

4.0 An Assessment of the Post Covid-19 Adjustment Levels among Undergraduate Students

- **Dr. Paul Mathew**, Assistant Professor, Dept. of education, I. T. College, Lucknow
Email: paulmathew4165@gmail.com

Abstract

The present study investigates home, social, academic and health/emotional adjustment of undergraduate students in the post Covid-19 scenario using Mittal's Adjustment Inventory. The purpose was to find whether the adjustment levels of students in these areas and their overall adjustment have been negatively affected by their exposure to the disruptions caused by the Pandemic. Fifty subjects were randomly selected, and they were administered the test. It was found that the participants have great resilience and their overall adjustment levels ranged from good to satisfactory for the majority of the subjects. The economic background of the students was also considered, and the study found that annual family income had no direct relation to their adjustment levels.

Key Words: Adjustment, Post Covid-19, resilience.

Introduction

The pandemic Covid-19 wreaked havoc in our country and the world at large. It has been observed that it has affected not only the physical health but also the mental health of the public in general and students are no exception. But the resilience level of people, their ability to bounce back to normalcy and maintain their emotional balance can not be underestimated. We humans have the acumen to rise from the ashes like the phoenix and come out of our adversities and get adjusted to the 'new normal' whatever that be.

Therefore, it was found to be a worth while investigation to find out the adjustment levels in various aspects of the lives of young undergraduate students enrolled in a college. The result would throw light upon the extent to which the students have been able to maintain their adjustment levels in the post Covid -19 scenario. It can be safely assumed that the participating students have been exposed to the turmoil caused by the pandemic like disruption of normal academic pursuit, set back to the income of families, self or near ones getting exposed to the disease, the distress experienced by being confined to their homes during one of the strictest lockdowns. The effort was to check their levels of adjustment in various aspects when the educational institutions started functioning off-line and things came back to normalcy.

Methodology

For the purpose of investigation, 50 students of B. A. Year III of Isabella Thoburn College, Lucknow were selected through random sampling. To assess their adjustment levels, the standardized tool called 'V K. Mittal's Adjustment Inventory' for College students was used.

It contains 80 statements dealing with four aspects of adjustment: Home, Social, Academic and Health/Emotion. The participants had to choose any one of the three alternative responses i.e. 'Yes' if they agree, "No" if they disagree or '?' (question mark) if they are unsure of their response. Every right answer was awarded 3 marks, wrong answers 2 marks, and the question marks carried 1 mark. Thus, the maximum marks would be 240 provided all answers are right.

Based on the total marks scored, their adjustment levels are categorized as Excellent, Good, Satisfactory, Unsatisfactory or Very Unsatisfactory. The same kind of categorization was also done based on the items: Home, Social, Health/Emotion and Academic and the Annual Income of the family.

Findings

Overall Adjustment Levels

Based on the test results, it was found that maximum no of students, i.e. 22 out of 50 participants (42%) had good adjustment followed by 40% of students with a Satisfactory level of adjustment. 6% of students each came in the category of unsatisfactory, very unsatisfactory, and excellent levels. The percentage of students having excellent adjustment levels was also 6 %. Thus, it was found that the post Covid-19 adjustment levels of majority of students were good or satisfactory; indicating that the overall adjustment levels among the sample population is on the positive side.

Remarks	Count	Percentage
Excellent	3	6
Good	21	42
Satisfactory	20	40
Unsatisfactory	3	6
Very unsatisfactory	3	6
Total	50	100

Figure 1(a) Overall Adjustment levels- count and percentage

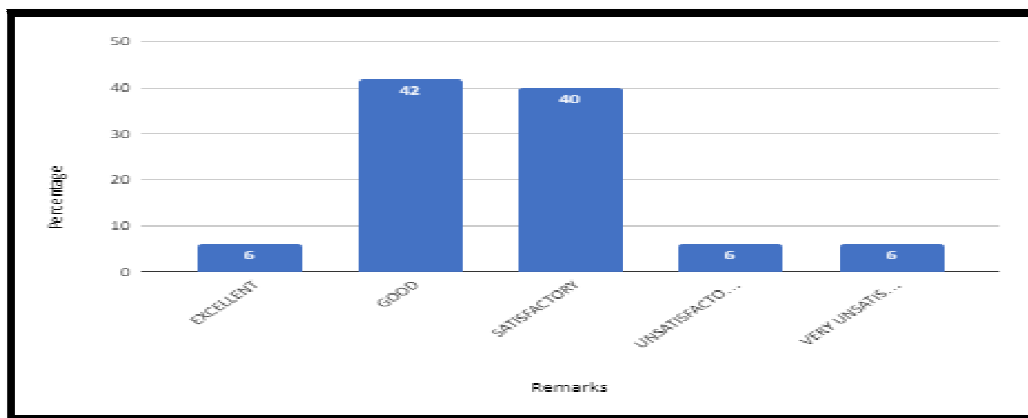


Figure 1(b) Overall Adjustment levels

Home Adjustment Levels

As far as Home Adjustment levels are concerned, most students (38 out of 50), amounting to 76% scored between 51 to 60, maximum score being 60 in this category. This shows that the home adjustment formost of the participants was very good. 20 % percent of them scored between 41 to 50 and only 2 students (4%) had some issues regarding their home atmosphere.

Range	Count	Percentage
21-30	0	0
31-40	2	4
41-50	10	20
51-60	38	76
Total	50	100

Figure 2(a) Home adjustment levels -count and percentage

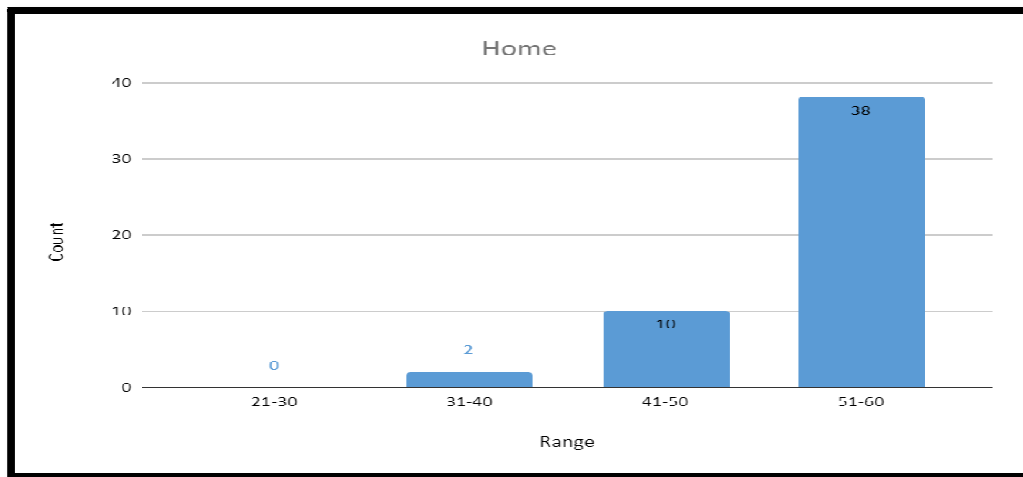


Figure 2(b) Home adjustment levels

Social Adjustment Levels

When we examine the Social adjustment levels of the subjects, we find that majority of them scored well – 22 students scoring in the range of 51 to 60 which amounts to 44%. Again 20% falls in the range of 41-50. The percentage of scores in the range of 31-40 is 10 and in the range of 21-30 is 6%.

Range	Count	Percentage
21-30	3	6
31-40	5	10
41-50	20	40
51-60	22	44

Figure 3(a) Social adjustment levels -percentage

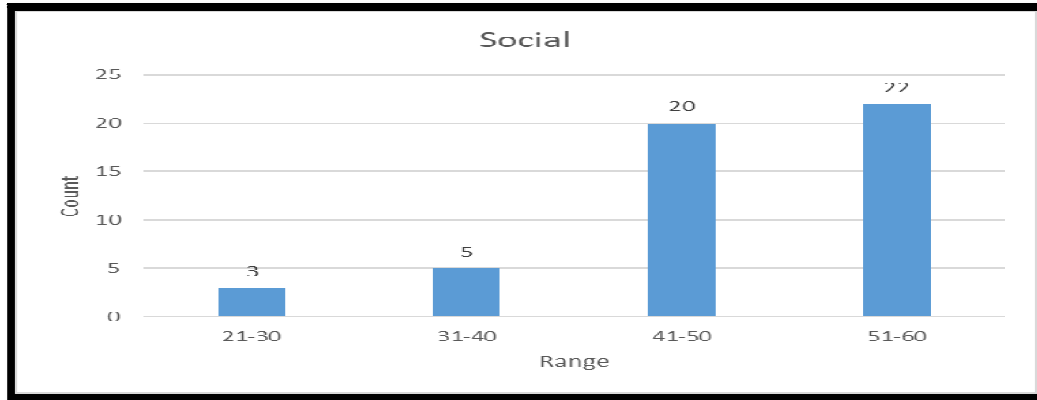


Figure 3(b) Social adjustment levels

Academic Adjustment Levels

Now we come to the academic adjustment levels. Here again the majority (48%) had scored in the highest range of 51-60 which shows that their academic pursuits were not adversely affected by the pandemic. 42% of the subjects fall in the next range of 41-50. This shows 86% of the respondents scored more than 66 percent in this category. Only 10% of them scored between 31-40.

Range	Count	Percentage
21-30	0	0
31-40	5	10
41-50	21	42
51-60	24	48

Figure 4(a) Academic Adjustment Levels -percentage

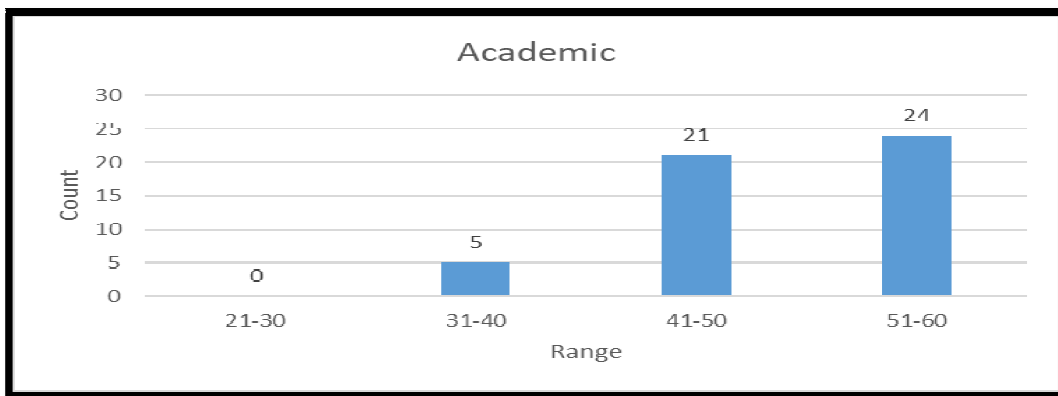


Figure 4(b) Academic adjustment levels

Health/ Emotional Adjustment

Home and emotional adjustment is another important area. Here we find that the majority scores (62%) fall in the range of 41-50. It shows good health and emotional adjustment

levels of these subjects. 22% scored between 51-60 which is the highest range. No participant scored less than 31 in this category.

Range	Count	Percentage
21-30	0	0
31-40	8	16
41-50	31	62
51-60	11	22

Figure 5(a) Health/Emotion Adjustment levels -percentage

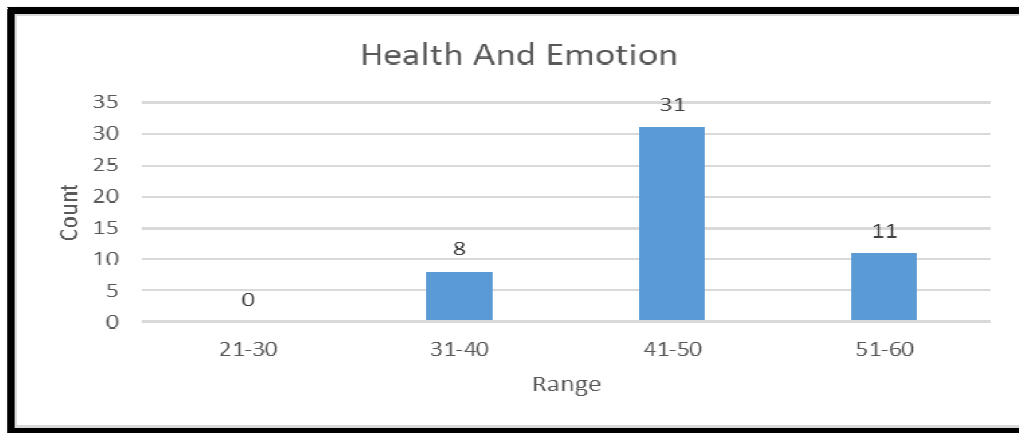


Figure 5(b) Health/Emotion Adjustment levels

Overall view of the four areas of adjustment

From the comparative figures given below for the four areas under investigation, we find that the home adjustment of the subjects is the best as 38 (76%) out of the 50 participants scored in the highest range of 51-60. This is also true of academic (48%) and social (44%) adjustment levels. The lowest percentage of score in the 51-60 range is 22% in the health and emotion area and this aspect needs to be improved upon. But it may be noted that the highest number of 31 students (62%) in the health and emotional adjustments category scored in the second highest range of 41-50 which means this area is not so bad.

RANGE	21-30	31-40	41-50	51-60
Home	0	2	10	38
Social	3	5	20	22
Health and Emotion	0	8	31	11
Academic	0	5	21	24

Figure 6(a) overview of the four areas of Adjustment

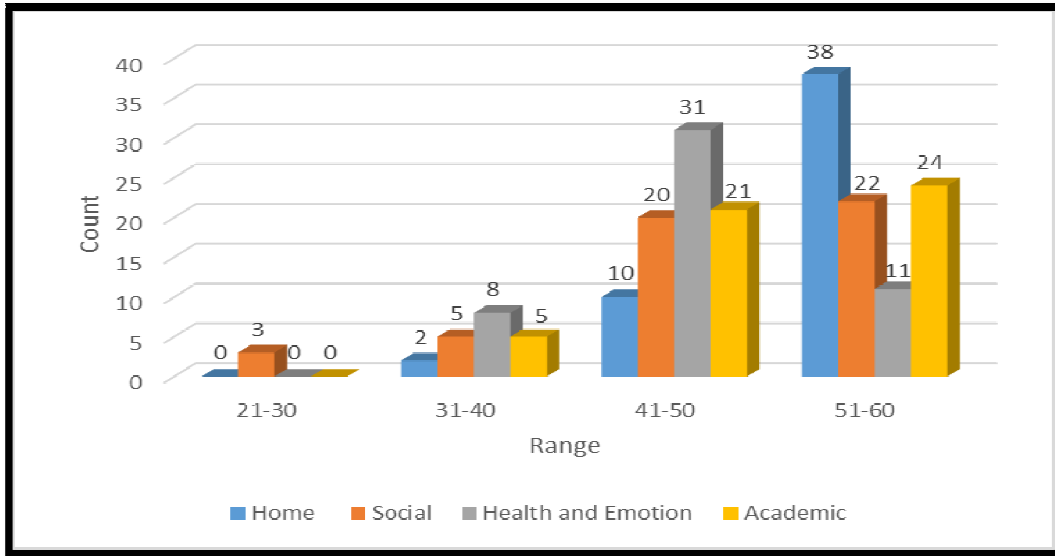


Figure 6(b) overview of the four areas of Adjustment

Levels of Adjustment Based on Family Annual Income

In the lowest income group of up to 2 lakhs in which there are 17 students, 8 have satisfactory (47%) and 7 have good (41%) level of adjustment. So, a total of 88% have better overall levels of adjustment despite the low annual income of the family. Only 3 students have excellent levels of overall adjustment, and it is worth noting that they are not from very high-income groups. In the lowest income group of up to 2 lakhs, there are no students with unsatisfactory or very unsatisfactory adjustment levels, whereas in the highest income group of 5 lakhs there is one student each in these categories. Therefore, by examining the table below we find that income of the family is no way directly related to the adjustment levels of the individual.

Remarks	Up to 2 lakhs	3 lakhs	4 lakhs	5 lakhs	5 Lakhs Above
Excellent	2	1	0	0	0
Good	7	3	8	3	0
Satisfactory	8	5	2	2	3
Unsatisfactory	0	2	0	0	1
Very unsatisfactory	0	1	1	0	1
Total Students	17	12	11	5	5

Figure 7(a) Levels of Adjustment Based on Family Income- Percentage

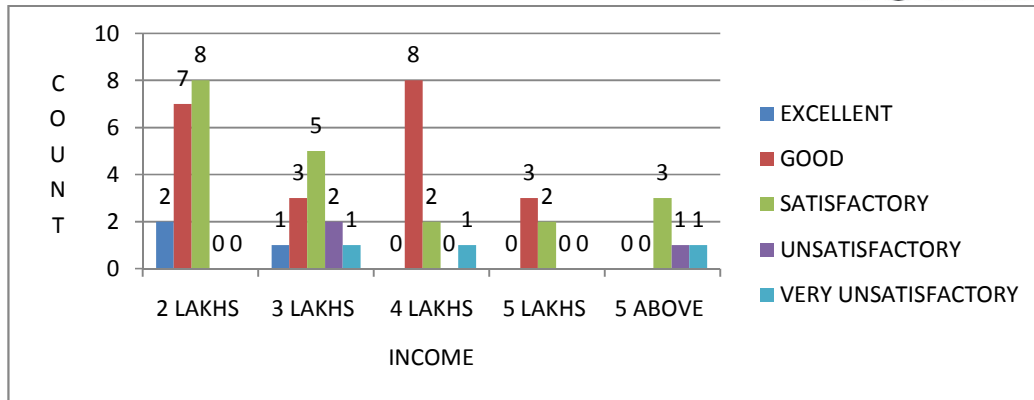


Figure 7(b) Levels of Adjustment Based on Family Income

Conclusion

It was reported repeatedly in the print and electronic media that the pandemic had adversely affected the adjustment levels of people at various levels like health, emotion, social life, academic pursuits, family, and economic life. But we humans have a strong survival instinct, and we bounce back to normalcy or adapt ourselves and adjust with the ‘new normal’.

The investigation was an attempt to test the level of resilience among undergraduate students in the post pandemic scenario. The findings show that despite every one of them facing the inconveniences and disruptions caused by the pandemic, the overall adjustment of majority of student’s post Covid-19 ranged from good to satisfactory (82%). Most of them scored in the range of 41–60 in the entire four areas investigated i.e. home, social, academic and health/emotional adjust levels, 60 being the highest score in each category. It was also found that the annual income of the family is in way related to the adjustment levels of the subjects.

References

- Chauhan, S.S. (1987). Advanced Educational Psychology. Vikas publishing house Pvt. Ltd. New Delhi.
- Choudhury, S. (2018). Adjustment Problems among College Students: A Study in Northeast India. Indian Journal of Positive Psychology, 9(2), 133-139.
- Gupta, A. (2020). Strategies for college student adjustment. College Student Support Center. <https://www.collegestudentsupport.org/adjustment-strategies>
- Johnson, M. R., & Williams, S. B. (2019). Social support and academic adjustment in college students. Journal of College Counseling, 34(2), 87-98.
- Kumar, V.B. (2017). Psychology of Adjustment. Himalaya Publishing House Pvt Ltd. Mumbai.
- Mittal, V.K. (1974). Adjustment Inventory Female College Form. Manovigyan Kendra, Meerut Cantt.

Mittal, V.K. (1974). Manual for Adjustment Inventory. Manovigyan Kendra, Meerut Cantt.

Reddy, S. V., & Kumar, M. V. (2017). Parental involvement and college adjustment in Indian students: The mediating role of self-efficacy. *Journal of Family Psychology*, 33(4), 465-474.

Sengupta, S. (2010). Stress and coping among college students. In R. Sharma (Ed.), *Psychology of College Life* (pp. 45-67). Sage Publications.

Sharma, N. (2020). Coping Strategies and Psychological Adjustment of College Students: A Cross-Sectional Study. *Indian Journal of Health and Wellbeing*, 11(4), 489-495.

Sharma, P., & Singh, R. (2020). Academic stress and coping strategies among Indian college students. *International Journal of Stress Management*, 25(2), 178-189.

Smith, J. A., & Johnson, L. B. (2020). Adjustment among college students: A longitudinal study. *Journal of Higher Education*. 45(3), 267-285.
<https://doi.org/10.1234/jhe.2020.123456>

Williams, H. B., & Smith, L. R. (2016). Self-regulation and academic adjustment in college students. *Journal of Applied Psychology*, 32(4), 567-582.
