A Study to Identify the Physical, Psychological and Social Problems among the First Year Nursing

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Abstract: **Among 50 adolescent girls the level of adjustment problems of first year nursing students were found to have regarding physical adjustment problems 25 (50%) students have a low-level, 21 (42%) students have a moderate level, the psychological adjustment problems 15 (30%) students have a low-level, 27 (54%) students have a moderate level, and social adjustment problems was 6 (12%) students have a low-level, 35 (70%) students have a moderate level, and 9 (18%) students have high a level. The study findings shows the level, that the students need guidance and counselling to overcome the various adjustment problems.**

Keywords: **Adjustment problems, nursing students.**

1. Introduction

Adjustment problems are more seen in students, especially during the 1 year, the most of the students suffer from various adjustment problems; these problems affect all the areas of student's life their physical emotional, social and economic wellbeing. Adjustment problems develop tension in students decrease their self-confidence and thus affect their studies and concentration after getting admission to the nursing course, most of the students have atmosphere problems besides other problems such as hair fall, dandruff, headache almost daily loss of appetite and inadequate sleep due to the changes in their physical environment. They face the problem of inadequate time to study as the written assignment are more in number and they suffer from activity due to stress. Some of the other adjustment problems include feeling uncomfortable with the discipline imposed by the college, new teaching pattern and also the problems of managing the monthly expenditure from their pocket money. These are the problems present in nursing students especially during their first year period.

A. Statement of the problem

A Study to identify the Physical, psychological and social Adjustment problems among the First year Nursing students in Rani Meyyammai College of Nursing at Annamalai University.

2. Objectives

To identify the physical, psychological and social adjustment problems faced by the I year B. Sc. nursing students. To correlate the physical adjustment problems with selected demographic variables.

A. Data Collection Procedure

The data collection was carried out for period of 30 days. An official Permission was obtained from the principal Rani Meyyammai College of Nursing. The students were selected, who with the inclusion criteria, by using convenience.

Table 1
Level of adjustment problems score

Adjustment Problems	Mild	Moderate	severe
Physical Problems	25	21	4
Psychological Problems	15	27	8
Social Problems	6	35	9

Table 2
Mean standard deviation of the physical, psychological and social adjustment score

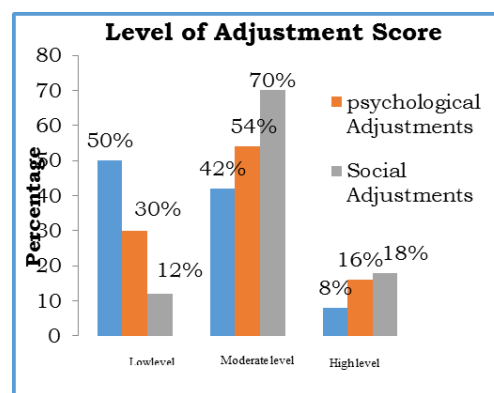| S. No	Topic	N	Mean	SD	't' value
1.	Physical Adjustment	50	35.96	7.650	33.237
2.	Psychological Adjustment	50	63.90	15.047	30.028
3.	Social Adjustment	50	83.08	13.794	42.588

Fig. 1. Level of adjustment score

Table 2 reveals the physical adjustment attitude mean score was 35.96with the standard deviation of 7.650 and the 't' value was 33.237. Psychological adjustment attitude mean score was 63.90 with the standard deviation of 15.047 and t value was

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Table 3
Mean, Standard Deviation of the physical adjustment problems score with certain demographic variable

S. No.	Demographic variables	Sub variables	N	Mean	SD	F/t value	P value
1	Age	17-18 years	32	34.27	8.97		
		18-19years	11	33.14	8.78	0.219	0.804 (NS)
		Above 19years	7	35.43	4.65		
2.	Religion	Hindu	31	35.13	9.42		
		Muslim	13	35.50	8.66	1.193	0.312 (NS)
		Christian	6	31.56	6.74		
3.	Occupation	Employee	22	34.27	8.97		0.819 (NS)
		Coolie	28	33.71	7.93	0.230	
4.	Family income per month	Rs .5000-10000	17	34.35	9.66		
		Rs.10001-30000	23	33.78	8.64		0.972 (NS)
		Rs.30001-50000	10	33.70	5.27	0.028	
		More than Rs.50000	-	-	-		

30.028. Social adjustment attitude mean score was 83.08 score as with the standard deviation of 13. 794 and t value was 42. 588.
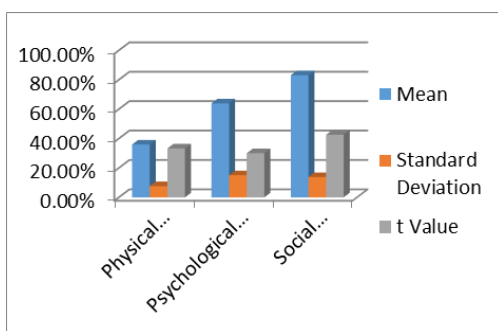

Fig. 2. Level of physical score

The table point that the mean standard deviation physical adjustment score depends upon the various demographic variables such as age, religion, occupation, family income per month. Regarding religion as an assessment variables, 31 girls were Hindus with the mean score of 35.13 and standard deviation of 9.42, 13 girls were Muslim the with mean score of 35.50 and standard deviation of 8.66 and 6 girls were Christians with the mean score 31.56 and standard deviation 6.74. The study reveals there was no significant with the age, religion, occupation, family income per month and the physical adjustment level of the students.

3. Conclusion

The study findings shows the various level of adjustment problems, that the students need guidance and counselling to our come the physical, psychological and social problems.

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