

ANALYTICAL STUDY ON ADJUSTMENT LEVEL OF POSTGRADUATE STUDENTS

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Abstract: The purpose of this study is to see the Adjustment level of Post graduate students in four areas i.e. home, health, social, and emotional who are studying in different departments of different University situated in Manipur state. In this study four different areas. **Bell's Adjustment Inventory, DR. R.K. Ojha (2005)**, questionnaires is used for the data collection. The inventory consists of 140 questions and measures adjustment level in the areas of Home, health, social, emotional. The data are collected from 152 both male and females Post graduate students of D.M. (Dhanamanjuri) University, Manipur University and National Sports University of different departments for the purpose of the study. To see the Adjustment level of students in four areas one sample & two samples Chi-square test (ordinal and nominal data) was employed. The variables were analysed in two approach i.e. critical value approach and p-value approach. Hypothesis Testing was done through Chi-Square tests at 0.05 level of significant was employed to see the null hypothesis were accepted or rejected.

It is evident that the percentage of adjustment level for postgraduate students of Manipur is highest in average level and lowest in excellent level for Family, health, and social level of adjustment, but for emotional level of adjustment is highest in Very unsatisfactory and lowest in excellent in average level in emotional areas of adjustment, and the p-value of all four parameter is smaller than the significant value. There is no significant difference in all the four area of Adjustment in Post Graduate students of Manipur

Keywords: Home, health, social, emotional, Bell's Adjustment Inventory, Post graduate students, D.M. (Dhanamanjuri) University, Manipur University and National Sports University.

Introduction:

In psychology, adjustment is the condition of a person who is able to adapt to changes in their physical, occupational, and social environment. In other words, adjustment refers to the behavioral process of balancing conflicting needs or needs challenged by obstacles in the environment. Humans and animals regularly adjust to their environment.

In general, the adjustment process involves four parts:

1. A need or motive in the form of a strong persistent stimulus
2. The thwarting or non-fulfillment of this need
3. Varied activity, or exploratory behaviour accompanied by problem-solving
4. Some response that removes or at least reduces the initiating stimulus.

Adjustment is a process by which an individual learns certain ways of behavior to cope and adjust to the situation which he/she attains through harmony with his/her social environment. After completing school many students join different colleges and institutions for their further education. The transition to college can be a stressful experience for students. College is an exciting time of life one led by many profound transitions in preparation for an exciting and fulfilling future. They have to adjust to their own changes in personality on one side and the changing socioeconomic environment on the other side. Adjustment during the period of adolescence will determine to a large extent what they will be as a person as an adult. Adjustment implies a constant interaction between the person and their environment, each making demands on the other. Adjustment is very must important in order to run our livelihood smoothly. In order to know the way of adjustment done by people in their day-to-day life, the researcher will consider four areas of adjustment i.e. home, health, social, and emotional for research purposes.

Home Adjustment: The home promotes satisfaction and security. The degree of adjustment of an individual exhibits in her behaviour with others. So is the ease with home adjustment, if one is well adjusted at home, most probably she must have been well adjusted socially because the adjustments in different walks of life are related and effective to each other. So, the home adjustment of students should be a healthy one. The reaction of well- and poorly-adjusted students is clearly seen in their behaviour with their class fellows. A well-adjusted child will be more cherished and happier than a poor-adjusted child.

Health Adjustment: Health also plays a prime role in the development of one's personality. Sound health is the source of satisfaction and adjustment. The person should be physically as well as mentally healthy. A physically and mentally healthy person always feels well-adjusted in society than an unhealthy one. An unhealthy person always cries for her weakness and cannot participate fully with others. Physically and mentally healthy people will be less guided by emotions. This is known as the roof of personality. Such physically and mentally healthy person feels secure and content in their life.

Social Adjustment: It is generally said that humans are social animals. In reference to this, we may say that a person develops their personality in their social environment. They try to mold themselves according to their society's social values and ideals and to achieve these values and ideals, their activities and behaviours will be the same as other members of the society, in which they live and where their social needs and desires are satisfied. And then they feel themselves socially adjusted. The area of social adjustment is influenced by the social maturity of the person. Maturity in social relationships means establishing good relations with family, neighbours, playmates, classmates, teachers, and other members of society.

Emotional Adjustment: A person is emotionally adjusted if she expresses emotion in a proper situation in a proper form. An emotionally stable person may be well adjusted and emotionally unstable conditions cause mental disorders and maladjustment. Emotional adjustment is essential for creating a sound personality. It is the roof of personality adjustment and physical, intellectual mental and esthetical adjustments are possible when emotional adjustment is made. Various studies have explored the impact of different factors on students' adjustment, particularly in the areas of home environment, health, social relationships, and emotional stability. Alam Md. Mahmood (2017) conducted a study to investigate the impact of family dynamics on adolescents' adjustment. Using a descriptive survey method and Adjustment Inventory developed by Sinha and Singh (1971), the study revealed significant differences in emotional, social, and educational adjustment between adolescents from nuclear and joint families. This study emphasized how family structure

plays a key role in adolescents' overall adjustment. Similarly, Kaur Jaspreet and Pushkrit Gupta (2019) studied the influence of the home environment on the adjustment of secondary school students in Sangrur district, Punjab, finding that various dimensions of the home environment, such as control, protectiveness, and permissiveness, were significantly correlated with students' adjustment in home, health, social, and emotional domains.

Basu, S. (2012) examined the effect of adjustment on senior secondary school students in Aligarh. The study, which included 220 students from rural and urban areas, found significant differences in adjustment based on gender, locale, academic stream, and school type. These findings suggest that various external factors—such as gender and environment—play a crucial role in students' adjustment. In another related study, Enochs, W. K. R., and Catherine, B. (2006) investigated the relationship between living environment, gender, and overall adjustment in college freshmen. Their research found that male students generally exhibited higher levels of overall adjustment compared to female students, regardless of living environment. Additionally, students in Freshmen Year Experience (FYE) halls showed significantly better social adjustment compared to those in traditional residence halls, underscoring the influence of living conditions on social adjustment.

This study aims to examine the adjustment levels of post-graduate students in Manipur across these four domains—home, health, social, and emotional. The research focuses on students from different departments at three major universities in the state: D.M. University, Manipur University, and National Sports University. The study employs Bell's Adjustment Inventory to assess these students' adjustment levels and to explore potential differences in adjustment across the four areas. By doing so, it seeks to identify common adjustment issues and contribute to a deeper understanding of the challenges faced by students during this important phase of their educational journey.

These studies collectively highlight the importance of both family and environmental factors in shaping students' ability to adjust. Building on this research, the present study aims to further explore how the home, health, social, and emotional factors influence the adjustment of post-graduate students in Manipur, providing insights into the specific challenges faced by students in this region during their educational journey.

METHODOLOGY

SELECTION OF SUBJECT (PARTICIPANT/SAMPLE):

The subject of the study was chosen from the student population of Manipur. They were all adolescent students studying at Manipur University (M.U), Dhanamanjuri University (D.M.U), and National Sports University (N.S.U) in Manipur. The research scholar selected 152 postgraduate students from M.U., D.M.U, and N.S.U.

Selection of variables:

1. **Bell's Adjustment Inventory, DR. R.K. Ojha(2005)**

The inventory consists of 140 items. It measures adjustment on the lines of Bell's Adjustment Inventory in the areas of:

- (i) home
- (ii) health
- (iii) social
- (iv) emotional

Sample size:

The subject of the study selected 152 postgraduate students of Manipur from Dhanamanjuri University, Manipur University, and National Sports University.

Selection of questionnaire:

This study is aimed at finding out the problems of adjustment faced by the students of Manipur.

The selected questionnaire is:

1. Bell's Adjustment Inventory (BAI-o), Dr. R.K. Ojha, Dt.13.5.05, ISBN: 978-93-89489-58-3, National Psychological Corporation, Agra

Test Administration:

The primary method of data collection was adopted in the study. Each subject was contacted and a questionnaire booklet containing all the areas used in this study was given and requested to answer the question in the booklet according to the instructions furnished at the beginning of the questionnaire. The students were assured of the confidentiality of their responses and encouraged to express their ideas and opinions freely and frankly. Precautions were also taken to obtain good results. On average, it took 30 minutes for the respondents to fill in the questionnaire that was collected by the investigator personally. The responses were scored according to the method, of the respective scales and the results were tabulated for further analysis.

Statistical procedure:

The researcher used descriptive statistics to determine problems of adjustment in the different areas of postgraduate students of Manipur. To see the relationship between the four areas of adjustment variables i.e. home, health, social, and emotional faced by postgraduate students of Manipur and to find out the significant difference in postgraduate students in four different areas of adjustment the statistical technique Chi-square test was employed at 0.05 of significance level.

Analysis of data:

For the purpose of study the data descriptive statistics were used. **Bell's Adjustment Inventory** is a totally negative inventory. When an individual answers 'Yes', it indicates his difficulties. If he answers 'No', it indicates that the individual has no such difficulties. His answer is neither affirmative nor negative towards difficulties. Therefore, only 'Yes' responses are scored to measure adjustment difficulty.

The adjustment level score for Postgraduate students of Manipur will be interpreted by using The Bell's Adjustment Inventory for Post-Graduate students for four Areas of the Inventory norms below Table no. 1,

Results:

Table 1: General Norms of Adjustment for Post-Graduate Students

INTERPRETATION	RANGE OF SCORES			
	Home	Health	Social	Emotional
Excellent	4 & below	1	6 & below	2
Good	5-7	2-3	7-9	2-3
Average	8-14	4-10	10-16	4-12
Unsatisfactory	15-17	11-13	17-19	13-16
Very Unsatisfactory	18 & above	14 & above	20 & above	17 & above

Further, for comparison of Adjustment levels in Postgraduate students of Manipur in four different areas of adjustment the statistical technique Chi-Square test was employed at 0.05 significance level.

Table 2: Observed frequency, percentage & graphical representation of Family Level of Adjustment in association with Postgraduate Students of Manipur

FAMILY LEVEL OF ADJUSTMENT	Average	Excellent	Good	Unsatisfactory	Very Unsatisfactory	Grand Total
Female	37	1	5	13	16	72
Male	33	1	9	16	21	80
Grand Total	70	2	14	29	37	152

FAMILY LEVEL OF ADJUSTMENT	Average	Excellent	Good	Unsatisfactory	Very Unsatisfactory	Grand Total
Female	51%	1%	7%	18%	22%	72
Male	41%	1%	11%	20%	26%	80
Grand Total	46%	2%	9%	19%	24%	152

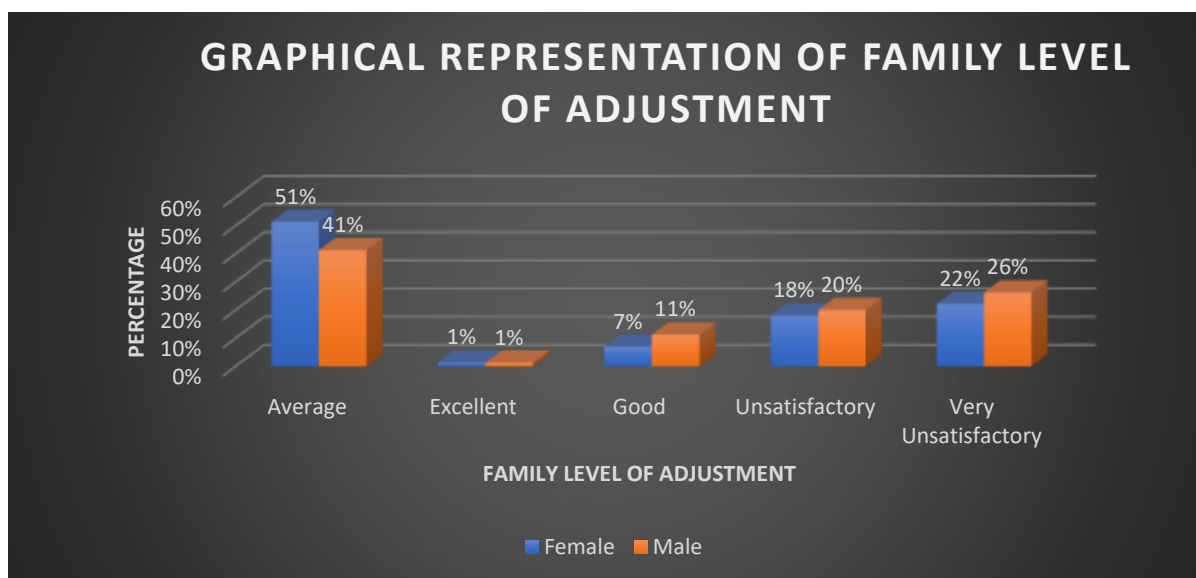


Table 2 indicates that the Family Level of Adjustment for Males is 41% on average, 1% excellent, 11% good, 20% unsatisfactory, and 26% very unsatisfactory, and for Females, 51% average, 1% excellent, 7% good, 18% unsatisfactory, and 22% very unsatisfactory. The total family level of adjustment for both males and females is 46% on average, 2% on excellent, 9% on good, 19% on unsatisfactory, and 24% on very unsatisfactory. It also shows that the Family adjustment level of the postgraduate students was found to be highest at the average level and the lowest at the excellent level, 46%, and 2% respectively.

Table 3: The proportion of Family Level of Adjustment associated with Postgraduate Students of Manipur

FAMILY LEVEL OF ADJUSTMENT	Postgraduate students	Expected frequency (E)	(O-E)	(O-E) ²	(O-E) ² /E
Average	70	30.4	39.6	1568.16	51.58421053
Excellent	2	30.4	-28.4	806.56	26.53157895
Good	14	30.4	-16.4	268.96	8.847368421
Unsatisfactory	29	30.4	-1.4	1.96	0.064473684
Very Unsatisfactory	37	30.4	6.6	43.56	1.432894737
Grand Total	152			X² value	88.460527

Degree of freedom (5-1) = 4, level of significance = 0.05, X² critical value = 9.487729

Since the calculated Chi-square value of X² = 88.460527 is greater than the critical Chi-square tabulation value of (CV = 9.487729), this is strong evidence to reject the null hypothesis of difference in the Proportion of Family-level adjustment associated with Postgraduate students at 0.05 level of significance.

X² value and P-value of the Family level of adjustment associated with Postgraduate students of Manipur

	value	P-value
FAMILY LEVEL OF ADJUSTMENT	9.487729	2.79557E-18

Degree of freedom (5-1) = 4, level of significance = 0.05, X² critical value = 9.487729

The p-value 2.79557E-18 means $-0.00000000027 \leq .05$, rejected the null hypothesis and its adjustment level is not equally distributed. So, there is strong evidence of a difference in the proportion of Family-level adjustment associated with postgraduate students of Manipur.

Table 4: Observed frequency, percentage & graphical representation of Health Level of Adjustment in association with Postgraduate Students of Manipur

HEALTH LEVEL OF ADJUSTMENT	Average	Excellent	Good	Unsatisfactory	Very Unsatisfactory	Grand Total
Female	27	1	4	15	25	72
Male	43	1	5	16	15	80
Grand Total	70	2	9	31	40	152

HEALTH LEVEL OF ADJUSTMENT	Average	Excellent	Good	Unsatisfactory	Very Unsatisfactory	Grand Total
Female	38%	1%	6%	21%	35%	72
Male	54%	1%	6%	20%	19%	80
Grand Total	46%	2%	6%	20%	26%	152

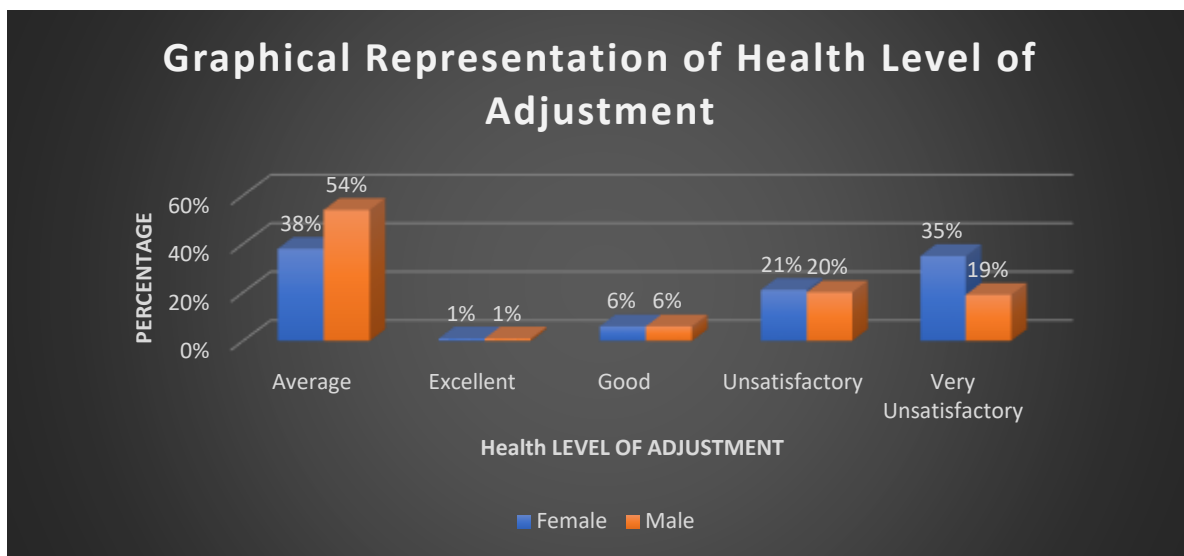


Table 4 indicates that the health Level of Adjustment for Males is 54% on average, 1% excellent, 6% good, 20% unsatisfactory, and 19% very unsatisfactory, and for Females, 38% average, 1% excellent, 6% good, 21% unsatisfactory, and 35% very unsatisfactory. The total family adjustment level for males and females is 46% on average, 2% on excellent, 6% on good, 20% on unsatisfactory, and 26% on very unsatisfactory. It also shows that the health adjustment level of the postgraduate students was found to be highest at the average level and the lowest at the excellent level, 46%, and 2% respectively.

Table 5: The proportion of Health Level of Adjustment in Association with Postgraduate Students of Manipur

HEALTH LEVEL OF ADJUSTMENT	Postgraduate students	Expected frequency (E)	(O-E)	(O-E) ²	(O-E) ² /E
Average	70	30.4	39.6	1568.16	51.58421053
Excellent	2	30.4	-28.4	806.56	26.53157895
Good	14	30.4	-16.4	268.96	8.847368421
Unsatisfactory	29	30.4	-1.4	1.96	0.064473684
Very Unsatisfactory	37	30.4	6.6	43.56	1.432894737
Grand Total	152			X² value	88.46052632

Degree of freedom (5-1) = 4, level of significance = 0.05, X² critical value = 9.487729

Since the calculated Chi-square value of $X^2 = 96.22368421$ is greater than the critical Chi-square tabulation value of ($CV = 9.487729$), this is strong evidence to reject the null hypothesis of equal Proportion of health level of adjustment associated with Postgraduate students at 0.05 level of significance.

X² value and P-value of Health level of adjustment associated with Postgraduate students of Manipur

HEALTH LEVEL OF ADJUSTMENT	value	P-value
	9.487729	2.79557E-18

Degree of freedom (5-1) = 4, level of significance = 0.05, X² critical value = 9.487729

The p-value 2.79557E-18 means $-0.00000000027 \leq .05$ rejecting the null hypothesis and its adjustment level is not equally distributed. Therefore, there is strong evidence of a difference in the proportion of health level adjustment associated with postgraduate students of Manipur.

Table 6: Observed frequency, percentage & graphical representation of Social Level of Adjustment in association with Postgraduate Students of Manipur

SOCIAL LEVEL OF ADJUSTMENT	Average	Excellent	Good	Unsatisfactory	Very Unsatisfactory	Grand Total
Female	27	1	2	20	22	72
Male	23	0	5	20	32	80
Grand Total	50	1	7	40	54	152

SOCIAL LEVEL OF ADJUSTMENT	Average	Excellent	Good	Unsatisfactory	Very Unsatisfactory	Grand Total
Female	38%	1%	3%	28%	31%	72
Male	29%	0%	6%	25%	40%	80
Grand Total	33%	1%	5%	26%	36%	152

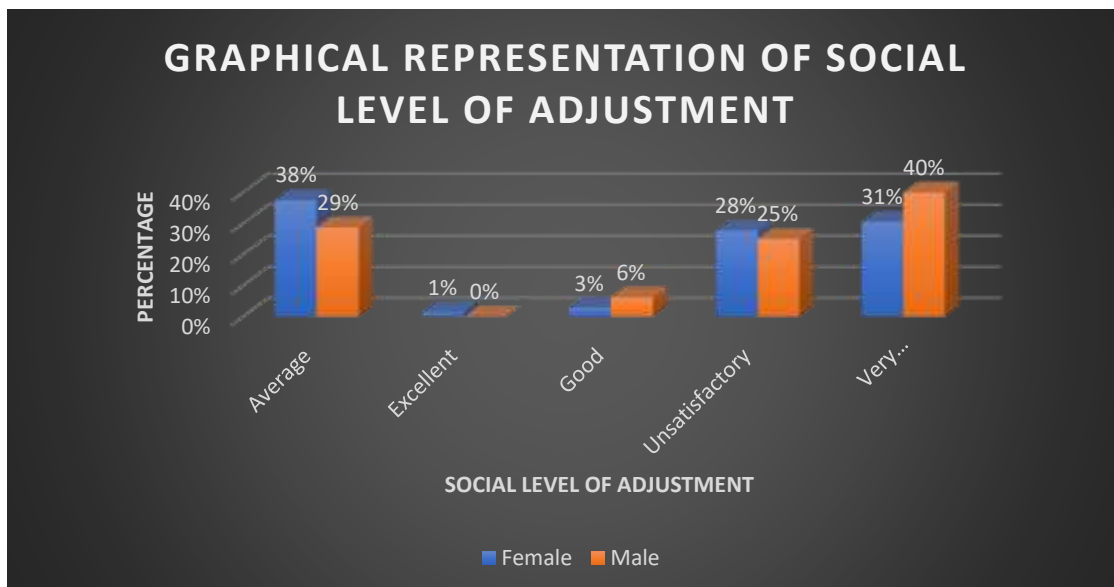


Table 6 indicates that the Social Level of Adjustment for Males is 29% on average, 0% excellent, 6% good, 25% unsatisfactory, and 40% very unsatisfactory, and for Females, 38% average, 1% excellent, 3% good, 28% unsatisfactory, and 31% very unsatisfactory. The total family level of adjustment for both males and females is 33% on average, 1% on excellent, 5% on good, 26% on unsatisfactory, and 36% on very unsatisfactory. It also shows that the social adjustment level of the postgraduate students was highest at the average level and the lowest at the excellent level, 33%, and 1% respectively.

Table 7: The proportion of Social Level of Adjustment in Association with Postgraduate Students of Manipur

SOCIAL LEVEL OF ADJUSTMENT	Postgraduate students	Expected frequency (E)	(O-E)	(O-E) ²	(O-E) ² /E
Average	50	30.4	19.6	384.16	12.63684211
Excellent	1	30.4	-29.4	864.36	28.43289474
Good	7	30.4	-23.4	547.56	18.01184211
Unsatisfactory	40	30.4	9.6	92.16	3.031578947
Very Unsatisfactory	54	30.4	23.6	556.96	18.32105263
Grand Total	152	152		X² value	80.43421054

Degree of freedom (5-1) = 4, level of significance = 0.05, X² critical value = 9.487729

Since the calculated Chi-square value of X² 80.43421054 is greater than the critical Chi-square tabulation value of (CV = 9.487729), this is strong evidence to reject the null hypothesis of difference in Proportion of Social level of adjustment associated with Postgraduate students at 0.05 level of significance.

X² value and P-value of social level of adjustment associated with Postgraduate students of Manipur

HEALTH LEVEL OF ADJUSTMENT	value	P-value
	9.487729	1.40932E-16

Degree of freedom (5-1) = 4, level of significance = 0.05, X² critical value = 9.487729

The p-value 1.40932E-16 means $-0.00000000014 \leq .05$ rejecting the null hypothesis and its adjustment level is not equally distributed. Hence, there is strong evidence of a difference in the proportion of Social level adjustment associated with postgraduate students of Manipur.

Table 8: Observed frequency, percentage & graphical representation of Emotional Level of Adjustment in association with Postgraduate Students of Manipur

EMOTIONAL LEVEL OF ADJUSTMENT	Average	Excellent	Good	Unsatisfactory	Very Unsatisfactory	Grand Total

Female	14	2	1	12	43	72
Male	32	1	3	13	31	80
Grand Total	46	3	4	25	74	152

EMOTIONAL LEVEL OF ADJUSTMENT	Average	Excellent	Good	Unsatisfactory	Very Unsatisfactory	Grand Total
Female	19%	3%	1%	17%	60%	72
Male	40%	1%	4%	16%	39%	80
Grand Total	30%	2%	3%	16%	49%	152

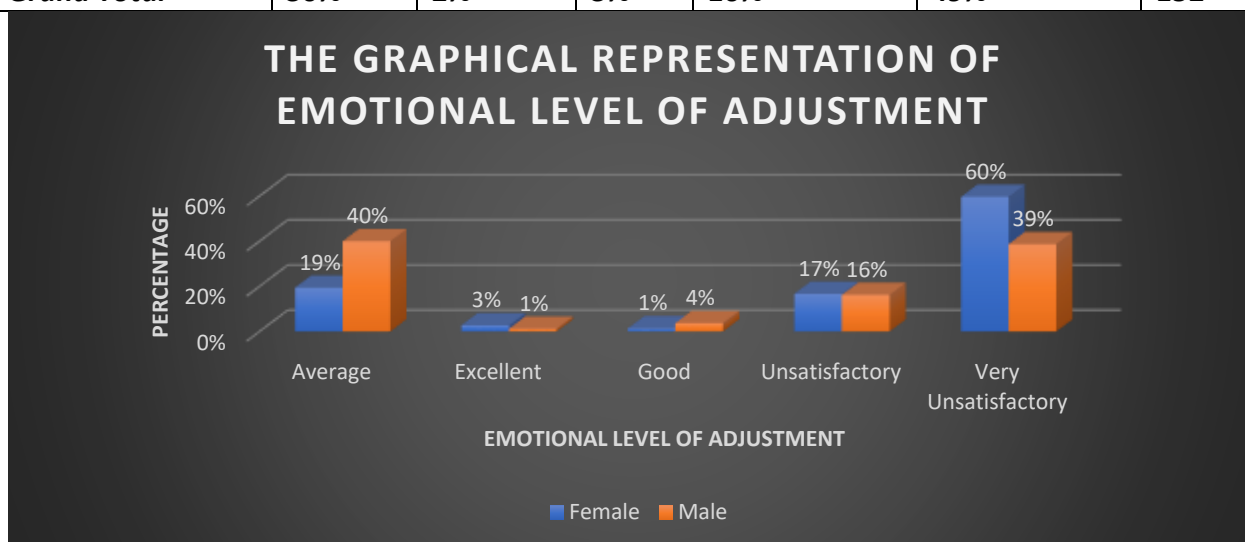


Table 8 indicates that the Emotional Level of Adjustment for Males is 40% on average, 1% excellent, 4% good, 16% unsatisfactory, and 39% very unsatisfactory, and for Females, 19% average, 3% excellent, 1% good, 17% unsatisfactory, and 60% very unsatisfactory. The total family level of adjustment for both males and females is 30% on average, 2% on excellent, 3% on good, 16% on unsatisfactory, and 49% on very unsatisfactory. It also shows that the Emotional adjustment level of the postgraduate students was highest at the very unsatisfactory level and the lowest at the excellent level, 49%, and 2% respectively.

Table 9: The proportion of Emotional Level of Adjustment in Association with Postgraduate Students of Manipur

EMOTIONAL LEVEL OF ADJUSTMENT	Postgraduate students	Expected frequency (E)	(O-E)	(O-E)²	(O-E)²/E
Average	46	30.4	15.6	243.36	8.0052631

					58
Excellent	3	30.4	-27.4	750.76	24.69605263
Good	4	30.4	-26.4	696.96	22.92631579
Unsatisfactory	25	30.4	-5.4	29.16	0.959210526
Very Unsatisfactory	47	30.4	16.6	275.56	9.064473684
Grand Total	152	152		X² value	65.65131579

Degree of freedom (5-1) = 4, level of significance = 0.05, X² critical value = 9.487729

Since the calculated Chi-square value of X² 65.65131579 is greater than the critical Chi-square tabulation value of (CV = 9.487729), this is strong evidence to reject the null hypothesis of difference in the Proportion of Emotional level of adjustment associated with Postgraduate students at 0.05 level of significance.

X² value and P-value of Emotional level of adjustment associated with Postgraduate students of Manipur

HEALTH LEVEL OF ADJUSTMENT	value	P-value
	9.487729	1.87605E-13

Degree of freedom (5-1) = 4, level of significance = 0.05, X² critical value = 9.487729

The p-value 1.87605E-13 means $-0.00000000018 \leq .05$ rejecting the null hypothesis and its adjustment level is not equally distributed. There is strong evidence of a difference in the proportion of Emotional level adjustment associated with postgraduate students of Manipur.

Discussion of findings:

Using the Bell's Adjustment Inventory for Postgraduate Students, the adjustment level scores of both Male and female Postgraduate students of Manipur were interpreted for four Areas: Home, health, social, and emotional.

According to Bell's Adjustment Inventory, the family adjustment level among postgraduate students in Manipur shows that the average level is the most common at 46%, while the excellent level is the least common at just 2%. The calculated Chi-square value (X² = 88.460527) exceeds the critical Chi-square tabulated value (CV = 9.487729), and the p-value (2.79557E-18) is significantly lower than the 0.05 threshold. This leads to the rejection of the null hypothesis, indicating that the adjustment levels are not equally distributed. Therefore, there is strong statistical evidence to support the claim that differences exist in the proportion of family adjustment levels among postgraduate students at the 0.05 level of significance.

Similarly, for the health adjustment level among postgraduate students in Manipur, the average level is the most prevalent at 46%, while the excellent level is the least common at just 2%. The calculated Chi-square value (X² = 88.46052632) exceeds the critical Chi-square tabulated value (CV = 9.487729), and the p-value (2.79557E-18) is significantly lower than the 0.05 threshold. This leads to the rejection of the null hypothesis, indicating that the health

adjustment levels are not equally distributed. Therefore, there is strong statistical evidence to support the claim that differences exist in the proportion of health adjustment levels among postgraduate students at the 0.05 level of significance.

For the social adjustment level among postgraduate students in Manipur, the average level is the most common at 33%, while the excellent level is the least common at just 1%. The calculated Chi-square value ($X^2 = 80.43421054$) exceeds the critical Chi-square tabulated value ($CV = 9.487729$), and the p-value ($1.40932E-16$) is significantly lower than the 0.05 threshold. As a result, the null hypothesis is rejected, indicating that social adjustment levels are not equally distributed. Therefore, there is strong statistical evidence to support the claim that differences exist in the proportion of social adjustment levels among postgraduate students at the 0.05 level of significance

Similarly, for the emotional adjustment level among postgraduate students in Manipur, the very unsatisfactory level is the most prevalent at 49%, while the excellent level is the least common at just 2%. The calculated Chi-square value ($X^2 = 65.65131579$) exceeds the critical Chi-square tabulated value ($CV = 9.487729$), and the p-value ($1.87605E-13$) is significantly lower than the 0.05 threshold. Consequently, the null hypothesis is rejected, indicating that emotional adjustment levels are not equally distributed. Therefore, there is strong statistical evidence to support the claim that differences exist in the proportion of emotional adjustment levels among postgraduate students at the 0.05 level of significance.

Conclusion:

The findings of this study reveal significant differences in the adjustment levels of postgraduate students in Manipur across the four domains of home, health, social, and emotional adjustment. The analysis, based on Bell's Adjustment Inventory, indicates that for each area—family, health, social, and emotional adjustment—there is a clear disparity in the distribution of adjustment levels. The Chi-square values for all areas significantly exceed the critical values, and the p-values are well below the 0.05 significance threshold, leading to the rejection of the null hypothesis in all cases. This provides strong statistical evidence that the adjustment levels of postgraduate students in Manipur are not uniformly distributed and vary across these domains. In conclusion, the study emphasizes the need to address these differences to enhance students' overall well-being and academic performance, particularly in the emotional adjustment area, which was notably more problematic. The findings suggest that targeted interventions may be necessary to support students in achieving better adjustment across all areas.

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