**ADJUSTMENT IN RELATION TO ANXIETY AMONG PROFESSIONAL AND NON PROFESSIONAL COLLEGE STUDENTS**

**A STUDY BASED ON DARRANG DISTRICT, ASSAM**

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***Abstract:***

*Anxiety being a psychological problem is not free from human life. In the present day modern society and with the fast pacing life, growth of technological advancement in different fields affect in personality development in human life. Anxiety acts like an adverse stimulus for the development of students potentialities. It may be due to feeling of vague, uneasiness, a feeling of being on edge, or as any of a variety of other feeling such as fear, anger, restlessness, irritability, depression, etc. In the light of this, the present paper is an attempt to measure the level of anxiety among professional and non-professional college students on different dimensions of adjustment, i.e., Social, Personal and Total adjustment. The study is based on Darrang District, Assam with a sample size of 100 where 50 from professional and 50 from non-professional students. The researcher used the t-test for analyzing the data and concluded that there is no significant difference in personal, social and total adjustment level between professional and non-professional college students.*

*Keywords: Anxiety, Adjustment, Social, Personal, Psychological, Professional, Darrang, Assam.*

**INTRODUCTION:**

In our modern society, anxiety and maladjustment are considered to be psychological problems and have reached to a high level in their magnitude social creature; man has to face many situations in life which might lead to satisfactions and sometimes to frustrations. Frequent frustration may lead to the development to anxiety.

In every aspect of human experience, we can see anxiety playing a significant role. Every human being is subjected to real or imaginable threats that may produce the state of anxiousness. It has often been said that this country is being referred to as the age of anxiety because of technological advancement in different fields. Anxiety is one of the major psychological variables which is considered as an important part of personality development. Psychologists find abnormal anxiety interferes in the organized behavioral sequence. Therefore, it acts like an adverse stimulus also for the development of students potentialities. It can be defined in very general terms as a persisting distressful psychological state arising for our inner conflict. The distress may experienced as feeling of vague uneasiness, a feeling of being on edge, or as any of a variety of other feeling such as fear, anger, restlessness, irritability , depression, etc.

Along with anxiety, goes the concept of adjustment which is equally important. Freud singled out anxiety as the crucial problems of emotional and behavioral disorders. It is now being taken as a warning, it implies danger from within. It is important for the teachers to recognize that every activity of pupil is restless, aggressive co-operative delinquent or in fact doing anything, he is making an adjustment to life. The adjustment he makes may not be a good one so far as society is concerned but it is an adjustment. If we examine the various activities of an individual’s life we find that most of them involve adjustment of the individuals to his vocational, social and economic problems. The process of adjustment starts right from the birth of the child and continues till his death.

Hence to live peacefully in society, one should be free from anxiety and should try to make adjustments as far as possible. So, this study becomes all the more important to find out the anxiety and adjustment levels of professional and non professional college students so that required necessary step can be taken to check and reduce the intensity of anxiety and bring to its tolerable limits where it acts as a motivational force for self adjustment. This is way this research was undertaken by the investigator.

**STATEMENT OF THE PROBLEMS:**

“Adjustment in relation to anxiety among professional and non professional college students –A study based on Darrang district, Assam”

**OBJECTIVES OF THE STUDY:**

The main purpose of the study was to know the adjustment and anxiety of professional and non professional college students of the Darrang District in Assam. There were nine objectives that the study has tried to address. They are:

* To compare the high anxious groups of professional and non professional on personal adjustment.
* To compare the average anxious groups of professional and non-professional on personal adjustment.
* To compare the low anxious groups of professional and non-professional on personal adjustment.
* To compare the high anxious groups of professional and non-professional on social adjustment.
* To compare the average anxious groups of professional and non-professional on social adjustment.
* To compare low anxious groups of professional and non professional on social adjustment.
* To compare the high anxious groups of professional and non-professional on total adjustment.
* To compare average anxious groups of professional and non-professional total adjustment.
* To compare the low anxious groups of professional and non-professional on total adjustment.

**HYPOTHESES OF THE STUDY:**

Based on the objectives following hypotheses has been addressed for the present study:

* There is no significant difference in personal adjustment between professional and non-professional high anxiety scorers.
* There is no significant difference in personal adjustment between professional and non-professional average anxiety scores.
* There is no significant difference in personal adjustment between professional and non-professional low anxiety scores.
* There is no significant difference in social adjustment between professional and non-professional high anxiety scores.
* There is no significant difference in social adjustment between professional and non-professional average anxiety scores.
* There is no significant difference in social adjustment between professional and non-professional low anxiety scores.
* There is no significant difference in total adjustment between professional and non-professional high anxiety scores.
* There is no significant difference in total adjustment between professional and non-professional average anxiety scores.
* There is no significant difference in total adjustment between professional and non-professional low anxiety scores.

**POPULATION:**

All the college students of Darrang District constituted the population for the present study.

**SAMPLE:**

Sample of the present study consisted of 100 college students out of which 50 were professional and 50 were non-professional college students of Darrang District in Assam. Sample was selected on basis of simple random sampling technique.

**TOOLS USED:**

* + The adjustment inventory by N.Y. Reddy
  + Anxiety scale by D. Sinha.

**DATA COLLECTION:**

The investigator personally visited different colleges of Darrang District. The investigator collected the data by using the anxiety questionnaire and adjustment inventory.

**STATISTICAL TECHNIQUES:**

After the scoring of both the questionnaire the row scores of the students were subjected to ‘t-test analysis’ to find out significant differences between professional and non professional college students of the sample‘t’ values was calculated between the two groups. For this, mean and standard deviation of the groups were also calculated.

**FINDINGS OF THE STUDIES:**

Based on data analysis following are the major findings of the study:

* There is no significant difference in personal adjustment level between professional and non-professional high anxiety scores.

The professional college students yield high mean scores of personal adjustment (40) then the non-professional college students (34.8). It implied that the personal adjustment level was higher than in professional college students than the non-professional college students.

* There is no significant difference in social adjustment level between professional and non-professional high anxiety scores.

The professional college students showed high mean scores in social adjustment (45) then the non-professional college students (44.8). It implied that social adjustment level was higher than in case of professional college students than the non-professional college students.

* There is no significant difference in total adjustment level between professional and non-professional high anxiety scores of Darrang district in Assam.

The professional college students showed high mean scores in total adjustment (88) than the non-professional college students (78.1). It implied that total adjustment level was higher in case of professional college students than the non-professional college students.

* There is significant difference as 0.05 levels in personal adjustment between professional and non-professional average anxiety scores.

The professional college students showed high mean scores in personal adjustment (38.6) than the non-professional college students (32.65). It implied that average personal adjustment level was higher in case of professional college students than the non-professional college students.

* There is no significant different in social adjustment between professional and non-professional average anxiety scores.

The professional college students showed a high mean in social adjustment (46.6) then non professional college students (41). It implied that average social adjustment level was higher in case of professional college students than the non-professional college students.

* There is significant difference in total adjustment level between professional and non-professional average anxiety scores or college students of Darrang District in Assam. .

The professional college students showed a high mean score in total adjustment (84.8) then the non professional college students (41). It implied that average social adjustment level was higher in case of professional college students than the non-professional college students.

* There is no significant difference in personal adjustment level between professional and non-professional low anxiety scores.

The professional college students yield high mean scores in personal adjustment (38.5) than the non professional college students (36.42). It implied that low personal adjustment level was higher in case of professional and non-professional college students.

* There is no significant difference in social adjustment level between professional and non-professional low anxiety scores.

The non professional college students showed high mean scores in social adjustment (48.92) than the professional college students (46.5). It implied that low social adjustment level was higher in case of non professional and professional college students.

* There is no significant difference in total adjustment level between professional and non-professional low anxiety scores.

The professional college students yield high mean scores in total adjustment (84.25) than the non professional college students (80.85). It implied that low total adjustment level was higher in case of professional and non-professional college students.

**EDUCATIONAL IMPLICATIONS OF THE STUDY:**

The most outstanding characteristics of any research is that it contributes something new to the development of the areas concerned. Keeping these ideas it has to find the educational implications of this study.

Now a day the society, the educational institutions and families are so complex that the students are facing a series of problems in their daily life in relation to their adjustment, anxiety and academic achievement. It is the responsibilities of the teachers and parents that the problems should be identified very soon and immediate remedial measures should be provided to the students for the betterment of their life.

* The program in educational institutions should be arranged that day would generate self confidence among the students who lack it.
* Periodical meetings with a parents of the students should be organized so that the parents are explained the importance to better environment at home which will be instrumental in the better development of adjustment and reducing anxiety.
* For the well adjustment of the students the creative potentiality and talent in them should be identified so that the individual may be encouraged to adjust himself in the society, home, school, college and university.
* It is the duty of the educationists firstly to find out the low anxious and high anxious students in relations to their adjustment such as personal, social and emotional adjustment.
* More suitable educational facilities should be provided to the low adjusted and high anxious students to achieve to success in every field of life in their career.

**CONCLUSION**

From the study it could be concluded that the responsibilities of educational planners, administrators and professional practitioners to see the anxiety of the students should remain in its threshold value as it affects the performance adversely in the study area.

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