A Study to Assess the Knowledge Regarding Adjustment, Maladjustment and Copying Strategies Among First Year Non Karnataka Nursing Students Studying in Kles Institute of Nursing Sciences Hubballi, with a View to Prepare an Information Guide Sheet

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Abstract:- For many first-year students, the college or 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. Most colleges spend a great deal of time orienting students to the campus and its services, but not much time orienting the parents about what to expect this first year in college. In addition to all the physical changes in their environment, college students experience a great deal of emotional and developmental changes. This period of late adolescence is typically a time when they spend more time trying to figure out who they are and what they want in life. It is also a time for them to leave the nest, literally and figuratively, and see what life is like on their own.[2]

Attending college or university is supposed to be a very appealing experience that could give satisfaction to students. However, there are many students who are unable to complete their studies. A study conducted by Tinto (1996) showed that 40% of all students in America who started out in a four year college failed to earn a degree; and nearly 57% of all dropouts left before the start of their second year. Another study conducted by Wintre and Bowers (2007) on the persistence to graduate amongst 944 undergraduate students in a Canadian university reported that within six years, 57.9% of the students had graduated, 9% remained enrolled, and 33.1% were neither enrolled nor graduated.

Keywords:- Students: knowledge and attitude regarding ill effects of alcoholism, Information guide sheet.

I. OBJECTIVES

1. To assess the knowledge regarding adjustment, maladjustment and copying strategies among first year Non -Karnataka nursing students.
2. To find out the association between knowledge of Non Karnataka nursing students regarding adjustment, maladjustment and copying strategies with selected socio demographic variables.
3. To develop an information guide sheet on adjustment, maladjustment and copying strategies.

II. METHOD

This was descriptive study total 100 subjects were selected through non-probability purposive sampling technique. Exploratory design was used. Data was collected by structured questionnaire Data collected under the 2 sections (socio-demographic data, knowledge).The reliability of the tool was established by Split Half method formula. The reliability result of knowledge was $r = 0.8097$ and reliability. Prepared information guide sheet regarding coping strategies was developed after content validity of the tool was established by six experts. Data was analyzed by using descriptive and inferential statistical in terms of frequency, percentage, mean, standard deviation, Chi-square values.

III. RESULT

The data were analyzed by descriptive and inferential statistics. Out of 100 majority (55%) of the sample was between 18-20 years, non Karnataka students (65% was males, Christian (65%), non Karnataka student belongs to (52%) joint family,(69%) staying in rural residential area (45%) the non Karnataka students had no experience in studying outside the from their state. The

results shows that non Karnataka KLEs Institute of Nursing Sciences students (48%) had satisfactory knowledge level (48 students), inadequate knowledge about (37%) (37 students) and (15%) (15 students) were had adequate knowledge. There is significant association between knowledge with age, gender, religion, educational status and residential background staying out side of the state.

IV. INTERPRETATION AND CONCLUSION

Findings of the study indicates that majority 48% of the students were had satisfactory knowledge, 37% of the students had adequate knowledge and 15% of the students were had in-adequate knowledge regarding adjustment , maladjustment and coping stratgeies . The study had implication not only in the field of nursing, but also in other disciplines. Education instituitions should give importance to equip the students with adequate knowledge regarding adjustment maladjustment and coping strategies , should give proper mental support through counseling.

V. HYPOTHESIS

H₁: The more than 50 percent non Karnataka students have adequate knowledge regarding adjustment, maladjustment, and copying strategies.
H₂: There will be significant association between the level of knowledge and selected socio-demographic variables.
The hypothesis will be tested at 0.001 significance level.

VI. ORGANIZATION OF FINDINGS

In this study the data collected was organized, tabulated, analyzed and interpreted by means of statistical tables and graphs and is organized under the following headings.

Section I: Demographic Characteristics of the Sample:
The demographic data will be analyzed using frequency and percentage.

Section II: Knowledge of KLEs Institute of Nursing Sciences Hubballi college students regarding adjustment, maladjustment, and copying strategies:
Section III: Comparison between level of knowledge and subjects regarding adjustment, maladjustment, and copying strategies.

Section IV: Association between level of knowledge and selected demographic variables.
- Distribution of knowledge scores of subjects regarding adjustment, maladjustment, and copying strategies.
- Mean and standard deviation of knowledge scores of subjects regarding adjustment, maladjustment, and copying strategies.

A. Section I: Demographic Characteristics of the Sample:
The demographic data will be analyzed using frequency and percentage. 100 samples (students) were selected from the KLEs Institute of Nursing Sciences, by using descriptive statistics data were analyzed, presenting of items done by in terms of frequency, percentage, and diagram. The frequency and percentage of sample in relation to their demographic characteristics are presented in the following table.
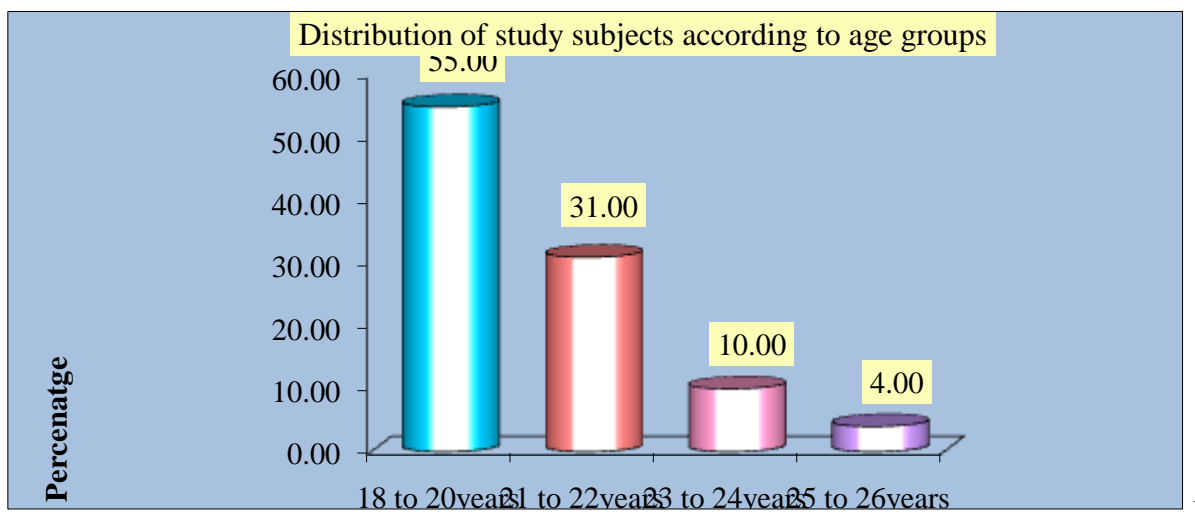Age:

Fig 1:- Bar diagram depicting the age wise distribution of the study sample.

Majority (55%) of the sample was between 18-20 years, (31%) belongs to 21-22 years, (10%) belongs to more than 23-24 years and least 04% was in between 25-26 years.
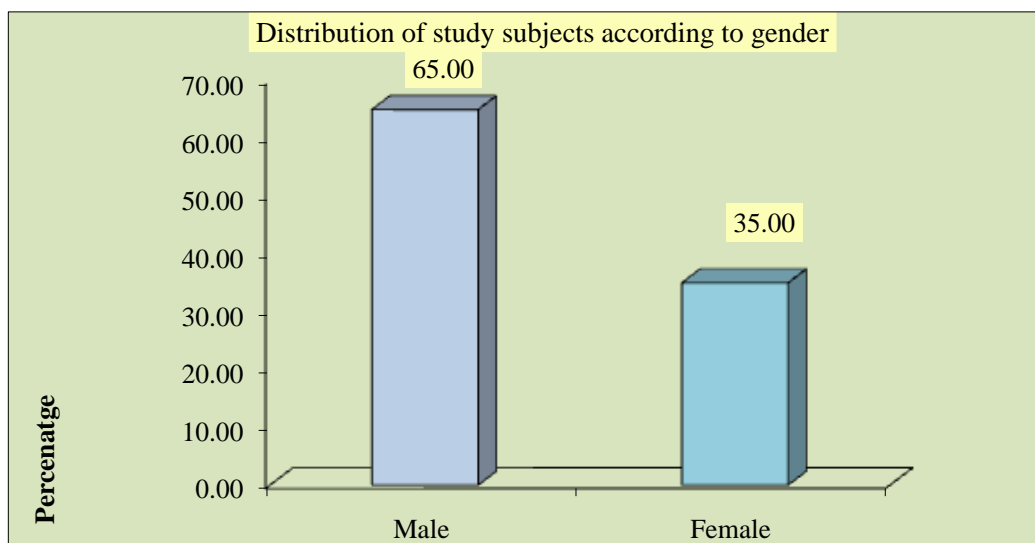
➢ *Gender*:

Fig 2:- Pie diagram depicting the gender wise distribution of the study sample.

Majority of non Karnataka students (65%) was males and the rest of non Karnataka students were (35%) females.
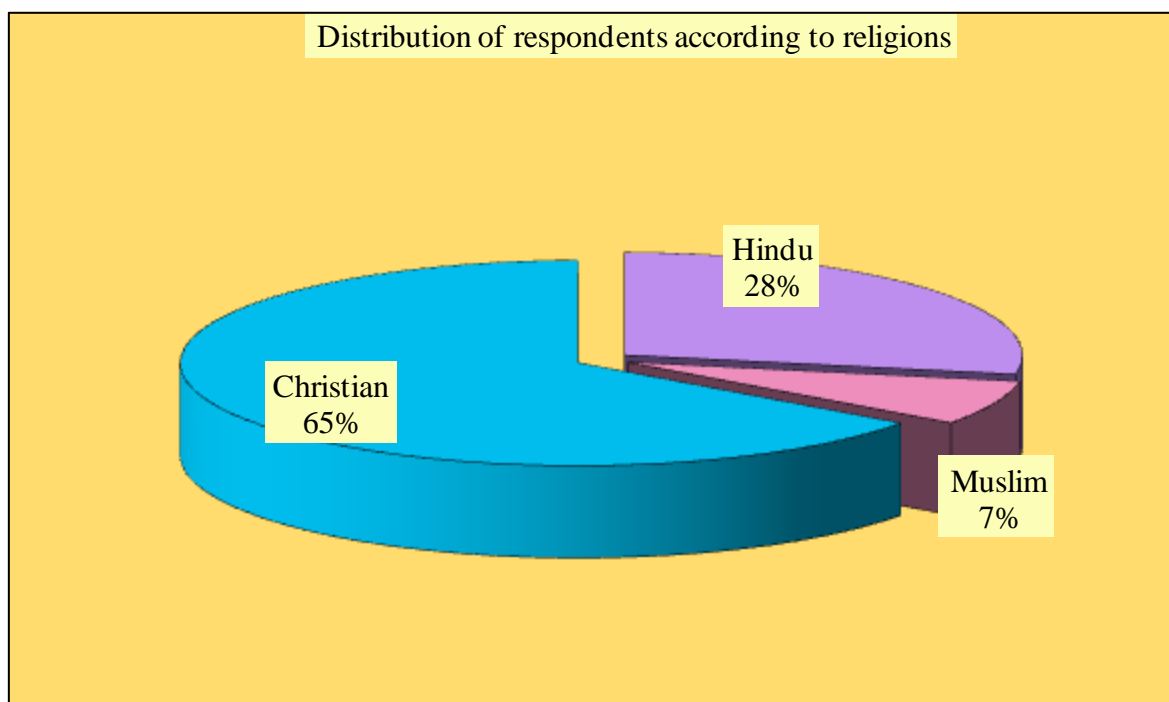
➢ *Religion* :

Fig 3:- Cylindrical diagram depicting the religion wise distribution of the study sample.

Majority of the non Karnataka students were Christian (65%), next to that Hindu students were (28%) and the rest 07% non Karnataka students belongs to Muslims religion.
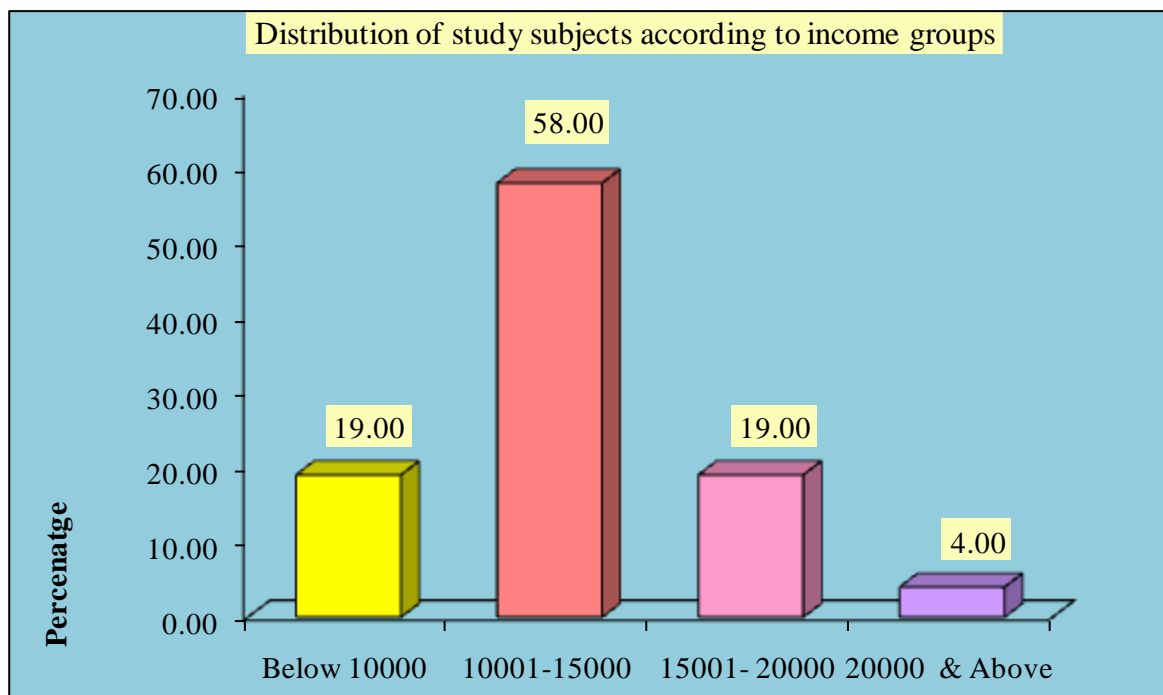
➢ *Income of the family:*

Fig 4:- Bar diagram depicting income of the family wise distribution of the study sample.

Most of the non Karnataka students monthly income was Rs: 10001-15000/- (58%), (19%) was both the below Rs: 10000/- and Rs: 15001-20000/- while rest were belongs to (04%) above Rs: 20000/- monthly income.
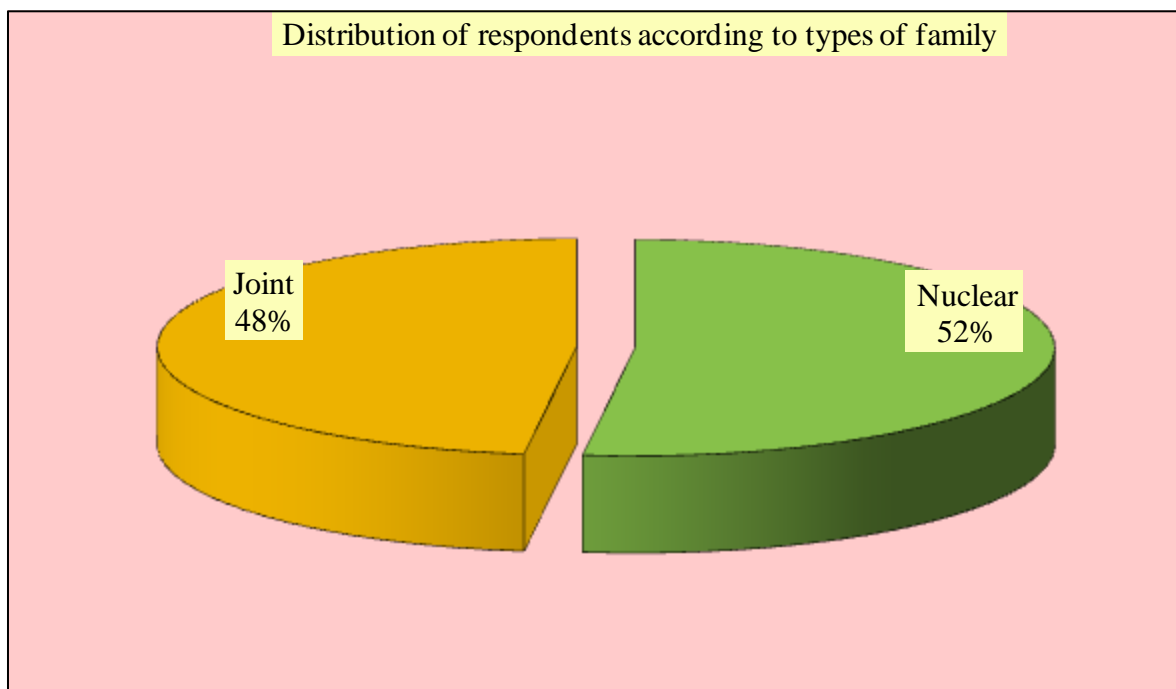
➢ *Type of family:*

Fig 5:- Pie diagram depicting the type of family wise distribution of the study sample.

Most of the non Karnataka student belongs to (52%) joint family and other students were (48%) belongs to nuclear family.
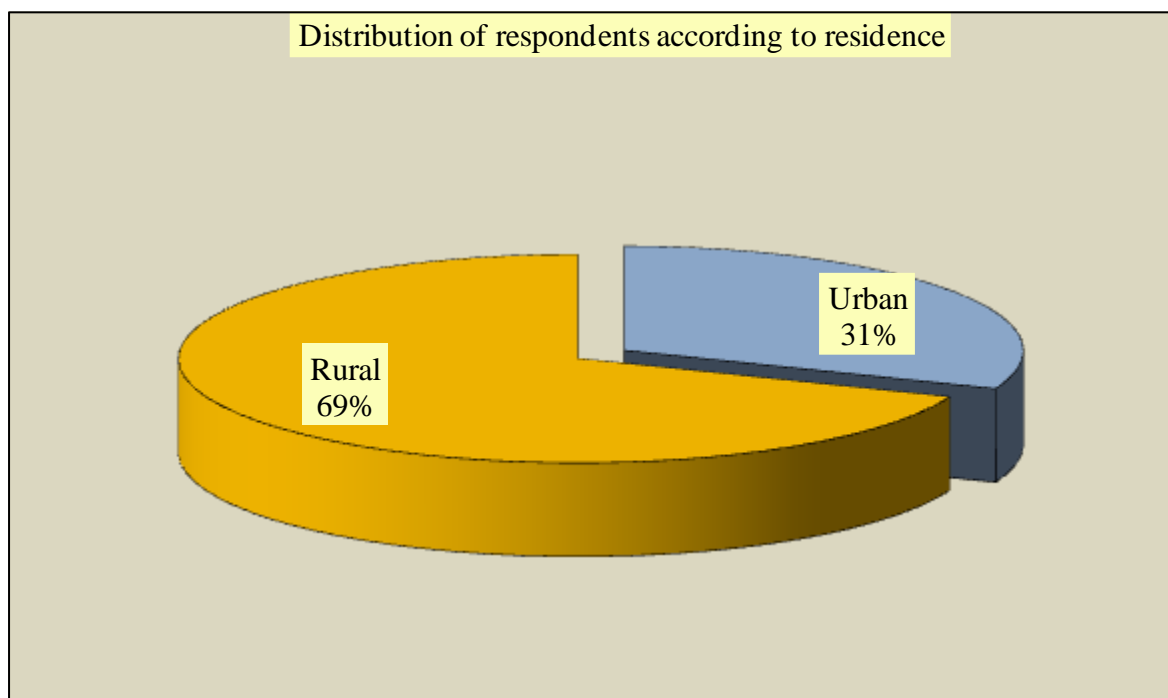
> *Residence of the house*

Fig 6:- Pyramid diagram depicting the residence of the house wise distribution of the study sample.

Most of the non Karnataka students belongs to rural (69%) residential area and other students were from urban residential area.

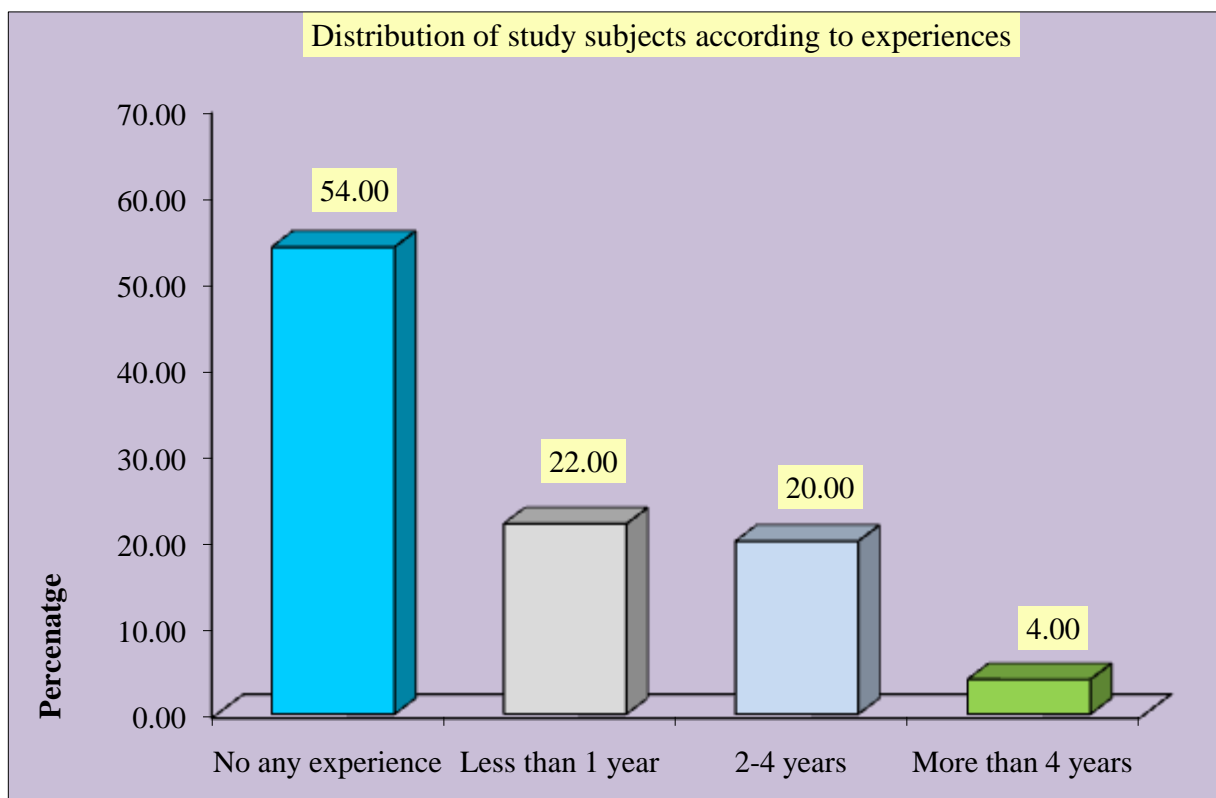> *Experience staying outside from their state*

Fig 7:- Bar diagram depicting the experience staying outside from their state wise distribution of the study sample.

Majority of (54%) the non Karnataka students had no experience in studying outside the from their state, (22%) had less than one year experience, (20%) had 2-4 years experience and rest of the students had more than 4 years experience studying outside from their the state.

B. Section II: Knowledge of KLEs Institute of Nursing Sciences Hubballi college students regarding adjustment, maladjustment, and copying strategies: Knowledge scores obtained by the students were tabulated in the master sheet, and data was analyzed in terms of respondents, percentage.

Sl no	Respondents	Scores range	Percentage
1	15	Adequate (21-30) *	15%
2	48	Satisfactory (11-20) *	48%
3	37	Inadequate (1-10) *	37%
	Total: 100		100%

Table 1:- Distribution of knowledge scores regarding adjustment, maladjustment, and copying strategies among non Karnataka KLEs Institute of Nursing Sciences Hubballi college students: n=100. *Score Secured By Participant

The above table shows that the maximum non Karnataka KLEs Institute of Nursing Sciences students (48%) had satisfactory knowledge level (48 students), inadequate knowledge about (37%) (37 students) and (15%) (15 students) were had adequate knowledge.

Knowledge scores percentage distribution of non Karnataka KLEs Institute of Nursing Sciences Hubballi college students regarding adjustment, maladjustment, and copying strategies
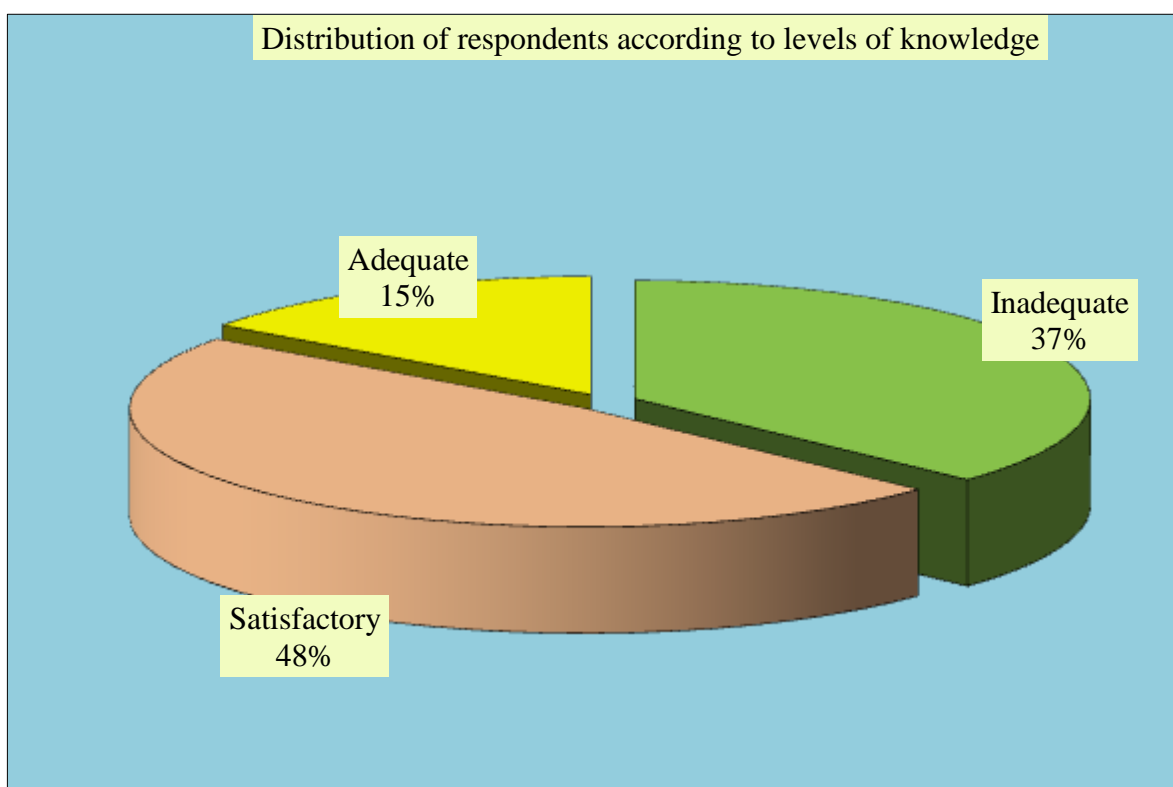

Fig 8:- Pie diagram depicting the percentage distribution of the study subjects according to levels of knowledge scores.

The above pie diagram depicts that the maximum non Karnataka KLEs Institute of Nursing Sciences students (48%) had satisfactory knowledge level (48 students), inadequate knowledge about (37%) (37 students) and (15%) (15 students) were had adequate knowledge. Thus the hypothesis H_1: More than 50 percent non Karnataka students have adequate knowledge regarding adjustment, maladjustment, and copying strategies was rejected.

C. Section III: Comparison between level of knowledge and subjects regarding adjustment, maladjustment, and copying strategies.

Age in years	Means %	Std.Dev. %
18 to 20years	49.94	6.80
21 to 22years	62.15	13.70
23 to 24years	73.00	16.66
25 to 26years	77.50	22.83
Total	57.13	14.21
F-value	20.4732	
P-value	0.0000***	

Table 2:- Comparison of age groups with respect to knowledge of students regarding adjustment, maladjustment, and copying strategies. ***p<0.001

Table 20, shows that comparison of age group with respect to knowledge. The majority of the students mean percentage was 77.50% and SD was 22.83% and that student belongs to 25-26 years age group compare with other age group of students. F=20.4732; P=0.0000, p value is less than table value so it is considered statistically highly significant.
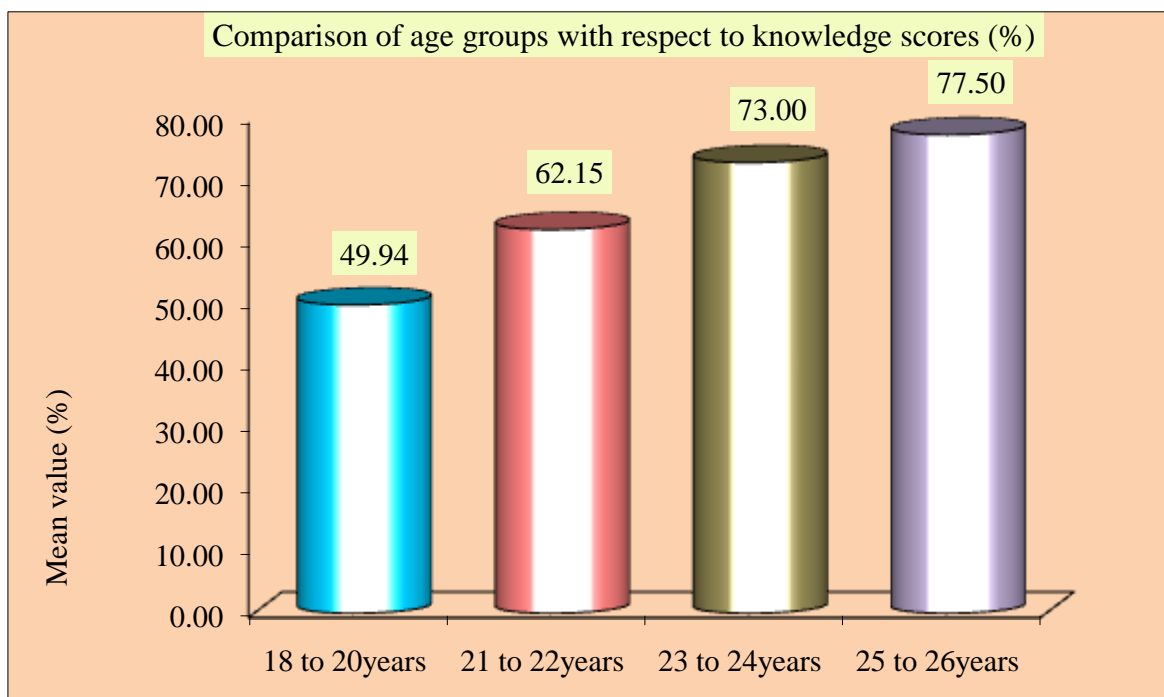

Fig 9:- Bar diagram depicting percentage comparison of age groups with respect to Knowledge.

Gender	Means %	Std.Dev %
Male	59.90	13.99
Female	52.00	13.34
Total	57.13	14.21
t-value	2.7356	
P-value	0.0074**	

Table 3:- Comparison of gender groups with respect to knowledge of students regarding adjustment, maladjustment, and copying strategies. **p<0.01

Table 20, shows that comparison of gender group with respect to knowledge. The majority of the students mean percentage was 59.90% and SD was 13.99% and that student belongs to male gender group compare with other gender group of students. t=2.7356; P=0.0074, p value is less than table value so it is considered fairly statistically significant.
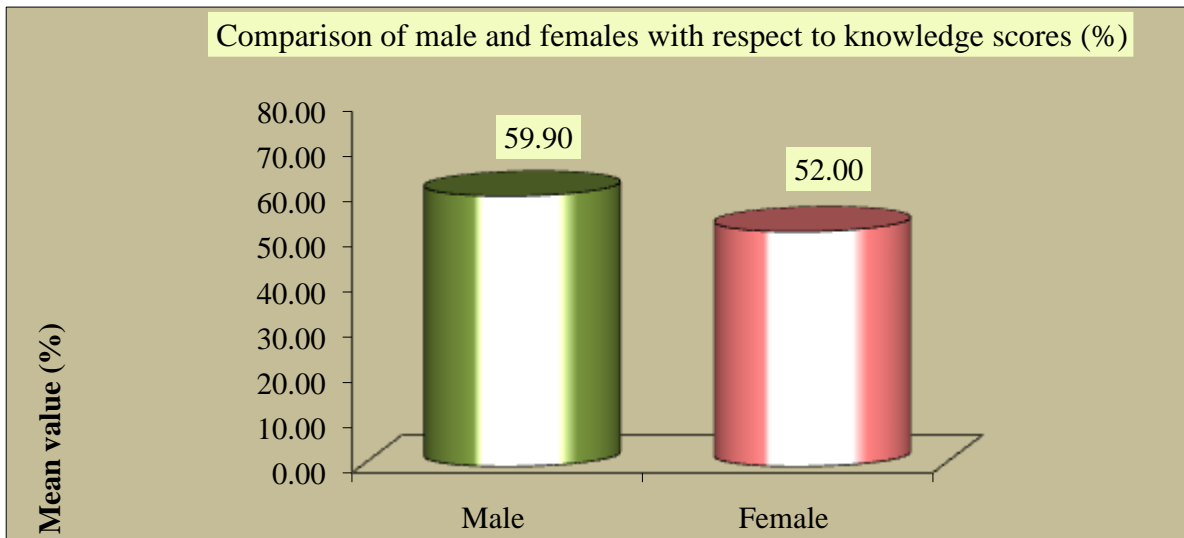
Fig 10-: Bar diagram depicting percentage comparison of gender groups with respect to Knowledge.

Religion	Means	Std.Dev.
Hindu	67.62	19.71
Muslim	41.43	1.78
Christian	54.31	8.07
Total	57.13	14.21
F-value	17.5940	
P-value	0.0000***	

Table 4:- Comparison of religion groups with respect to knowledge of students regarding adjustment, maladjustment, and copying strategies. ***p<0.001

Table 20, shows that comparison of religion group with respect to knowledge. The majority of the students mean percentage was 67.62% and SD was 19.71% and that student belongs to Hindu religion group compare with other religion group of students. F =17.5940; P=0.0000, p value is less than table value so it is considered statistically highly significant.
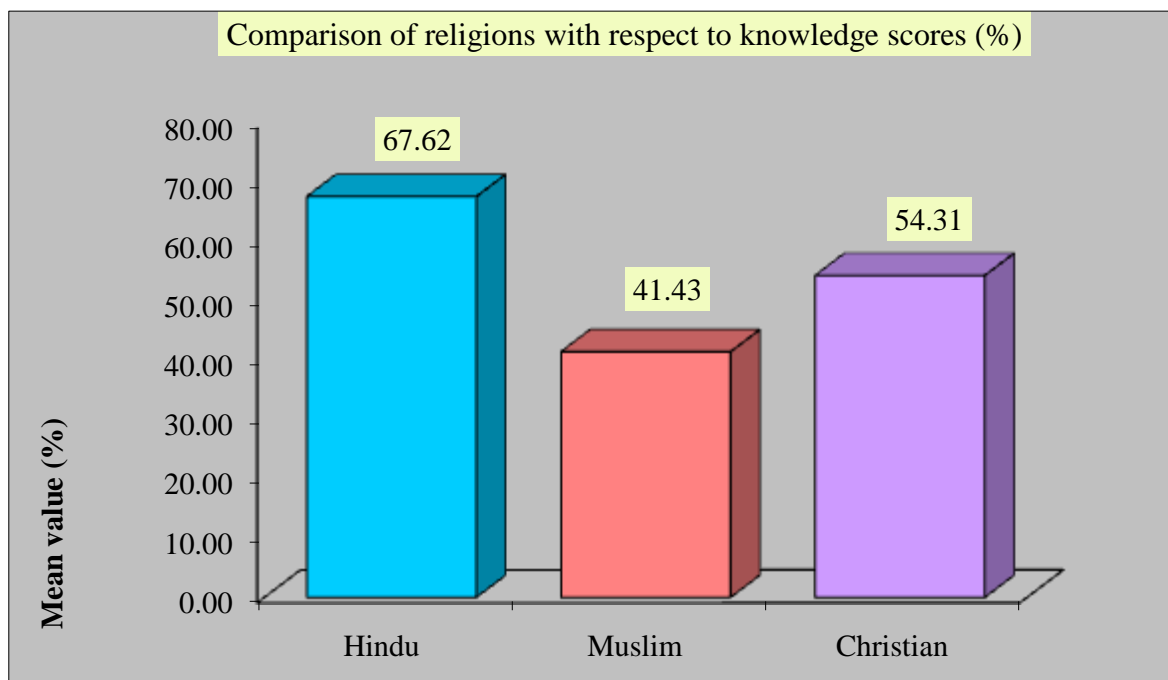

Fig 11:- Bar diagram depicting percentage comparison of gender groups with respect to Knowledge.

Annual income of the family	Means	Std.Dev.
Below 10,000	45.61	9.03
10001-15,000	57.36	13.43
15001- 20,000	66.32	13.96
20000 & Above	65.00	11.06
Total	57.13	14.21
F-value	8.9562	
P-value	0.0000***	

Table 5:- Comparison of monthly income of the family groups with respect to knowledge of students regarding adjustment, maladjustment, and copying strategies. ***p<0.001

Table 20, shows that comparison of income with respect to knowledge. The majority of the students mean percentage was 65.00% and SD was 11.06% and that student belongs to Rs: 20000 & above monthly income of the family groups compare with other group of students. F =8.9562; P=0.0000, p value is less than table value so it is considered statistically highly significant.
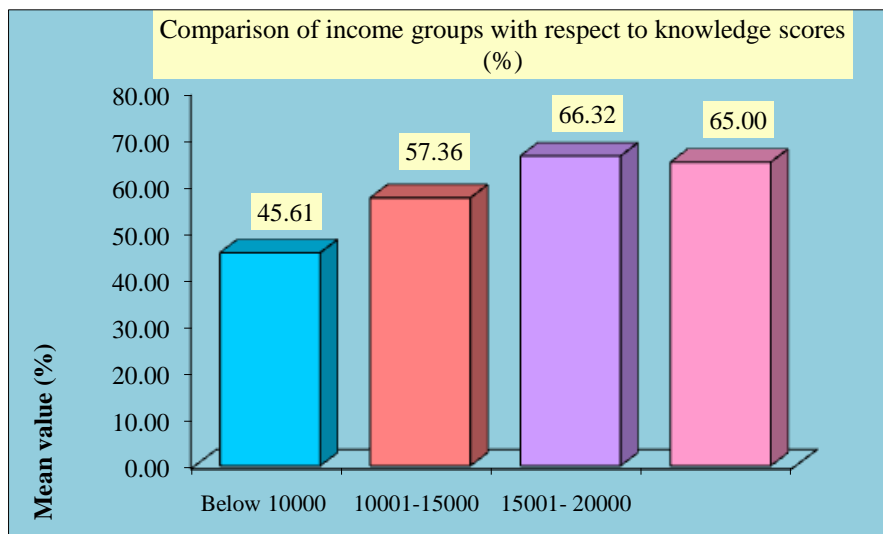

Fig 12:- Bar diagram depicting percentage comparison of gender groups with respect to Knowledge.

Type of family	Means	Std.Dev.
Nuclear	54.36	12.04
Joint	60.14	15.83
Total	57.13	14.21
t-value	-2.0648	
P-value	0.0416*	

Table 6:- Comparison of type of family groups with respect to knowledge of students regarding adjustment, maladjustment, and copying strategies. *p<0.05

Table 20, shows that comparison of type of family with respect to knowledge. The majority of the students mean percentage was 60.14% and SD was 12.04% and that student belongs to joint family groups compare with nuclear group of students. F =-2.0648; P=0.0416, p value is less than table value so it is considered statistically significant.
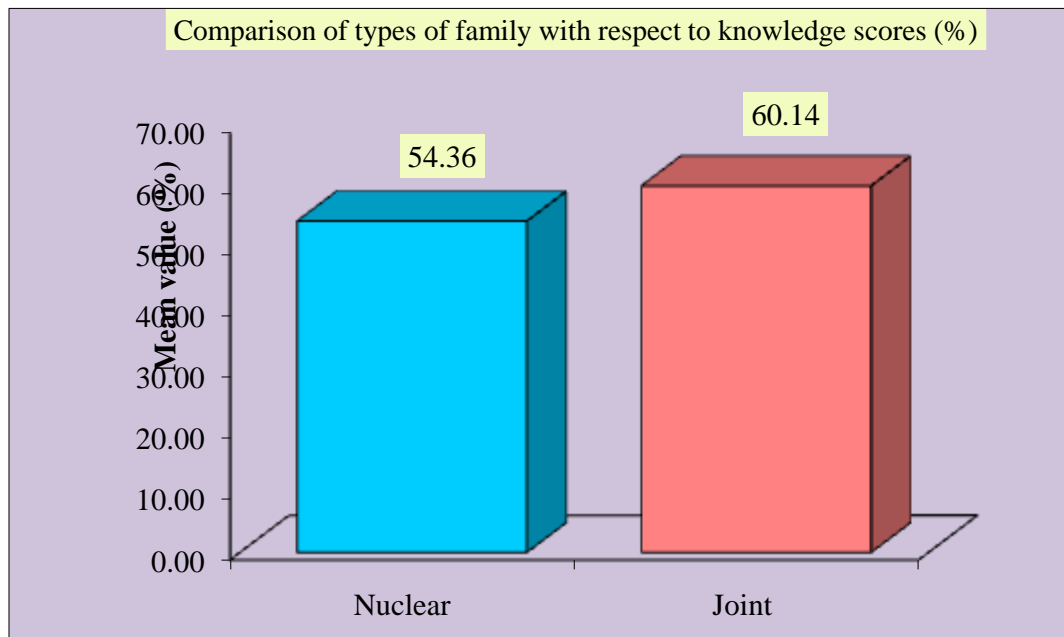
Fig 13: Bar diagram depicting percentage comparison of gender groups with respect to Knowledge.

Residential background	Means	Std.Dev.
Urban	54.36	12.04
Rural	60.14	15.83
Total	57.13	14.21
t-value	4.0730	
P-value	0.0001***	

Table 7:- Comparison of residential background groups with respect to knowledge of students regarding adjustment, maladjustment, and copying strategies. ***p<0.001

Table 20, shows that comparison of residential back ground with respect to knowledge. The majority of the students mean percentage was 60.14% and SD was 15.83% and that student belongs to rural residential background groups compare with urban group of students. t =-4.0730; P=0.0001, p value is less than table value so it is considered statistically highly significant.
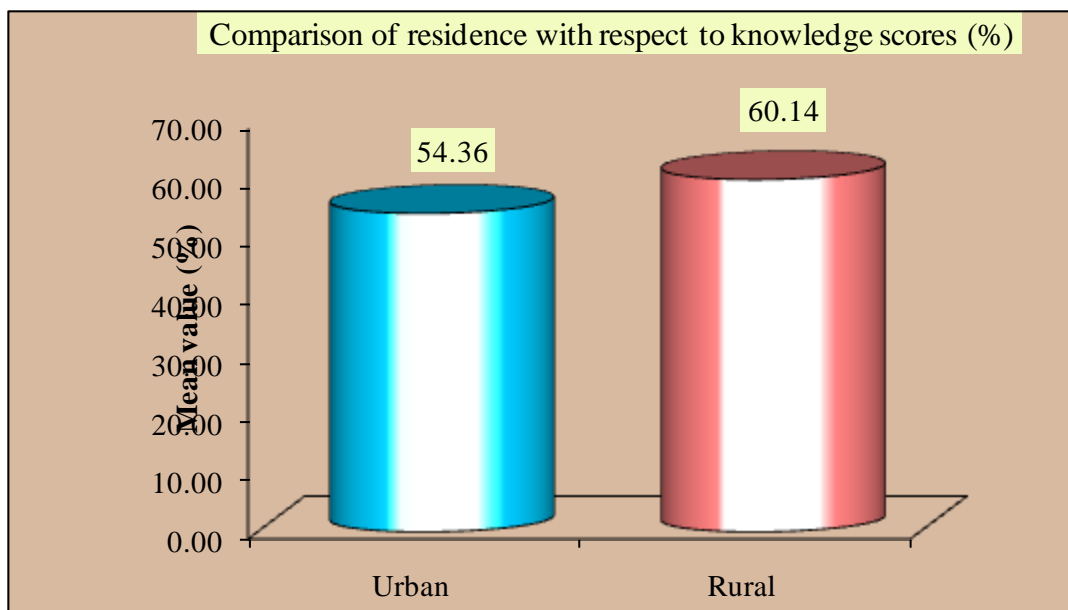

Fig 14:- Bar diagram depicting percentage comparison of gender groups with respect to Knowledge.

Experience in studying out of the state	Means	Std. Dev.
No any experience	50.99	10.29
Less than 1 year	61.82	18.02
2-4 years	66.00	9.40
More than 4 years	70.00	19.44
Total	57.13	14.21
F-value	9.9861	
P-value	0.0000***	

Table 8:- Comparison experience in studying out of the state groups with respect to knowledge of students regarding adjustment, maladjustment, and copying strategies. ***p<0.001

Table 20, shows that comparison of experience in studying out of the state with respect to knowledge. The majority of the students mean percentage was 70.00% and SD was 19.44% and that student belongs to more than 4 years groups compare with other group of students. F=9.9861; P=0.0000, p value is less than table value so it is considered statistically highly significant.
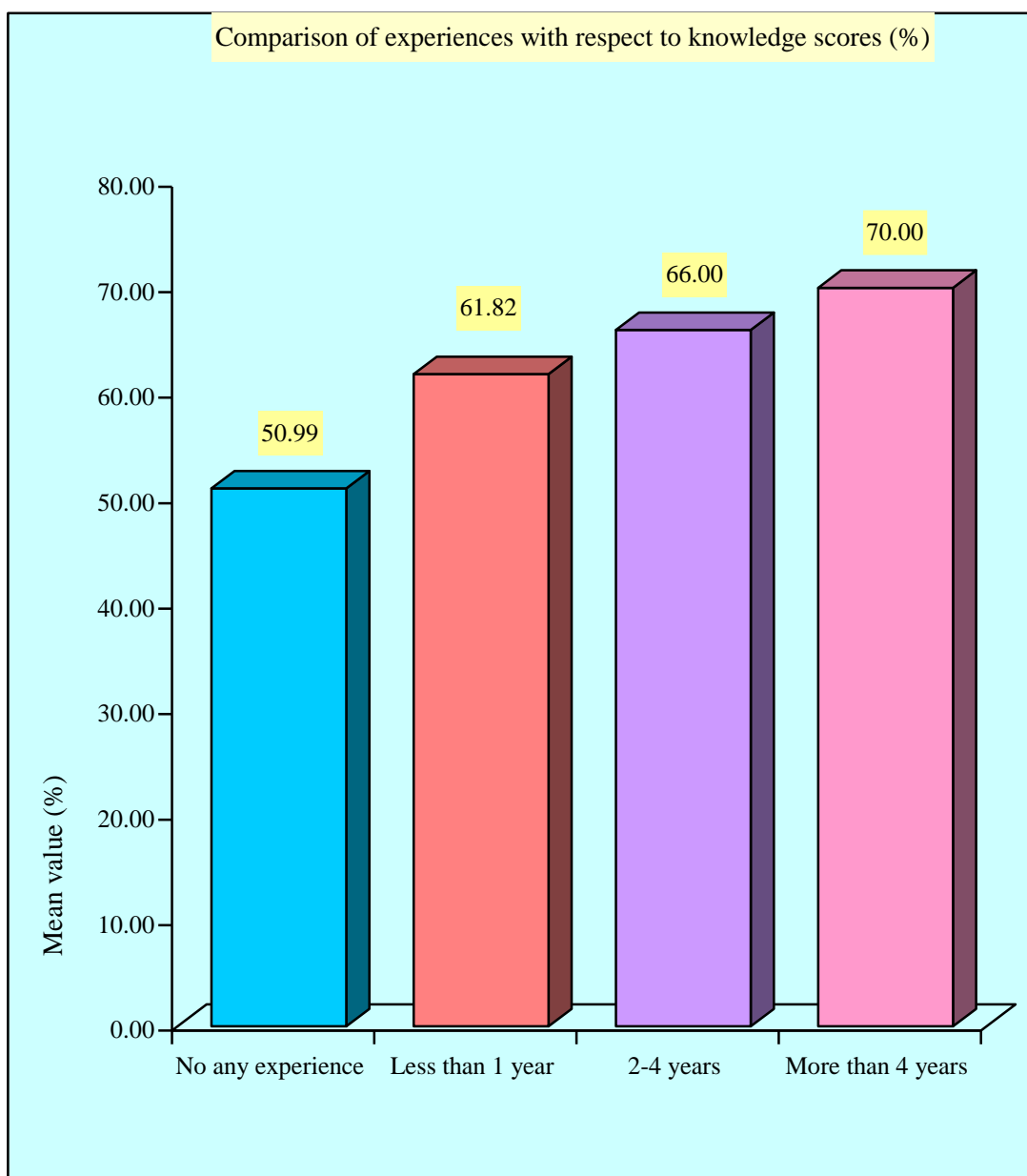

Fig 15:- Bar diagram depicting percentage comparison of gender groups with respect to Knowledge.

A. Section IV: Association between level of knowledge and selected demographic variables.

Characteristics	Levels of knowledge			Chi-square	df	p-value	Level of significance
	Inadequate level	Satisfactory level	Adequate level				
Age in years							
18 to 20years	26	29	0	38.9038	6	0.0000***	S
21 to 22years	9	16	6				
23 to 24years	1	3	6				
25 to 26years	1	0	3				
Gender							
Male	18	34	13	8.1616	2	0.0169*	S
Female	19	14	2				
Religion							
Hindu	5	10	13	41.6905	4	0.0000***	S
Muslim	7	0	0				
Christian	25	38	2				
Annual income of the family							
Below 10,000	14	5	0	25.4815	6	0.0003***	S
10001-15,000	23	26	9				
15001- 20,000	0	14	5				
20000 & Above	0	3	1				
Type of family							
Nuclear	26	21	5	8.3511	2	0.0154*	S
Joint	11	27	10				
Residential background							
Urban	6	16	9	9.8004	2	0.0075**	S
Rural	31	32	6				
Experience in studying out of the state							
No any experience	25	27	2	27.6755	6	0.0001***	S
Less than 1 year	11	5	6				
2-4 years	0	15	5				
More than 4 years	1	1	2				
Total	37	48	15				

Table 9:- Association between levels of knowledge and different socio-demographic characteristics *p<0.05,

The above table shows that there is a significant association between pretest knowledge regarding adjustment, maladjustment and copying strategies with the demographic variables such they include, like age, gender, religion, monthly income of the family, type of family, residential background and experience in studying out of the state and therefore, the research hypothesis H_2 "There will be significant association between the level of knowledge and selected socio-demographic variables" as stated by the investigator earlier was accepted.

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