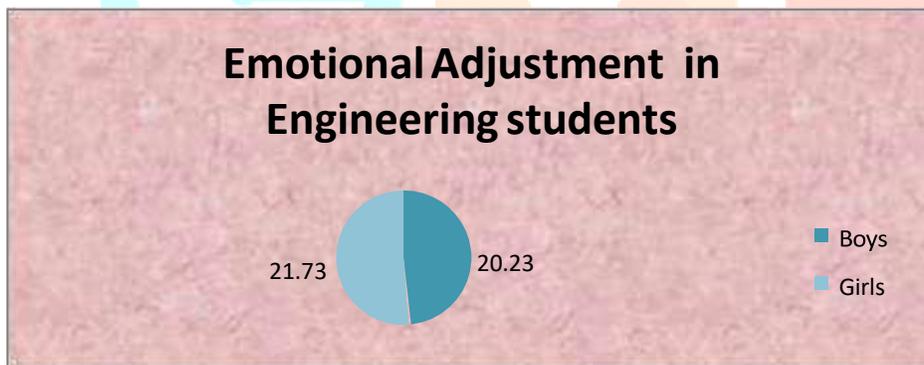
The aim of present research was emotional adjustment and psychological well-being in engineering students. For these total 60 samples were taken with used purposive method to check significance differences between groups. 't' test was used check relation between emotional adjustment and psychological well-being. Result and discussion of study is as under:

Result:

The present study attempted to assess the emotional adjustment and psychological well-being in engineering students. The data were selected by purposive method in Kutch (Gujarat-India). The 't' test was applied for the purpose of statistical interpretation to test the significance of different between emotional adjustment and psychological well-being. Result and discussion for the present study are as follows:

Table-1 't' test of Emotional Adjustment in Engineering students

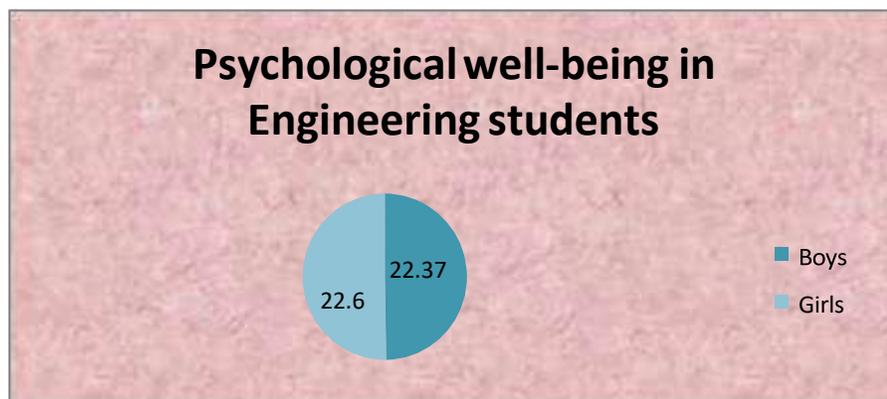
| Variable | N | Mean | S.D. | t | Sig. |
|------------|----|-------|--------|------|------|
| Boys (B1) | 30 | 20.23 | 528.34 | 0.01 | 0.01 |
| Girls (B2) | 30 | 21.73 | 443.98 | | |



Result of emotional adjustment saw that boys students have a low level of emotional adjustment (Mean = 20.23) as compare Girls students (Mean = 21.73). The 't' test was 0.01. There is no significant difference of emotional adjustment. It means first hypothesis was accepted. (Close looks at result table-1)

Table-1 't' test of psychological well-being in Engineering students

| Variable | N | Mean | S.D. | t | Sig. |
|------------|----|-------|--------|-------|------|
| Boys (B1) | 30 | 22.37 | 101.83 | 0.008 | 0.01 |
| Girls (B2) | 30 | 22.6 | 133.50 | | |



Result of psychological well-being saw that Boys students have a low level of psychological well-being (Mean = 22.37) as compare Girls students (Mean = 22.6). The 't' test was 0.008. There is no significant difference of psychological well-being. It means first hypothesis was accepted. (Close looks at result table-2)

Discussion:

In this study 't' -value based no significant difference in emotional adjustment and psychological well-being in engineering Boys and Girls students. Possible reason will be many parents except that Girl and Boy are equal in present time. So there is no significance difference in Boy and Girl students. Second possible reason will be same subjects and syllabus will be learned by Boys and Girls engineering students, so there is no difference in students. In this study 't' -value based no significance difference in engineering Boys and Girls students. But, for mean score based Girls have good emotional adjustment and psychological well-being as compare Boys students. Possible reason will be Girls are more sensitive as compare boys. So result revealed that Girls have a more emotional adjustment and psychological well-being as compare Boys. Second possible reason will be Girls are easily told her problems and show her emotions to other, and they getting more happiness in small matters. That's why Girls have more emotional adjustment and psychological well-being.

Conclusion:

We can conclude by data analysis as follows:

In this study 't' -value based no significant difference in emotional adjustment and psychological well-being in engineering Boys and Girls students. Mean score based Girls have good emotional adjustment and psychological well-being as compare male students.

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