



RESEARCH ARTICLE

COMPARATIVE STUDY OF PERSONALITY CHARACTERISTICS AND ADJUSTMENTS OF  
GIRLS AND BOYS HOSTELLERS

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ABSTRACT

Personality is dynamic organisation, which creates a person's characteristic patterns of behaviour, thoughts, and feelings on the other hand Adjustment is a very important factor for better academic achievement and for effective educational pursuit. As more and more cases of depression, drug abuse and suicide are increasing among college going student, this study aimed to analyze and compare the Personality with level of adjustment of college students residing in hostels. Both, college and society in this period plays an important role in shaping and moulding the personality of the adolescents. The research was conducted in Pune city, Maharashtra, India. The sample consisted of 120 hostellers of Graduation (1<sup>st</sup> year) irrespective of their age. The sample was divided into two groups. The first group comprised of boys (60) and the second group comprised of girls (60) Hostellers. The tool used in the study was "Adjustment Inventory by H.S. Asthana and 16 PF Test for measuring Personality type. Results revealed that boys hostellers were more outgoing, intelligent, emotionally stable, enthusiastic, persistent, venturesome, socially bold, self sufficient where as girls are more apprehensive, insecure, worrying, troublesome, overprotected, tense and dependent and boys score higher than girls on their various adjustment level.

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INTRODUCTION

In the modern compound societies, which are full of stresses and strains, everybody experiences feelings of depression at one time or another. The emotions of feeling sad, unhappy or disappointed are a part of a human being's normal existence and are experienced by everyone almost on a daily basis. Such emotions may be associated with failure in academics, setback in a relationship, loss in a financial investment, breakup of a love affair, or with the death of a loved one. In this fast changing world, Adjustment is a constant feature of human personality. Unless a person is not able to adjust himself to the environment he/she cannot develop his/her wholesome personality. A man of adjusting nature can lead a cheerful and wholesome life but a less adjusting nature always leads a depressed and unhealthy life. Adjustment refers to the adaptation of the person to his environment. Adjustment may take place by adapting the self to the environment or by changing the environment (Campbell Psychiatric Dictionary, 1996). It is a process by which an individual learn certain ways of behaviour to cope with the situation which he/she attains through harmony with his/her environment. On the other hand, Personality is a dynamic organization, inside the person, of

psychophysical systems that create a person's characteristic patterns of behaviour, thoughts, and feelings." (Carver & Scheier, 2000) .It is usually broken into components called the Big Five, which are openness to experience, conscientiousness, extroversion, agreeableness, and neuroticism (or emotionality). These components are generally stable over time and appear to be attributable to a person's genetics rather than the effects of one's environment. Furnham and Crump (2005). After completing secondary school many students join colleges and other institutions. The transition to college can be a stressful experience for students. College is an exciting time of life one filled with many profound transitions in preparation of an exciting and fulfilling future. They have to adjust with their own changes in personality on one side and the changing socio-economic environment on the other side. In recent years there has been growing interest in adolescent's transition to college and the development of socio-emotional challenges that accompany the transition, only half of the entering college students manage to finish their degree in a specified period and the remaining half dropout at some stage. United States Department of Education, (2001) in a study concluded that college students are at risk for failure to graduate. Education plays a very important role in life of human beings. It provides them to develop and flourish their personality on various fields to life. By developing the personality they then are able to cope with every situation

either pleasant or worse in life. In the process of education students hold central position. Mainly the responsibilities of social and national development lie on higher education by creating such stuff from its institution which provides their best services to the society and nation. So the expectations of the society are very high from these students of high education for its further progress and development. For many first year students of the university may be their first experience living away from home for an extended period of time. It is a definite break from home. The individual's usual sources of support are no longer present to facilitate adjustment to the unfamiliar environment living in hostel with other student of different cultural backgrounds can present sometime intense problems Khokhar and Upadhayay (2007) have compared the adjustment pattern of adolescents living in physically deprived environment. Results revealed that independence of sex effect in relation to peer adjustment. Boys were found more sensitive to environmental enrichment in relation to peer adjustment than the adolescent girls. It may be attributed due to cultural bias that boys are more exposed to physical environment and surroundings than girls. Luty (2002) and Rytsala *et al.* (2006) found that adjustment is impaired during depression and is affected by a number of clinical variables such as depression severity, age, duration of depression and personality. Although, it has been suggested that adjustment problems are a consequence of depression, there is also evidence that ongoing social adjustment problems increase the risks for recurrence of depression (Fava *et al.*, 1996). Barkow *et al.* (2003) found that poorer adjustment predicts persistence of depression. Every person is unique in his thinking, reasoning and responding to particular situation and attitude towards the worldly things. With the passage of time, the development in the area of science, technology and industry gave birth to a complex system of society. These developments have brought along with a number of problems in different dimensions of adjustment. A broad review of the related literature shows that a lot of studies have been done on adjustment problem of adolescent and children by keeping in view the various factors such as family, school, social, personal achievement, parental employment, language, caste etc. But an insignificant amount of research has been done to study the adjustment problems of college and university students. Thus keeping in view all these problems and demands of society, the investigator thought of selecting the problem.

### Objectives

- To study the relationship between Personality type and Adjustment of Boys and Girls Hostellers.
- To examine the Personality of Boys and Girls Hostellers.
- To study the level of Adjustment of Boys and Girls Hostellers.

### Hypothesis

On the basis of above objectives, following major hypotheses were being framed:

1. There will be no significance difference between Girls and Boys in their level of Adjustment.
2. There will be no significant difference between Girls and Boys on their Personality.
3. There will be no relation between Personality type and Adjustment of Boys and Girls of the total sample.

## MATERIALS AND METHODS

Research methodology starts from initial identification of the problem to its final conclusion. The purpose of the present study is to assess the Level of adjustment of Hostellers in relation to their Personality.

### Sample

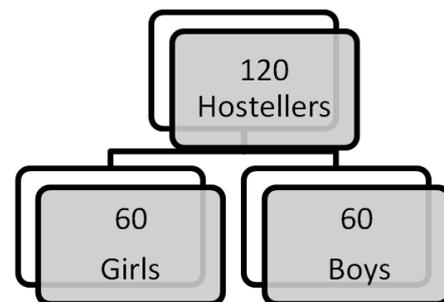
The sample consisted of 120 boys and girls hostellers of Graduation 1<sup>st</sup> year irrespective of their age of Symbiosis College in Pune city.

### Sampling

The sampling population of this research includes 120 Hostellers living Symbiosis College in Pune city. The sample was collected by simple random sampling method. There was no age group of the sample. But students of graduation first year were taken in the study.

### Research Design

The following schematic outline will also lend guidance that might help explain the patterns of research done.



### Collection of Data

The data was collected from the respondents on the various variables under study. Various branches of Symbiosis Institution to be visited were decided in the initial sampling, and then permission was sought out discussing the purpose of the present study. Accordingly, a schedule was fixed in each Hostel.

### Measures

#### • Asthana's Adjustment Inventory

This Adjustment Inventory was developed by H.S.Asthana in 1968. It has been used successfully between ages 14 and above school and college going students. It attempts to segregate the poorly-adjusted from those who are better adjusted and who may stand in need of psycho diagnostic study and counseling. This Inventory consists of 47 items and each item having two alternatives i.e. Yes or No. Subject has to give their response by choosing one from yes or no alternative. The Inventory has a High reliability and validity for the Indian population.

#### • 16 PF TEST

16 PF Test Form C has been adopted from original IPAT 16 PF Test for Indian. This test measures 16 personality primary sources traits. The 16 PF questionnaire is an objectively scrabble test devised by basic research in Psychology to give

Descriptors of Low Range	Primary Factor	Descriptors of High Range
Impersonal, distant, cool, reserved, detached, formal, aloof	Warmth (A)	Warm, outgoing, attentive to others, kindly, easy-going, participating, likes people
Concrete thinking, lower general mental capacity, less intelligent, unable to handle abstract problems	Reasoning (B)	Abstract-thinking, more intelligent, bright, higher general mental capacity, fast learner
Reactive emotionally, changeable, affected by feelings, emotionally less stable, easily upset	Emotional Stability (C)	Emotionally stable, adaptive, mature, faces reality calmly
Deferential, cooperative, avoids conflict, submissive, humble, obedient, easily led, docile, accommodating	Dominance (E)	Dominant, forceful, assertive, aggressive, competitive, stubborn, bossy
Serious, restrained, prudent, taciturn, introspective, silent	Liveliness (F)	Lively, animated, spontaneous, enthusiastic, happy go lucky, cheerful, expressive, impulsive
Expedient, nonconforming, disregards rules, self-indulgent	Rule-Consciousness (G)	Rule-conscious, dutiful, conscientious, conforming, moralistic, staid, rule bound
Shy, threat-sensitive, timid, hesitant, intimidated	Social Boldness (H)	Socially bold, venturesome, thick skinned, uninhibited
Utilitarian, objective, unsentimental, tough minded, self-reliant, no-nonsense, rough	Sensitivity (I)	Sensitive, aesthetic, sentimental, tender minded, intuitive, refined
Trusting, unsuspecting, accepting, unconditional, easy	Vigilance (L)	Vigilant, suspicious, skeptical, distrustful, oppositional
Grounded, practical, prosaic, solution oriented, steady, conventional	Abstractedness (M)	Abstract, imaginative, absent minded, impractical, absorbed in ideas
Forthright, genuine, artless, open, guileless, naive, unpretentious, involved	Privateness (N)	Private, discreet, no disclosing, shrewd, polished, worldly, astute, diplomatic
Self-Assured, unworried, complacent, secure, free of guilt, confident, self-satisfied	Apprehension (O)	Apprehensive, self doubting, worried, guilt prone, insecure, worrying, self blaming
Traditional, attached to familiar, conservative, respecting traditional ideas	Openness to Change (Q1)	Open to change, experimental, liberal, analytical, critical, free thinking, flexibility
Group-oriented, affiliative, a joiner and follower dependent	Self-Reliance (Q2)	Self-reliant, solitary, resourceful, individualistic, self-sufficient
Tolerates disorder, unexact, flexible, undisciplined, lax, self-conflict, impulsive, careless of social rules, uncontrolled	Perfectionism (Q3)	Perfectionist, organized, compulsive, self-disciplined, socially precise, exacting will power, control, self-sentimental
Relaxed, placid, tranquil, torpid, patient, composed low drive	Tension (Q4)	Tense, high energy, impatient, driven, frustrated, over wrought, time driven.

most complete comprehensive coverage of personality possible in brief time. The personality factors measured by the 16 PF are not just unique to the test but instead rest within the context of a general theory of Personality. All sixteen personality factors are described as follows

### Statistical Analysis

Data was analyzed using the Statistical methods included mean and SD. The results were considered significant if p value was < 0.05.

## RESULTS

Table 1 shows that Correlation Personality type and Adjustment of Girls and Boys Hostellers is significant at the 0.01 level (2-tailed). This signifies that there is a positive correlation between the Personality Type and Adjustment of both Girls and Boys, which means that Personality plays a significant role in Adjustment in Hostellers.

**Table 1. Correlation between Personality Type and Adjustment**

Variable	N	Correlation (r)	Sig(2-tailed)
Personality Type and Adjustment of Boys	60	.824	.01
Personality Type and Adjustment of Girls	60	.791	.01

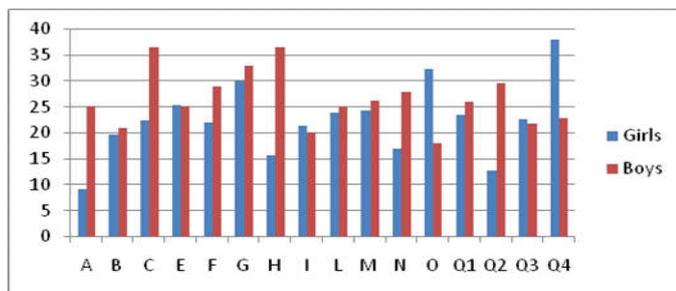
\*Correlation is significant at the 0.01 level (2-tailed)

Hence hypothesis Ho1 has been rejected. The results indicate that the boys' scores on the personality factors A, C, F, H, N, and Q2 are higher than the girls hostellers. While factors O and Q4 scores of girls are higher. the finding revealed that boys are more outgoing, intelligent, emotionally stable, enthusiastic, persistent, venturesome, socially bold, self sufficient where as girls are more apprehensive, insecure, worrying, troublesome,

overprotected, tense and dependent. It has been observed that in the above result table that the boys and girls scores on factors B, E, G, I, L, M and Q3 are almost similar. Results can be supported with the study conducted by Enochs and Roland (2006) where he studied the nature of the environment, gender and their relation with level of social adjustment in the university, the result indicates that males are more adjusted than females. Similarly study conducted by Mc Whitner (1997) found that female students are more likely to experience loneliness and social isolation than their male. This study found that female students had a more difficult time fitting into the college environment and were less likely to be involved in college activities and less likely to have leadership positions in campus organizations. Table presents the mean value and SD value on the adjustment level for Girls and Boys Hostellers. Adjustment for girls and boys are significantly different. It can be seen that Boys are higher than girls on their adjustment level.

**Table 2. Mean and SD value for Girls and Boys on Personality**

Personality Factor	Girls		Boys	
	Mean	SD	Mean	SD
A	9.02	3.13	25.24	4.21
B	19.63	5.03	21	2.32
C	22.35	6.31	36.55	4.51
E	25.43	5.31	25.1	5.21
F	22.03	6.97	29.01	4.65
G	30.02	4.21	32.93	5.22
H	15.60	6.43	36.52	4.68
I	21.45	4.71	20.01	3.65
L	23.89	7.02	25.02	3.44
M	24.43	4.01	26.32	6.98
N	17.01	5.36	28.01	7.96
O	32.43	5.64	17.96	4.65
Q1	23.43	4.34	25.96	5.18
Q2	12.61	7.02	29.63	4.18
Q3	22.74	6.22	21.75	5.21
Q4	38.08	2.88	22.91	3.21

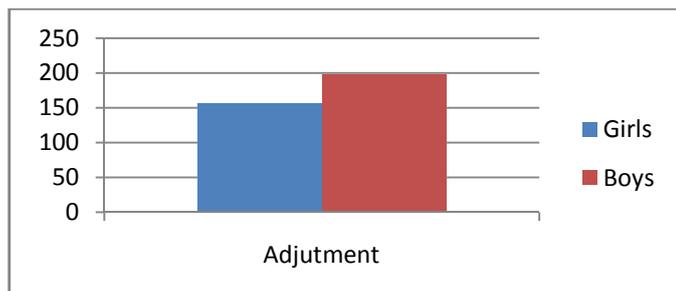


Graph 1. Mean and SD value for Girls and Boys on Personality

This can be supported with the study conducted by Leelavathi (1987) in her study where males had good social and total adjustment than females. Mohsin, et.al, (1985) have reported in a study conducted that male subjects have higher adjustment than female subjects and McWhitner (1997) found that the female students faced more problems in health and emotional dimensions of adjustment. Cook (1995) found that girls face more adjustment problems in social relationships as compared to boys.

Table 3. Mean and SD value for Girls and Boys on Adjustment

Variable	Girls		Boys	
	Mean	SD	Mean	SD
Adjustment	156.01	10.81	197.84	12.01



Graph 2. Mean and SD value for Girls and Boys on Adjustment

**Limitations and Suggestions:** The researcher has been able to sort out the following limitation in the present study and the suggestions to refine the same have been provided.

- Focus of the study was restricted to Pune, Maharashtra only. It can be spread into other areas also.
- The sample of the study was small. The study can also be done by taking large sample size.

Following are some suggestion for better adjustment in hostels-

- Hostels should provide proper physical facilities for games, sports and co-curricular activity as these would channelize the creative energy of the pupils.

- Social service camps NCC/ NSS activities and other outdoor activities would develop desirable social qualities considerate and cooperation which in turn help them to adjust well.
- Parents and teachers should provide intellectual, social and emotional support to children at the time of stress and tension.
- Guidance and counselling services should be arranged to assist students for healthy adjustment in Hostels.

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