

# A Study to Assess the Adjustment Problems Faced by the 1<sup>st</sup> Yr Basic B. Sc. Nursing Students of Selected Colleges of Nursing in City

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**Abstract:** *The aim of this study to assess the adjustment problems faced by the 1<sup>st</sup> years Basic B. Sc. Nursing students. Material and Methods: The researched adopted the descriptive approach with Descriptive research design in which investigator evaluate the adjustment problems faced by the 1<sup>st</sup> yr Basic B. sc. Nursing students of selected colleges of nursing in city. The sample size comprised of 207 1<sup>st</sup> year Basic B. Sc nursing student who met the inclusion criteria. Data were collected Rating scale on adjustment problem faced by the 1<sup>st</sup> years Basic B. sc. Nursing student. Data were analyzed using descriptive and inferential statistics. In that Chi-square test for association of adjustment problems with their demographic variables. Result: The results of this study showed that the majority of 99 (47.82%) having moderate level of adjustment problem followed by 63 (30.43%) has low level of adjustment problem and 45 (21.73%) has high level of adjustment problem. There is a positive correlation between the Academic adjustment V/s psychological adjustment (0.70), Academic adjustment v/s Economic Adjustment (0.61), Academic adjustment v/s Social adjustment (0.77), Psychological adjustment v/s Economic adjustment (0.47), psychological adjustment v/s social adjustment (0.64) and Economic adjustment v/s social adjustment (0.59). there was significant association between age, Religion, Type of family, Mothers education, Fathers education, Fathers occupation and place of residence and there was no significant association between, Gender, number of siblings, mother's occupation, monthly family income, is there anyone in nursing profession from your family and leisure time activity with the level of adjustment problems. Conclusion: The findings of the present study indicated that the 1<sup>st</sup> year Basic. B. sc Nursing student having moderate level of adjustment problems.*

**Keywords:** Adjustment problem, 1<sup>st</sup> year Basic B. Sc. Nursing Students

## 1. Introduction

The battle for existence and survival is a never-ending series of events throughout life, according to Darwin. The observation is based on the fact that every one of us strives for the fulfillment of our wants while striving to accomplish something. If we discover that the outcomes are unsatisfactory, we will either adjust our aim or change the strategy used to achieve it. While doing so, one safeguards oneself from potential ego damage, failures, and irritation, among other things. It enjoys moving to a more defensive posture in order to deal with the obstacles of the situation after experiencing an early setback. The word "adjustment" refers to this characteristic of the living body.<sup>1</sup>

Adolescence is the most formative stage in a person's development. A time of tension and strain, of daydreams, of tremendous emotion and enthusiasm, during which the mind is devout and pure, free of all evil. The adolescent is still a teen and lacks the maturity of thinking and experience those older children and adult have. Sometimes a teenager is aware of the difference between what is appropriate and what is improper, and as a result, there is a risk of them choosing the incorrect road.<sup>2</sup>

Entering a new scenario or entering a new job causes a person to experience anxiety. It is a signal from our minds and bodies that causes us to make certain modifications. The transformation might be brought about by internal or external forces. Stress and anxiety levels that are greater than average in some persons are tolerable in others, but not in others. Experiencing extreme stress and anxiety while feeling overworked might result in decreased coping and adjustment abilities. During such a circumstance, one should validate their own experience, correct their negative self-

perception as a result of emotional overload, and assist themselves by offering some advice for coping and adjustment in order to encourage and build good change in the Nursing Profession.<sup>3</sup>

Nursing is a profession that originated during the Crimean War and has survived to the present day. In the nursing profession, nursing students serve as the backbone of the profession. The transition from high school to nursing school brings with it a slew of adjustments for the new students. They are often required to make the transition from adolescent to adulthood, as well as from layperson to professional while they are still in their teens.<sup>3</sup>

A normal response of the body to unpleasant or hard events is called stress. In comparison to their classmates and colleagues enrolled in other programmes, nursing students are more likely to feel "more stress." Clinical practice has been highlighted as one of the nursing schools' most anxiety-inducing components, and it is not alone. Starting as a student nurse may be stressful due to a variety of factors including a lack of experience, fear of making errors, discomfort with being assessed by faculty members, anxiety about providing patients the incorrect information or medicine, and concern about potentially injuring a patient.<sup>3</sup>

Coping involves making a conscious effort to resolve personal and interpersonal problems, as well as attempting to master, minimise, or tolerate stress or conflict, as well as to face and deal with responsibilities, problems, or difficulties, particularly successfully or in an adequate manner, according to the dictionary. The act of adapting, adaption to a certain circumstance, position, or purpose is referred to as adaptation.<sup>3</sup>

Academic stressors among college and university students include the whole spectrum of learning as well as the process of adjusting to a new environment. Sleeplessness and excessive anxiety were also experienced as a result of the experience, along with feelings of loneliness and anxiousness. Poor academic performance, depression, attrition, and major health problems may result from students' perceptions of a high degree of stress in their lives.<sup>4</sup>

At Mahayana Nursing College, a research was carried out in which around 200 students from the 1st year of the Basic Bsc nursing programme were engaged. It was discovered that the majority of students' troubles during their first year were caused by numerous adjustment problems, which impacted them emotionally, physically, socially, and monetarily, among other things. Students were required to remain away from home, which resulted in increased stress, a drop in self-confidence, and a decline in their ability to concentrate on their academics. It was also shown that students' stress levels rose as a result of a lack of study time as a result of an excessive number of written assignments.<sup>4</sup>

## 2. Objectives

- 1) To assess the adjustment problem faced by the first year Basic. B. sc Nursing students.
- 2) To find out correlation between academic adjustment, psychological adjustment, economic adjustment and social adjustment.
- 3) To find out the association between selected socio-demographic variables and the adjustment problem faced by first year Bsc students.

### Assumptions

Students may face adjustment problems during first year of Basic B. sc. Nursing.

## 3. Material and Methods

### Research Approach

In this present study the descriptive approach was intended to assess the adjustment problems faced by the 1<sup>st</sup> yr Basic B. Sc. Nursing students of selected colleges of Nursing in city.

### Research Design

In this study research design is a Descriptive research design is used to assess the adjustment problems faced by the 1<sup>st</sup> yr Basic B. Sc. Nursing students of selected Colleges of Nursing in city.

### Setting of the Study

The investigator conducted the study in selected nursing colleges in city.

### Population

The population of the study will be 1<sup>st</sup> year Basic B. Sc nursing students of selected nursing colleges of city.

### Sample and Sampling Technique

The sample of the study is 1<sup>st</sup> year Basic B. Sc nursing

students of selected nursing colleges in city.

The sampling technique use in this study is purposive sampling technique.

### Sample Size

The sample size comprised of **207 1<sup>st</sup> year Basic B. Sc Nursing student** who met the inclusion criteria.

### Sampling Criteria

#### Inclusion criteria:

- Fresher first year Basic Bsc nursing students from selected college of nursing in city.
- Who are willing to participate in the study.
- 1<sup>st</sup> Year Basic (N) Students who are available during the data collection
- Both male and female first year Basic B. sc nursing student will be included during data collection.

#### Exclusion criteria:

- First year Basic B. Sc Nursing students who are on leave.
- First year Basic B. Sc Nursing students those who are repeater students.

### Description of the Tool

The tool or the study instrument is divided into 2 parts.

#### Part A: Socio-demographic variables

#### Part B: Rating scale on adjustment problem.

The Rating scale is developed to assess the adjustment problems faced by the 1<sup>st</sup>yr Basic B. Sc. Nursing students of selected colleges of Nursing in city. ”. In this rating scale the investigator divided it into the 4 components i. e.

- 1) Academic adjustment problem consists of 11 questions
- 2) Psychological adjustment problem, consists of 10 questions
- 3) Economic adjustment problems, consists of 6 questions
- 4) Social adjustment problems consist of 15 questions.

These 4 components consist of 42 questions to assess the adjustment problem.

### Statistics

#### Descriptive statistics

Frequency and percentage distribution are used to analyzed the demographic data

#### Inferential statistics

Chi-square test used to assess the association of adjustment problem faced by the 1<sup>st</sup> years Basic B. Sc. Nursing student with their demographic variables.

4. Results

The data were entered into master sheet for tabulation and statistical processing the obtained data were analyzed, organized, and presented under the following headings:

**Section A:** Distribution of Samples according to Demographic variables.

**Section B:** Distribution of Samples according to adjustment problem faced by the 1<sup>st</sup> year B. B. Sc Nursing student.

**Section C:** Correlation among academic adjustment, psychological adjustment, economic adjustment and social adjustment of first years B. B. Sc Nursing student.

**Section D:** Association between the adjustment problem and the Demographic Variables among 1<sup>st</sup> year B. B. Sc Nursing student in selected colleges of city.

**Section A:** Distribution of samples according to demographic variables

**Table 1:** Distribution of samples according to demographic variables, n=140

Characteristics	Category	Samples	
		Frequency	Percentage (%)
Age	17-18 years	111	53.62%
	19-20 years	68	32.85%
	21-22 years	15	7.24%
	More than 22	13	6.28%
Gender	Male	86	41.54%
	Female	121	58.45%
Religion	Hindu	48	23.18%
	Muslim	23	11.11%
	Buddhist	71	34.29%
	Christian	60	28.98%
	Other	05	2.41%
Type of family	Joint family	77	37.19%
	Nuclear family	104	50.24%
	Expanded family	26	12.56%
Number of siblings	None	03	1.44%
	One	55	26.57%
	Two	83	40.09%
	More than two	66	31.88%
Mothers education	No formal education	31	14.97%
	Primary education	49	23.67%
	Secondary education	63	30.43%
	Under graduate	56	27.05%
	Post graduate	08	3.86%
Fathers education	No formal education	27	13.04%
	Primary education	38	18.35%
	Secondary education	73	35.26%
	Under graduate	57	27.53%
	Post graduate	12	5.79%
Mothers occupation	Housewife	33	15.94%
	Business	80	38.64%
	Agriculture	30	14.49%
	Service	43	20.77%
	Other	21	10.14%
Fathers occupation	Service	51	24.63%
	Business	85	41.06%
	Agriculture	42	20.28%
	Other	29	14.00%

Table no.1 depicts that:

- The majority of the Samples 111 (53.62%) were in the age group of 17-18 years followed by 68 (32.85%) in the age group of 19-20 years, 15 (7.24%) in the age group of 21-22 years and 13 (6.28%) in the age group of more than 22.
- The majority of the Samples 121 (58.45%) were female and 86 (41.54%) were male.
- The majority of the Samples 71 (34.29%) belongs to Buddhist religion followed by 60 (28.98%) were Christian, 48 (23.18%) were Hindu, 23 (11.11% were Muslim and 5 (2.41%) were belongs to other religions.
- The majority of the Samples 104 (50.24%) were belongs to Nuclear family followed by 77 (37.19%) belongs to joint family and 26 (12.56%) belongs to expanded family.
- The majority of the Samples 83 (40.09%) having two siblings followed by 66 (31.88%) having More siblings, 55 (26.57%) having one sibling and 3 (1.44%) having none.
- The majority of Samples 63 (30.43%) done their secondary education followed by 56 (27.05%) completed there under graduation, 49 (23.67%) completed their primary education, 31 (14.97%) did not completed their formal education and 8 (3.86%) were completed their post-graduation.
- The majority of Samples 73 (35.26%) completed their secondary education followed by 57 (27.53%) completed they're under graduation, 38 (18.35%) completed their primary education, 27 (13.04%) did not completed any formal education and 12 (5.79%) completed their post-graduation.
- The majority of Samples 80 (36.64%) doing business followed by 43 (20.77%) doing service, 33 (15.94%) were housewife, 30 (14.49%) doing agriculture and 21 (10.14%) having other occupation.
- The majority of Samples 85 (41.06%) doing business followed by 51 (24.63%) doing service, 42 (20.28%) doing agriculture and 29 (14.00%) doing other occupation. (Table no 1)

**Section B: Distribution of samples according to adjustment problem faced by the 1<sup>st</sup> year b. B. sc nursing student**

**Table 2:** Adjustment problem level of 1<sup>st</sup> year basic B. sc. Nursing student, n=207

Total Score	Frequency	Percentage (%)
0-28 (Low)	63	30.43%
29-56 (Moderate)	99	47.82%
57-84 (High)	45	21.73%

The data presented in Table no 2 depicts that in the majority of 99 (47.82%) having moderate level of adjustment problem followed by 63 (30.43%) has low level of adjustment problem and 45 (21.73%) has high level of adjustment problem. (Table no 2)

**Section C:** Correlation among academic adjustment, psychological adjustment, economic adjustment and social adjustment of first years b. B. sc nursing student.

**Table 3:** among academic adjustment, psychological adjustment, economic adjustment and social adjustment of 1<sup>st</sup> year basic B. sc. Nursing student, n=207

	Academic	Psychological	Economic	Social
Academic	Nil	0.700731	0.610753	0.770779
Psychological	0.700731	Nil	0.477112	0.648587
Economic	0.610753	0.477112	Nil	0.596789
Social	0.770779	0.648587	0.596789	Nil

The data presented in table no 3 depicts that there is a positive correlation between the Academic adjustment V/s psychological adjustment (0.70), Academic adjustment v/s Economic Adjustment (0.61), Academic adjustment v/s Social adjustment (0.77), Psychological adjustment v/s Economic adjustment (0.47), psychological adjustment v/s social adjustment (0.64) and Economic adjustment v/s social adjustment (0.59). (Table no 3)

**Table no 4:** Frequency and percentage distribution on factors contributing to adjustment problem.

Level of factors contribution	Classification of respondents							
	Academic adjustment		Psychological adjustment		Economic adjustment		Social adjustment	
	N	%	N	%	N	%	N	%
Low	51	24.63	82	39.61	85	41.06	83	40.09
Moderate	89	42.99	71	34.29	78	37.68	70	33.81
High	67	32.36	54	26.08	44	21.25	54	26.08
Total	207	100.00	207	100.00	207	100.00	207	100.00
X <sup>2</sup> Value	18.3							

\*Significant at 5% level. X<sup>2</sup> (0.05, 6df) =0.005

**Table no 4:** Shows that regarding academic adjustment factor, 42.99% respondents exhibited moderate level and 32.36% had high level.

39.61% respondents exhibited low level regarding psychological adjustment factor and 34.29 % had moderate level.

In regards to economic adjustment 41.06% exhibited low level and 37.68% had moderate level. 40.09% respondents exhibited low level regarding social adjustment factors and 33.81% had moderate level.

The obtained chi square (x<sup>2</sup>) value 18.3 is more than the table value 0.005 with 6 df at 0.05 level of significance. It means that there is a significant association between factors contributing to adjustment problems at 0.05 level of significance. (Table no 4)

**Section D: Association between the adjustment problem and the demographic variables among 1<sup>st</sup> year b. B. sc nursing student in selected colleges of city**

**Table 5:** Chi square value showing association of adjustment problem level with demographic variables

Socio-demographic variables	Total no. Of samples	Level of adjustment score			Df	P. Value	χ <sup>2</sup> value	Result
		Low	Moderate	High				
		N	N	N				
<b>Age</b>					6	0.037	13.4	<b>S</b>
17-18 years	111	31	63	17				
19-20 years	68	23	27	18				
21-22 years	15	3	5	7				
More than 22	13	6	4	3				
<b>Gender</b>					2	0.65	0.858	<b>NS</b>
Male	86	29	40	17				
Female	121	34	59	28				
<b>Religion</b>					8	0.007	21.2	<b>S</b>
Hindu	48	23	14	11				
Muslim	23	7	8	8				
Buddhist	71	13	47	11				
Christian	60	19	27	14				
Other	05	1	3	1				
<b>Type of family</b>					4	0.038	10.1	<b>S</b>
Joint family	77	31	27	19				
Nuclear family	104	23	59	22				
Expanded family	26	9	13	4				
<b>Number of siblings</b>					6	0.47	5.58	<b>NS</b>
None	03	1	1	1				
One	55	19	25	11				
Two	83	26	44	13				
More	66	17	29	20				
<b>Mothers education</b>					8	0.012	19.6	<b>S</b>
No formal education	31	10	12	9				
Primary education	49	21	17	11				
Secondary education	63	9	43	11				
Under graduate	56	21	22	13				

Post graduate	08	2	5	1				
<b>Fathers education</b>					8	0.006	21.4	S
No formal education	27	11	12	6				
Primary education	38	10	17	11				
Secondary education	73	15	49	9				
Under graduate	57	23	17	17				
Post graduate	12	4	6	2				
<b>Mothers occupation</b>					8	0.195	11.1	NS
Housewife	33	5	19	9				
Business	80	32	37	11				
Agriculture	30	9	13	8				
Service	43	11	22	10				
Other	21	6	8	7				
<b>Fathers occupation</b>					6	0.015	15.8	S
Service	51	15	23	13				
Business	85	27	50	8				
Agriculture	42	11	16	15				
other	29	10	10	9				
<b>Place of residence</b>					4	0.001	19.7	S
Urban	84	37	25	22				
Rural	55	11	34	10				
Semi-Urban	68	15	40	13				
<b>Type of stay</b>					6	0.355	6.65	NS
With Parents	77	17	45	15				
Rented Room	93	32	39	22				
Paying guest	13	5	6	2				
With relative	24	9	9	6				
<b>Monthly family income</b>					6	0.439	5.86	NS
Less than Rs, 15, 000	43	13	21	9				
Rs.15, 000-Rs.30, 000	105	36	51	18				
Rs.30, 001-Rs.45, 000	49	11	24	14				
Rs.45, 001 & above	10	3	3	4				
<b>Is there anyone in Nursing profession from your family</b>					2	0.489	1.43	NS
Yes	83	29	38	16				
No	124	34	61	29				
<b>Leisure time activity</b>					6	0.061	12.0	NS
Watching T. V	80	23	38	19				
Drawing	25	10	5	10				
Reading	09	2	5	2				
Other	93	28	51	14				

{S-significant: NS-Non-significant} P-value is significant if it is  $p < 0.05$

Table 5 depicts that there was significant association between age, Religion, Type of family, Mothers education, Fathers education, Fathers occupation and place of residence and there was no significant association between, Gender, number of siblings, mother's occupation, monthly family income, is there anyone in nursing profession from your family and leisure time activity with the level of adjustment problems. (Table no 5)

## 5. Discussion

According to Kale Priyanka Yohan 2011, a descriptive research was carried out in order to identify the challenges that first-year Basic B. sc nursing students were experiencing. According to the data presented, 126 (84 percent) of students were experiencing moderate adjustment problems, and 24 (16 percent) of students were experiencing severe adjustment problems.2

An investigation on university students' adjustment issues was carried out by Cheri an, Verghese, Lepen, and Lily It was shown that between 33 and 85 percent of the pupils had difficulty adjusting to their new environment. In comparison

to developed nations, this research proved useful in identifying the adjustment challenges of first-year university students in African countries since there is a relative lack of knowledge regarding such problems in these countries as compared to developed countries.5

A cross-sectional study was conducted by Qaiser Suleman, Ishtiaq Hussain, Rashida Parveen, Ishrat Siddiq Lodhi, and Ziarab Mahmood to investigate the relationship between emotional intelligence and academic success among undergraduates at Kohat University of Science and Technology (KUST) in Pakistan. Researchers discovered that there was a significant positive link ( $r = 0.880$ ) between emotional intelligence and academic achievement among undergraduate students.6

In this study, the authors investigated the relationship between stress intensity and coping strategies, as well as quality of life and health among nursing students in Poland, Spain, and Slovakia. Ewa Kupcewicz, Elzbieta Grochans, Helena Kaducakova, Marzena Mikla and Marcin Jozwik conducted the research. The findings reveal that the greatest beneficial link between active coping methods and the

quality of life was seen in the psychological ( $r = 0.43$ ;  $p = 0.001$ ) and physical health domains ( $r = 0.42$ ;  $p = 0.001$ ), with the psychological domain having the strongest relationship ( $r = 0.43$ ;  $p = 0.001$ ). In this study, significant correlations of low intensity were found between active coping strategies and the quality of life in the physical health domain ( $r = 0.15$ ;  $p = 0.01$ ), psychological domain ( $r = 0.21$ ;  $p = 0.001$ ), social relationships domain ( $r = 0.12$ ;  $p = 0.05$ ), and environment domain ( $r = 0.19$ ;  $p = 0.001$ ).<sup>7</sup>

## 6. Conclusion

It was discovered by the researchers in this study that students in their first year of basic B. sc Nursing were experiencing moderate levels of adjustment challenges.

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