

## A Study to Assess the Self-Concept and Adjustment Levels of 1<sup>st</sup> Year B. Sc. (Nursing) Students in Selected Colleges of Mangalore Taluk (Dakshina Kannada)

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### Abstract

Adolescence is a dynamic period of growth and development that bridges childhood to adulthood, while being distinctly different from both groups. Adolescence is characterized by many interrelated changes of body, mind, and social relationships. The broad purpose of the study was to identify the 1<sup>st</sup> Year B.Sc.(Nursing) students having low self-concept and adjustment problems in order to develop an effective guidance and counseling program for the students. The adjustment among first year university students directly and adversely affected university teaching. Adjustment problems diminish in the first three months and certainly last no longer than first year.

**Keywords:** Self concept; Adjustment.

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### Introduction

The study was done to assess the self-concept and adjustment levels of 1<sup>st</sup> year B.Sc. (Nursing) students in selected nursing colleges of Mangalore Taluk (Dakshina Kannada).

### Objectives

1. To determine the levels of self-concept of 1<sup>st</sup> year B. Sc. (Nursing) students in physical, social, temperamental, educational, moral and intellectual dimensions as measured by the self-concept questionnaire.
2. To determine the levels of adjustment problems faced by the 1<sup>st</sup> year B.Sc.(Nursing) students in hostel environment and at home as well as health, social, emotional and educational areas, as measured by the hostel adjustment rating scale and adjustment inventory for college students.
3. To find the relationship between levels of self-concept, adjustment and hostel adjustment levels among 1<sup>st</sup> year B.Sc.(Nursing) students.
4. To find the association between self-concept score and selected demographic variables.

Alone the author contributed this study

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5. To find the association between adjustment score and selected demographic variables.

6. To find the association between hostel adjustment score and demographic variables.

## Methods

The conceptual framework of the study was based on the theory of Roy's adaptation model.

A multistage cluster sample of 200 students was selected from selected nursing colleges of Mangalore taluk (Dakshina Kannada). A descriptive correlation survey was conducted using questioning method for data collection.

An extensive review of literature helped in the preparation of data collection of tools. Blue print was made prior to construction of the items in the tool. The data collection tools were: A) Demographic proforma, to record the background data of the students related to research study. B) Modified self-concept questionnaire to measure physical, social, temperamental, educational, moral and intellectual dimensions of self-concept. C) Modified adjustment inventory for college students to measure the adjustment at home, health, social, emotional and educational areas. D) Self prepared hostel adjustment rating scale was used to measure the adjustment toward hostel life.

The content validity of the tools was done by nine experts in the field of psychiatric nursing and psychology. Above 80% agreement questions were included in the tool.

The reliability of the co-efficient for the tools was:

- a. Self-concept questionnaire - 0.965
- b. Adjustment inventory for college students - 0.962.
- c. Hostel adjustment rating scale - 0.877.

Descriptive and inferential statistics were used to analyze the data.

• Based on the data collected, scores for self-concept were obtained and almost all students

fell under "above average self-concept score" (94.5%). Adjustment level scores shows that majority of the students belonged to "unsatisfactory" adjustment level (56.5%). Hostel adjustment ratings score showed maximum students adjustment level was "low" (50.5%).

- Correlation co-efficient was computed to compare the scores of self-concept and adjustment levels and it was found that there was significant negative co-relation in all the areas. The total self-concept score was negatively co-related with total adjustment score ( $r_{(200)} = -0.353$ ,  $P < 0.05$ ). The total self-concept score was not correlated with hostel adjustment score ( $r_{(200)} = 0.125$ ,  $P > 0.05$ ).

- Association between self-concept score and demographic was data done and there was no significant association found in any areas. Adjustment inventory for college students and demographic data were not associated in any areas. Hostel adjustment score and demographic data were also not significant by associated.

## Conclusion

Since the students of first year were exposed to entirely new environment from home situation, they faced greater adjustment problems. The students with higher social self-concept, educational self-concept and tempermental self-concept were better adjusted. Comprison with the norm indicates that the students face more problems in the emotional, educational, and hostel areas.

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