

Impact of Anxiety and Personality Dimension on Adjustment of Tribal College Girl Students

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Abstract

One of the purposes of education is to train students for healthy adjustment in various life situations. This implies that education and adjustment are complementary and linked to each other. In view of widespread distress among students, it is important for teachers and researchers to understand the factors contributing to students' adjustment to college life. The present study is aimed to assess the impact of anxiety and personality dimension on adjustment of tribal college girl students. The study sample comprised of 180 tribal college girl students. All the participants were assessed using the Personal data sheet, Bell adjustment Inventory, Maudsley personality inventory and Sinha's anxiety scale. The results indicate that anxiety has a significant impact on adjustment whereas extravert personality has positive impact on adjustment on college tribal girl students.

Keywords: *Anxiety; Neuroticism; Extraversion; Personality dimension; Tribal college students*

1. Introduction

Globally the past two decades has seen a rising trend in the frequency and severity of psychiatric symptoms like anxiety and adjustment in college students [1-3]. Adjustment refers to individual's achieving an overall harmonious balance between the demands of various aspects of environment, such as home, health, social, emotional and school on the one hand and cognition on the other. Studies have reported that anxiety is one of the most common psychological disorders in school children and adolescents all over the world [4]. Studies have shown that anxiety affects cognitive ability, learning and performance in school-

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aged children and adolescents worldwide and it also has negative effects on children's social, emotional and academic success [5-6]. Indian studies have reported that high expectations and parental pressure are the major sources of anxiety among the students [7-8]. A study among tribal and non-tribal students found that tribal students showed more anxiety and adjustment related problems when compared to their nontribal counterpart [9]. Personality dimension or characteristics such as extraversion, neuroticism and anxiety are enduring system within the personality of the individual [10]. The socialization determines the nature of personality to be formed.

This social learning process determines the forms of traits or dimension i.e., group of certain characteristics, higher levels of extroversion, agreeableness, and conscientiousness are associated with better adjustment to University life [11]. The adjustment or the coping mechanism is playing a vital role for human being so as to manage psycho-physically well in the environment or the society. Adjustment involves both mental and behavioral responses by which an individual strives to cope with inner need, tension, frustration and conflicts and to being harmony between these inner demands and those imposed upon him by the world in which he lives [12].

Adjustment consists of two kinds of processes: Fitting oneself into given circumstances and changing the circumstances to fit one's needs [13]. Lazarus emphasized the individuals' adjustment to social on interpersonal pressures and not only the adaptation to physical world [14]. Adjustment represents a "functional" perspective for viewing and understanding human and animal behavior. That is, behavior has the function of mastering demands made upon a person by environment, and human and animal action can be understood as an adjustment such demands [14].

Adjustment can be treated in two ways: first as an *achievement* to be evaluated that is as something we do well or poorly; and second, as something we all do, a *process* that we need to understand without necessarily evaluating. Adjustment is a major concern of today's individuals. Be it job sector, educational set up or any other areas everywhere adjustment is a matter of concern. Unless we maintain a good adjustment in the society, we cannot contribute anything to the society in a sound way [15]. A person can become a victim of mental stress or disorder if he/she does not maintain a good adjustment in the environment. In the dynamic scenario, the adjustment pattern of human beings is changing in a crucial way. Likewise, college students also face a lot of problems during their prime age of getting education. They are very conscious towards their career. In between they come across with anxiety as to how they will do better for tomorrow. In this way their adjustment level is also influenced by now and then. Personality trait of the individual is another significant influencer that shapes the behavior accordingly to adjust in the environment and that becomes the unique adjustment in the environment [14].

Studies of University students in developed countries have showed that neuroticism was positively correlated to perceived stress, and negatively correlated with coping ability and University adjustment. On the other hand, extraversion was negatively correlated to perceived stress and positively correlated with coping ability and university adjustment [16,17]. The significant predictors of adjustment to university included stress perception, attachment anxiety and avoidance, extraversion and openness to experience [17]. There is a paucity of studies in this area involving the tribal population and especially girls. In view of the above the present study was undertaken to study the adjustment competence of tribal college girl students in the light of anxiety and personality dimension.

2. Material and Methods

This cross-sectional observational study was carried out in different colleges existing in Dumka district, run under Sido Kanhu Murmu University, Dumka, Jharkhand. The study was approved by the institutional ethical committee.

2.1 Sample

Total sample taken for study comprises 160 tribal college girl students. Sample was selected by simple random technique from the different colleges of the university. All the subjects gave written informed consent.

2.2 Measures

- Personal data sheet: To gather personal information about the respondents' age, sex, education, etc.
- Maudsley Personality Inventory
- Sinha's Anxiety Scale
- Bell adjustment Inventory

2.3 Procedure

The principal investigator personally supervised the data collection procedure. He visited each college and after explaining the purpose of the study to the principal obtained their consent to conduct the study in their institution. After obtaining permission he identified subjects by using random number tables. The identified subjects were contacted, a rapport was established and after explaining the nature and purpose of the study a written informed consent was obtained. They were assured of confidentiality of their responses and the answers were anonymous and would be used only for research purposes. It was emphasized that there were no right or wrong answers.

Thereafter the personal data sheet was filled and the subjects were explained about the different tools used in the study. The instructions of each tool were explained to the students and they were given a comfortable place to sit separately and individually mark their responses. The tools were administered and scored as per instructions given in the test manuals.

2.4 Statistical analyses

Statistical analyses were carried out using SPSS 20. Descriptive statistics used were mean and standard deviation. Inferential statistics used were t test.

3. Result and Discussion

TABLE 1 shows that there is no significant difference between the two groups of tribal college girl students. Though the mean difference suggests that extravert girls are having better adjustment level in compared to the introvert tribal college girl students, the difference was not significant. Mohan and Avtar in a study of 200 adolescents, personality and adjustment observed that extraversion was positively correlated with social, emotional and total adjustment [18]. Another study on 190 college students also found an association between extraversion and positive adjustment [19]. On the other hand another study found that personal adjustment problems were more among introverted students [20].

TABLE 1. Showing the adjustment scores of extravert and introvert of tribal girl students.

Group	Mean	S.D.	Df	t	p
Extravert girls	47.8	18.89	158	1.76	NS
Introvert girls	52.6	17.92			

TABLE 2 suggests that there is significant difference in adjustment pattern of neurotic and stability characteristics of tribal college students. This indicates that adjustment pattern of stability characteristics of college girl students is better in comparison to its counterpart group of neurotic tribal girl students. In a study it was noted that Neuroticism was the most significant predictor of psychological well-being, having negative predictive relationship with well-being i.e., as the level of neuroticism increased in the students, their sense of well-being decreased [21]. Similar results were found in studies carried out by different researchers who reported that role of neuroticism is important in the well-being of an individual [22-24].

TABLE 2. Showing the adjustment scores of neurotic and stability tribal girls students.

Group	Mean	S.D.	Df	t	p
Neurotic girls	57.8	18.64	158	5.12	0 .01
Stability girls	44.6	18.76			

The present study found a significant difference between the adjustment scores of low anxiety group of tribal girl students and high anxiety group of tribal girl students (TABLE 3). The findings suggest that adjustment level of low anxiety group of tribal girl students is better than the high anxiety group of tribal college girl students. This significant difference may be due to social exposure, way of interaction, thinking and behavior.

TABLE 3. Showing the adjustment scores of Low anxiety group (LAG) and high anxiety group (HAG) of girl students.

Group	Mean	S.D.	Df	t	p
LAG	47.05	17.64	138	4.16	0.01
HAG	62.01	18.46			

4. Conclusion

Students who have low level of anxiety also have better adjustment level in compared to high level of anxiety group. Likewise the students who are having stability characteristics of personality are better adjusted than the neurotic group of students. Extrovert tribal college students tend to have better adjustment than introvert students.

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