A Descriptive Study to Assess the Adjustment Problem among First Year BSc Nursing Students in Annammal College of Nursing, Kuzhithurai

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Abstract: *The aim of the study was to assess the adjustment problem of first year BSc nursing students in Annammal College of Nursing. The research design was descriptive method and the total of 30 sample was used. Random Sampling technique using lottery method was adopted for the study. The data were collected, tabulated, analyzed and interpreted by using descriptive statistics. Result showed that there was a significant difference in the level of adjustment among the BSc(N) students in academic and clinical level. The result shows that 10% of students had mild adjustments, 87% of the students had moderate adjustments and 3% of the students had severe adjustment problem.*

Keywords: Assess, Adjustment problem, BSc(N) students

1. Introduction

Survival and Adjustment" broadly refers to the processes by which living organisms, including humans, adapt to their environments and maintain their existence. This involves both biological and behavioral mechanisms to cope with challenges and ensure continued life. Adjustment problems among students encompass a wide range of difficulties they face when transitioning to new academic environments or dealing with stressful life events. These issues can manifest in various forms, including academic, emotional, social, and personal challenges. Common problems include difficulty with academic work, managing workload, adapting to new social dynamics, experiencing homesickness, and coping with stress. - Anbesaw 2022

A descriptive study was conducted to assess the adjustment problems and their coping strategies among school students residing in selected Boarding schools, Kottayam, Kerala. A total sample of 60 school students were selected using purposive sampling technique. A descriptive design was adopted for the study. A sample comprising of 60 school students were enrolled using the purposive sampling technique. The conceptual framework used in the study was based on Imogene King's goal attainment model. Results: Data analysis were done using descriptive and inferential statistics. Findings of the study revealed that the mean score for severe adjustment problems was 20.29 ± 1.19, that of those with moderate adjustment problems was 15.05 ± 1.17, and that of those with mild adjustment problem was 7.79 ± 0.89. Most of the samples 38.33% (23) had inadequate coping strategies while 36.67% (22) had moderately adjustment coping strategies and 25% (15) had adequate coping strategies.

2. Review of Literature

A descriptive study conducted by Deepika.K et.al to assess the adjustment problems faced by 1st year nursing students and coping strategies adopted by them at Rayat Bahra College of Nursing, Mohali, Punjab. A quantitative research approach and proposive sampling technique was used to conduct the study. Total 80 subjects were selected. Adjustment scale and coping scale were used to assess the adjustment problems and coping strategies among first year nursing students. Data was analysed by using mean, median, mode, and standard deviation, range, chi-square test for association and Karl Pearson coefficient correlation was used for correlation. Study shows that majority of students 78.8% having moderate adjustment problems and majority of 86.3% were using adaptive coping strategies i.e. accept reality, to seek suggestion from family and teachers and not involved in bad company.

3. Research Statement

A descriptive study to assess the adjustment problem among first year BSc Nursing Students in Annammal College of Nursing, Kuzhithurai.

Objectives
1) To assess the adjustment problem among Ist year BSc nursing students.
2) To find out the association between selected demographic variables and the adjustment problems faced by first year BSc nursing students

4. Research Methodology

Research Approach	Quantitative Approach
Research Design	Descriptive design
Research Setting	Annammal College of Nursing
Population	BSc(N) students
Target population	Ist year BSc(N) students
Accessible Population	Ist year BSc(N) students who fulfill the Inclusion Criteria
Sample Size	30
Sample Technique	Random Sampling

Development and Description of Tool

Table 1

S. No	Socio Demographic Variables	Frequency (f)	Percentage (%)
1	**Age in Years**		
	a) 17-18YRS	17	57
	b) 19-20YRS	12	40
	c) 21-22YRS	0	0
	d) >22YRS	1	3
2	**Gender**		
	a) Male	2	7
	b) Female	28	93
3	**Religion**		
	a) Hindu	12	40
	b) Christian	18	60
	c) Muslim	0	0
	d) Others	0	0
4	**Types of Family**		
	a) Joint	4	13
	b) Nuclear	26	87
	c) Expanded	0	0
5	NUMBER OF SIBLINGS		
	a) None	1	1
	b) One	25	84
	c) Two	4	13
	d) Three	0	0
6	Any Family Member belongs to nursing profession		
	a) Yes	9	30
	b) No	21	70

Table 2: Frequency and Percentage Distribution of Adjustment Problem

Level of Adjustment	Frequency	Percentage
Mild adjustment	3	10
Moderate adjustment	36	87
Severe adjustment	1	3
Total	30	100

5. Discussion

The present study was conducted at Annammal College of Nursing. Total sample was 30. Random Sampling technique was adopted to select the sample. The tool used for the study were socio-demographic variables and Questionnaire regarding adjustment problems.

6. Conclusion

The study findings revealed that 3(10%) students had mild adjustment problem 26(87%) students had moderate adjustment problem and 1(3%) students had severe adjustment problem. There was no association between age, gender, religion, type of family, number of siblings and if there anyone in nursing profession from the family. Hence, the study indicates that majority of the student nurses had moderate adjustment problem. To overcome the adjustment problem, encouraged the students to engage in extra-curricular activities, practicing self care, use stress management strategies, setting goals and working towards it.