

ADJUSTMENT INVENTORY FOR COLLEGE STUDENT (AICS)

PURPOSE OF THE TEST :- To assess the level of adjustment of the subject using the college adjustment inventory by A.K. Sinha and R.P. Sinha.

INTRODUCTION :

a) Definition of Adjustment :-

- i) The dictionary meaning of the word 'adjustment' is to fit, make suitable, adapt, arrange, modify, harmonize or make correspondent.
- ii) Adjustment is the establishment of a satisfactory relationship, as representing harmony, conformance adaptation or the like (Webster, 1951).
- iii) Adjustment means the modification to compensate for or meet special conditions (James Dreyer 1952)
- iv) Adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes in the behaviour (Carter U Good, 1959).
- v) Adjustment refers to any operation whereby an organism or organ becomes more favourably related to the environment or to the entire situation, environmental and internal (Warren, 1984).

b) Areas of Adjustment :-

- i) Personal Adjustment - This adjustment is continuous beginning from the time of birth to death, which involves adjusting to the climate, emotions as well as physical ailments.
- ii) Social Adjustment - Being a social animal man has to adjust the society formed by his family and friends.

iii) Family Adjustment:- Each family member occupies a position with rules, regulations and responsibilities. Every member of the family has to adjust to maintain the unity of the family.

iv) Academic Adjustment:- The experiences in the academic years of a person moulds his/her personality. Therefore adjusting to one's peers, academic settings and environment is essential.

v) Adjustment in interpersonal relationships:- These relationships exist at different levels in the society. A person's successful adjustment here determines his adjustment in family and society.

c) CHARACTERISTICS OF WELL ADJUSTED PERSON:-

a) Awareness of his own strengths and weakness -

A well adjusted person knows his own strengths and weakness. He tries to make capital out of his assets in some areas by accepting his limitations in others.

b) Respecting himself and others -

The dislike for oneself is a typical symptom of maladjustment. An adjusted individual has respect for himself as well as for others.

c) An adequate level of aspiration -

His level of aspiration is neither too low nor too high, in terms of his own strengths and abilities.

d) Satisfaction of basic services -

His basic organic, emotional and social needs are fully.

satisfied or in the process of being satisfied. He does not suffer from emotional cravings and social isolation.

(27e) Flexibility in behaviour -

He is not rigid in his attitude or way of life. He can easily accommodate or adapt himself to changes in circumstances by making necessary changes in behaviour.

f) A realistic perception of the world.

He holds a realistic vision and is not given to flights of fancy. He always plan, thinks and acts pragmatically.

CHARACTERISTICS OF MALADJUSTED PERSON:

1) ~~Withdrawn and timid~~. frequent withdrawal from difficult situations make individual timid and weak in facing real life situations.

2) shy and self conscious - concern with their negative evaluation.

3) Anxious - Anxiety describes the individual's level of emotion.

4) emotionally disturbed

5) Isolated

6) sensitivity - maladjusted individuals are sensitive.

7) High aspiration - Person with high hopes over future life - when not achieved become unrealistic in life

8) Feeling of inferiority - Arising from the sense of imperfection and incompleteness each time strive for higher level development - adverse condition

9) Tension - Person does not feel freedom inner.

10) Extremely Aggressive - Leads to tendency to dominate in

9H. The class. Hurt himself/herself, kick dogs etc.

ABOUT THE PRESENT TEST :

a) Conventional Properties.

Adjustment Inventory for college students (AICS) developed by A.K. P. Sinha and R.P. Sinha aims to segregate normal from poorly adjusted college students in respect of 5 areas of adjustment namely.

- Health - It is the ability to adjust physically and mentally in different type of atmosphere without causing any impact on health.
- Home - Home adjustment is the students' adjustive behaviour towards their home conditions pertaining to parameters such as home atmosphere, marital relationship of parents, family finance, sibling relationships and parents' attitude towards adolescents' social life.
- Social - Harmonious relationship with the students and teachers, proper understanding of social needs, requirements and group goals and meetings respectively to the social requirements of home, peer groups, culture and community.
- Emotional - Referred to as personal adjustment or psychological adjustment is the maintenance of emotional equilibrium in the face of internal and external stressors.
- Educational - Knowledge attained or skill developed in the school subjects, usually designated by test scores or by marks assigned by teachers.

This test is helpful in screening the poorly adjusted students who may need further psychodiagnostic study and counselling.

The final test of 102 items was administered on a randomly selected representative sample of 2280 students (1550 males and 730 female) of Patna and Magadh universities. The chi-square test was applied to determine the normality of the distributions of the scores of the subjects of the two sexes in respect of the total inventory as well as the five separate areas of the inventory. The subject can be classified into 5 categories of adjustment are A, which stands for excellent. B, which stands for good. C, which stands for average, D, which stands for unsatisfactory and E which stands for very unsatisfactory adjustment. This categorization was done by dividing the basic line of the normal curve into equal units, each unit being equal to 1.2 standard deviation.

SCORING:

The inventory is reusable with answer sheet for responses by the students. Transparent scoring key are provided separately for each area and the responses has to be assigned of 1 score.

Psychometric Properties.

- Reliability - Test-Retest reliability was determined by administering the test after a period of 8 weeks and this reliability was found to be 0.98.
- Validity - Validity refers to coefficients were determined for each item by biserial correlation with both the criteria, total score and are score significant at 0.01 level and the average validity was found to be 0.22.

CONTEMPORARY TESTS :

- **Belle's Adjustment Inventory** - This test was designed by Hugh M. Belle, to test the adjustment in 6 specific areas in 1968.
- **Social Adjustment Inventory for children and Adolescents** - Designed for administration to school children this test was designed by John Kin in 1987.
- **Marital Adjustment Inventory** - Designed by Dr. C. G. Deshpande; this test regulates and defines social relationships through marital relationships.

MATERIAL :

Two question booklets, Manual, scoring key, Answer sheet, wooden screen, stationary.

PROCEDURE :

The subject was called inside the cubical, rapport was established. Detailed case history was taken and instructions were given as per the manual.

PRECAUTIONS :

The subject is not allowed to turn the page before the test begins. He should not be exposed to the test material. All the items should be answered and detailed case history should be taken.

CASE HISTORY :

The subject was female and 18 years old. She is now studying in second year of Bachelor of arts. She sometimes disagrees with her parents but not so much. She falls sick during season changes but not often. She sometimes misses her lectures because of sickness. 50% of times she feels tired at the end of the day. She is comfortable to express her feelings but most of the time her feelings, emotions remain unexpressed. Her relation with her friends is quite good. If she disagrees with her friends, she tries to adjust. Her friendship does not influence her academics. She sometimes feels difficulty to understand what the teacher is teaching or what is going on in the class. She is not that much organised with her work. She rarely completes her class work before deadline.

RESULT TABLE :

Area	Raw Score	Interpretation.
1. Home	3	Good.
2. Health	5	Average.
3. Social	7	Average.
4. Emotional	10	Average.
5. Educational	8	Average.
Total	33	Average.

INTERPRETATION :

This is the Adjustment Inventory for college students designed by A.K.P. Sinha and R.P. Sinha. This test measures adjustment of college student in 5 areas and concludes total adjustment. This test contains total 102 items.

Adjustment can be defined as behavioural process of balancing conflicting needs or needs challenged by obstacles in the environment.

The subject was called in the cubical and rapport was established. Then detailed case history was taken and instructions are given as per the manual.

In the area of home adjustment the subject has scored 3, that is good. Home adjustment refers to issues in home. The score here indicates that adjustment and understanding amongst family members is good. ~~As per the case history, though there is disagreement on some point it does not turn into quarrel or does not last long.~~

Health adjustment refers to issues related to health. The subject has scored 5 in health adjustment that is average, which matches with the case history. as she very rarely miss her work because of sickness.

In the social adjustment area, the subject has scored 7 that is average, which matches with the case history. Subject likes to meet people and to attend social gatherings.

Emotional adjustment refers to the way

individuals handles their emotions. The subject has scored 10 in this area, that is average, which matches with the case history, because as she said, she can express her emotions comfortably but most of the time the emotions remains unexpressed.

In the area of educational adjustment the subject has scored 8, that is average, which matches with the case history. she sometimes feel difficulty to understand what teachers are teaching. she do not complete her classwork before deadline.

The total adjustment score is 83, which is interpreted as average.

Scores should be interpreted with caution because test administrator is a student of psychology and still under the training.

CONCLUSION :

There are total 5 areas measured in this test. Subject has scored good in Home adjustment area. Subject has scored average in health, social, educational, emotional adjustment area. Total adjustment score of the subject is average.

REFERENCES :

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- 3) Wayne Weiter and Margaret Lloyd (2011), Psychology Applied to Modern life. Adjustment in 21st century: 2nd edition Reprint (2011): Lengage Learning.

Diya