

Investigating the Relationship Between College Adjustment and Quality of Life Amongst Delhi University Students

Ekta Bhambri Marwaha*, Komalpreetkaur**, IshaJohar***, Chetna and Aanchal Choudhary***

Abstract

During the last three decades, increasing attention has been given to personality development and adjustment problems of college students. A growing number of studies have been directed towards exploring various aspects of the problems encountered by the college students. Therefore the aim of this study was to explore the relationship between College Adjustment and Quality of life amongst Delhi university undergraduate students. The sample of the present study consisted of 60 undergraduate students (30M, 30 F) within the age group of 17-21 years, who were administered CAS and QOLI. The objectives of the present study were: (1) To investigate the relationship b/w College adjustment scale & quality of life and (2) To find out whether any significant difference exists in college adjustment and quality of life of students with respect to their gender. The tools which were used for the present study was CAS by Anton and Reed (1991), is a multi-dimensional scale measuring psychological distress, relationship conflict, low self-esteem, academic and career choice difficulties. (Anton, & Reed, 1990). Another tool was Quality of Life inventory (QOLI) by Michael Frisch (1992) is also multi-dimensional scale measuring satisfaction in 16 areas. QOLI provides a score that indicates a person's overall satisfaction with life. Once the data was collected the raw scores were converted into T scores and percentile scores with the help of the CAS profile sheet QOLI sheet. After which descriptive statistics like mean and S.D was applied as well as correlation and t test were calculated. There was a positive correlation between college adjustment and quality of life. No significant difference was observed between male and females on college adjustment.

Key words: Adjustment, quality of life

* Asst Prof, Dept of Applied Psychology, S.P.M College, University of Delhi

** Research Scholar Delhi University

*** Undergraduate student, S.P.M College, University of Delhi