

Muslim- Students' Psychological Adjustment in MANUU-Girls' Hostel: A Survey

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ABSTRACT

Education is the weapon that changes a person's life. Psychological adjustment is necessary for students to study satisfactorily and happily but boarders of hostels live in a different environment in which they have never lived before, so they may have psychological adjustment problem that is like a virus eating their peace of mind. Qiang Wang and Qian Zhang state about psychological maladjustment harm "If someone had serious adjustment problems when entering in college, he or she might do extreme things on campus (e.g., suicide, aggression, inferiority, autism). Thus, problems of adjustment will do harm to students' quality of daily life and mental health."

The Objectives of the Study are

- 1) To find out the overall psychological adjustment score of Muslim boarders of MANUU Girls hostels.
- 2) To know the psychological adjustment difference between new and old Muslim boarders of MANUU Girls hostels.
- 3) To know the psychological adjustment difference between Muslim boarders of MANUU Girls hostels pursuing arts and technical courses.
- 4) To know the psychological adjustment difference between Muslim boarders of MANUU Girls hostels hailing from urban and rural areas.

56 boarders were chosen among MANUU Girls' Hostel, using simple random sampling technique. Descriptive survey method was used in this study. The tool used was a researcher made questionnaire. Mean and t-test were used as the statistical techniques for analyzing data collected.

Study result proved that there is no significant difference between the girls who are pursuing technical- courses and the girls who are pursuing arts courses in their psychological adjustment. It was also seen that there is no significant difference between the girls who have been living in hostel for less than three years and the girls who have been living in hostel more than three years in their psychological adjustment. There is significant difference in the psychological adjustment between the girls who are from rural areas and those who are from urban areas. The girls who are from urban area have better psychological adjustment than rural-areas' girls.

1. Introduction

The trend of wide spread travel, migration and transformation of human kind has been going on from the very early civilization of human beings, for the fulfillment of their desires and needs. Human beings migrate from one place to another and at times into new environment for different purposes - some for business, some for visiting, and some for education. Merchants and visitors almost stay in hotels, and the place where the students stay when they are away from their homes is called hostel. There are a lot of hostels in India at different places for both male and female and also for all communities of the country.

Adjustment may be defined as a process of altering behavior to reach a harmonious relationship with the environment. When people say they are in an "adjustment

period" they typically mean they are going through a process of change and are searching for some level of balance or acceptance with the environment, others, or themselves. Human beings adopt new ways and methods to achieve their desires and needs in short to satisfy themselves; this adoption of new methods and ways according to a new environment to achieve their necessities are called adjustment.

The different types of Adjustment are: (1) Home Adjustment (2) Health Adjustment (3) Social Adjustment (4) Emotional Adjustment and (5) Psychological Adjustment

- 1) **Home Adjustment:** According to Sweta Nema and others (2015) "Home promotes satisfaction and security. The degree of adjustment of an individual exhibits in her behavior with others. So is the ease with home adjustment, if one is well adjusted in home,

most probably she must have been well adjusted socially because the adjustment in different fields of life are related and effective to each other."

- 2) **Health Adjustment:** According to Sweta Nema and others (2015) "Health also plays prime role in the development of one's personality. Sound health is the source of satisfaction and adjustment. The person should be physically as well as mentally healthy."
- 3) **Social Adjustment:** There is no existence of humane being out of society. The developmental process of humane being occurs in society. They mold their behavior according to established norms of the society. In this way they survive themselves in society. This is called social adjustment.
- 4) **Emotional Adjustment:** If a person expresses his emotions according to the situation, he is an emotional adjusted person.
- 5) **Psychological Adjustment:** According to Cherisse L. Seaton (2009) "psychological adjustment is a phrase used to denote positive mental health. The concept of positive mental health is detailed extensively in Jahoda's classic conceptualization and refers to an individual's state of mind and overall well-being. The process conceptualization of psychological adjustment reflects whether an individual is able to cope effectively with the demands of the environmental context as well as with the stress created by these demands. Thus, as a process, psychological adjustment reflects the relative adaptation of an individual to changing environmental conditions. Psychological adjustment is a popular outcome measure in psychological research, and often measures such as self-esteem, or the absence of distress, anxiety or depression are used as indicators of adjustment."

There are many aspects related to humans' life that need to adjust; among them, the researcher selected psychological adjustment to study that has very important and valuable in a student's life. Without psychological adjustment, a student can't study well because, for achieving knowledge most important need is peace of mind that is the second name of psychological adjustment.

There is a need to educate all citizens related to every community, religion, region and caste of the country for being a developed country as every organ or part of our body needs to be fit and act properly for being healthy.

"Read in the name of your Lord Who created.

He created man from a clot.

Read and thy Lord is the Most honorable, who taught (to write) by the pen taught man what he knew not." (Quran, 96:1-5)

But according to census (2011) the literate percentage of Muslim in India is 57.3. The Muslim community is more backward in the field of education among all these communities as Christian (74.3 percent), Buddhist (71.8 percent), Sikh (67.5 percent), and Hindus (63.6 percent) in India, and Muslim women are the most backward community in the field of

education as the percentage of illiterate Muslim males is 37.59 and the percentage of illiterate Muslim women is 48.1. It is a matter to think seriously what the reason should be. So it's our duty to discover the reason of their backwardness in the field of education. If we want to see our country as a developed country in the world then we enhance not only literacy rate but also education rate of Muslim girls that help in amelioration of the condition of the society.

2. Statement of the Problem

For good and successful life, education is the first need for human being. Psychological adjustment is as important as a pleasant environment for good educational performance so the researcher has chosen "Muslim- Students' Psychological Adjustment in MANUU-Girls' Hostel: A Survey."

3. Need and Significance of the Study

Hostel is a shelter for students where hundreds of students from different regions live together. They are different on the basis of the area to which they belong, religion in which they believe and culture that they follow. So the chances of psychological adjustment problems exist. This study is an effort to make to understand the problems so that they can be solved eventually. The result of this research will be worked will enable the authorities to initiate action to help boarders to overcome their adjustment problem so that they can study in a stress-free and peaceful environment.

4. Objectives of the Study

The objectives of the study are the following: -

- 1) To find out the overall psychological adjustment score of Muslim boarders of MANUU Girls hostels.
- 2) To know the psychological adjustment difference between new and old Muslim boarders of MANUU Girls hostels.
- 3) To know the psychological adjustment difference between Muslim boarders of MANUU Girls hostels pursuing arts and technical courses.
- 4) To know the psychological adjustment difference between Muslim boarders of MANUU Girls hostels hailing from urban and rural areas.

5. Hypothesis of the Study

Hypotheses of the study are the following:

- 1) There is no significant difference between new and old boarders of MANUU Girls hostels in their psychological adjustment.
- 2) There is no significant difference between boarders of MANUU Girls hostels pursuing arts and technical courses in their psychological adjustment.
- 3) There is no significant difference between boarders of MANUU Girls hostels of urban and rural areas in their psychological adjustment.

6. Methodology

- **Sample and Sampling:** 56 Muslim boarders of MANUU Girls' Hostel were chosen as the sample of this study using simple random sampling technique.
- **Method:** As the population of the study is vast, the investigator has chosen the survey method for this

study. A survey is a research method for collecting information from a selected group of people using standardized questionnaires or interviews.

- **Data Gathering Tool:** Researcher made questionnaire was used for data collection. The questionnaire has 20 items. The data for items construction were collected from different quantitative research.
- **Analysis of the Data:** The meaning of data analysis is to test and observe keenly and deeply of collected data from the different point of view, consequently, the new facts come on the surface. In other words, it can

be said that data analysis is a process of inspecting, cleansing, transforming, and modeling data with the goal of discovering useful information, suggesting conclusions, and supporting decisions making. Mean and t-test will be used as the statistical technique to analyze the data collected.

7. Findings of the Study

The following four tables present the data analysis

Table- 1
Overall Psychological Adjustment of Muslim Boarders in MANUU Girls hostel

N	Mean	Sample Variance	Kurtosis	Skewness
56	68.98	280.23	0.71	-0.22

It is clear from the Table 1 that the mean psychological adjustment of 56 Muslim minority boarders in MANUU girls' hostel is 68.98 which can be considered to be good.

Table- 2
Psychological Adjustment of Muslim Boarders of MANUU Girls' Hostels on the Basis of Duration of Stay in the Hostel

Duration Staying in Hostel	N	Variance	Mean	df	t-value
1-3 Years	43	31.75	68.79	25	0.17
>3 Years	13	192.75	69.61		

NS: Not significant at 0.05 level.

Data from Table-2 reveals that the mean psychological adjustment score of those girls who have been residing in hostel for 1-3 years is 68.79. Whereas the mean score of those girls who have been resided more than three years in the hostelis 69.61. The obtained 't' value 0.17 is lower than the tabulated 't' value 1.98 at 0.05 level and it is statistically not significant. So the Null hypothesis is accepted.

The result indicates that there are no significant differences between the psychological adjustment of new and old boarders in the hostel. Thus, it can be informed that duration of stay in the hostel does not affect the psychological adjustment of the boarders.

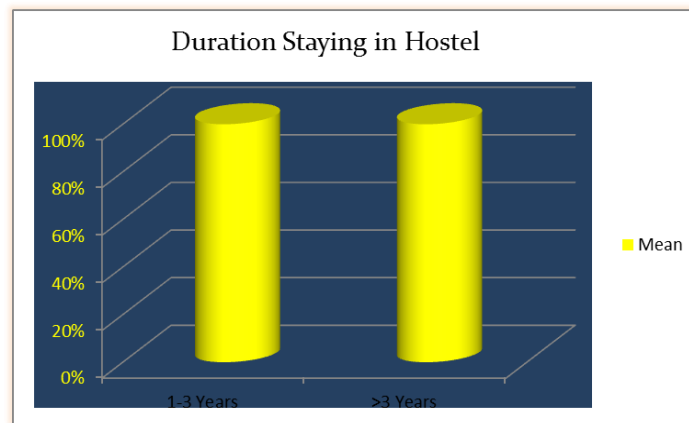


Table-3
Psychological Adjustment of Muslim Boarders of MANUU Girls' Hostel on the Basis of Course pursued

Course Type	N	Variance	Mean	df	t-value
Technical	30	300.75	65.93	54	1.49 ^{NS}
Arts	26	243.62	72.5		

NS: Not significant at 0.05 level.

Data from table 3 reveals that the mean psychological adjustment scores of those boarders who are pursuing

technical courses is 65.93 whereas that of those pursuing arts courses is 75.5 with variance being 300.75 and 242.62

respectively. The calculated 't' value 1.49 is lower than the tabulated 't' value 1.98 at 0.05 level. So the null hypothesis is accepted. Thus the result shows that there is no significant difference between the psychological adjustments of boarders

of MANUU girls hostels pursuing either arts or technical course.

Thus, it can be inferred that course being pursued does not affect the psychological adjustment of the boarders.

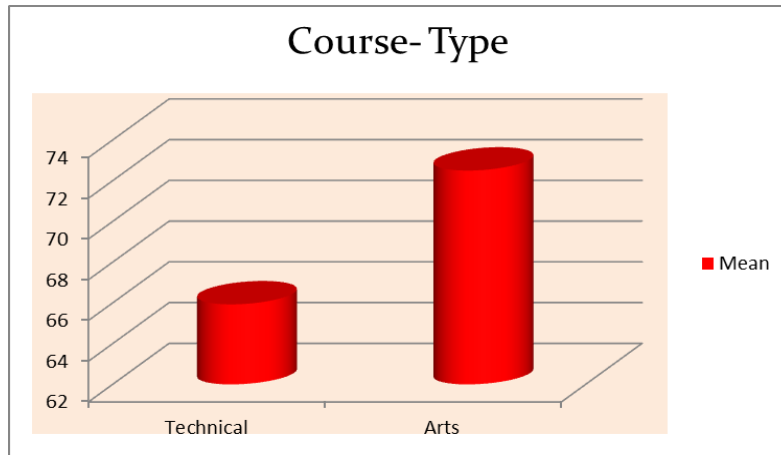


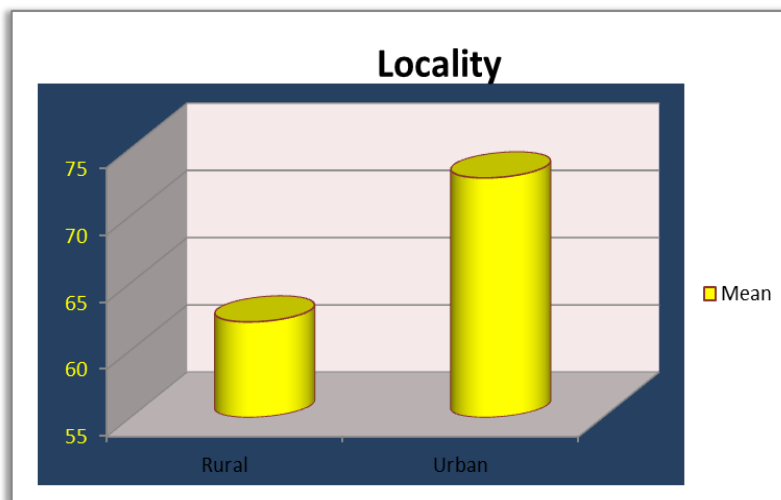
Table-4
Psychological Adjustment of Muslim Boarders of MANUU Girls' Hostel on the Basis of Locality

Location	N	Variance	Mean	df	t-value
Rural	20	219.46	62.1	44.	2.47*
Urban	36	279.46	72.80		

*Significant at 0.05 level

Data from table 4 reveals that the mean psychological adjustment scores of those boarders who are from rural areas is 62.1 whereas that of those from urban areas is 72.80 with variance being 219.46 and 279.46 respectively. The obtained 't' value is 2.47 which is higher than the tabulated one (1.98) which is statistically significant at the 0.05 level in 44. degree of freedom. So the null hypothesis is rejected.

Hence the result revealed that there is a significant difference between rural and urban girls of the MANUU girls hostel on the basis of psychological adjustment with the urban girls having better psychological adjustment compared to their rural peers.



8. Discussion

The result reveals that there is one variable 'locality' which affect, the psychological adjustment of the Muslim girls in MANUU- hostel. And the other two variables 'duration-staying in hostel and course type' do not effect psychological adjustment. Generally, we think that duration staying in hostel effects the psychological adjustment because who are staying

in hostels for a long time, they make themselves more adjusted but this study revealed the truth before us and proved wrong of our thought about better psychological adjustment of those girls who have passed more than three years in girls' hostel. Dr. Amit Sigh (2017) found that new boarders in girls' hostel of Bhagat Pool Singh Mahila Vishwavidyalaya had fewer adjustment problems. There was also a misconception among

us that the girls who are pursuing technical course have more adjustment problem than those girls who are pursuing arts-courses. Because they need more technical instrument, if there is a lack of needed instrument, in this situation they become frustrates and in spite of this, they have spent more time in the study of a day that makes a girl irritable. SwetaNema and others (2015) proved through their study that postgraduate students of technical course had a few problem of adjustment. Basu Mudasir (2013) was found that girls from urban areas have greater type of independence and self-determination in thinking, greater sense of safety, confidence, and freedom from fear, apprehension or anxiety and possesses greater attitudes of knowledge of themselves and evaluation of their achievements than Rural Girls. The result of this study also revealed that the hostel- living girls from urban areas are more psychological adjusted than the girls from rural areas. The girls from urban areas are self- depended they don't need support from their friend they like to live alone independently. They are able to manage their needs. They are self- dependent.

9. Delimitations of the Study

- 1) This study was conducted only in MANUU girls' Hostel.
- 2) Only 56 borders were selected as sample for this study.
- 3) In this study, only students' psychological adjustment was explored.
- 4) The psychological adjustment has been seen only of two groups, 'Arts courses- students and technical courses-students.

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- 5) This study has been administered only to girls.

10. Conclusions of the study

- 1) Duration of stay in hostel dose not impact the Muslim boarders' psychological adjustment.
- 2) Course type does not impact the Muslim boarders' psychological adjustment.
- 3) Locality affects the Muslim boarders' psychological adjustment. Urban Muslim boarders have better psychological adjustment than rural boarders.
- 4) Over all psychological adjustment level of the Muslim boarders of MANUU Girls' Hostel is good.

Psychological adjustment level of Muslim boarders in MANUU Girls' hostel is satisfactory. Only rural areas' girls have some psychological adjustment problem that can be solved. The rural areas' girls should as treated as urban areas' girls. Other persons as authorities have responsibility to make them feel equality. They should facilitate them equally. They should behave them equally. There should organized lecture to make rural and urban areas girls feel that they are alike and equal. They should live independently. There is no need to depend on some other peers. They should be shared their problems that's not a point of shame. Authorities should make them assurance that their problems will be solved as soon as possible. By all these activities self- confidence can be developed in the Muslim rural boarders of the MANUU Girls' Hostels, and the problem of psychological adjustment of Muslim rural areas' boarders will have been solved in future.