



THE IMPACT OF ADJUSTMENT TO HOSTEL LIFE ON THE ACADEMIC PERFORMANCE OF HIGHER SECONDARY LEVEL GIRLS STUDENTS

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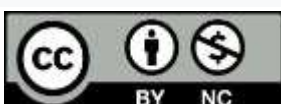
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Abstract: This study explores the adjustment with their reaction between academic achievements on higher secondary girls adjustment was assessed across dimensions of health, social, emotional and educational. Finding revealed that fluster students hundred hostel girl students were selected and their adjustment was assessed through interview and group discussion, there was significant positive correlation was found between adjustment level and academic achievement. This study focuses on how girls manage in hostels and how they complete their education girls. This study will prove useful for the girls students living in the hostel, management, teachers, their colleges and the society. The study recommends the implementation of counseling services, teachers and improved students adjustment and academic not comes.

Key words: *Hostel, Adjustment, Academic Achievement.*

Introduction:

A hostel serves as a place of residence for students—both male and female—who have traveled far from their families and home regions to pursue their education. These establishments are typically administered by schools, institutions, or community organizations. In addition to providing accommodation, they offer facilities and resources designed to foster the physical, mental, and moral development of the students, alongside provisions for meals and recreation. In today's changing environment, while a materialistic mindset is on the rise on one hand, the pressures and challenges of academic life have, on the other, become an integral part of a student's existence. Living in a hostel gives rise to various situations that directly or indirectly influence a student's behavior.





Hostel Environment:

Education refines the human personality, enabling individuals to distinguish between right and wrong; through discipline and dedication, it thus molds the character of children. Inspired by these very qualities of education, governments across the globe have pledged to achieve 100% literacy; our government, too, is making tireless efforts to ensure the attainment of universal literacy. However, the geographical distribution of these states is so scattered that a cohesive, large-scale community has not been able to form there; consequently, there is a scarcity of School and Colleges. As a result, students leave their native lands to reside in hostels.

Enter the hostel environment only after having imbibed fundamental values and upbringing from their families. At this stage of life, one is at an age where the primary objective is to learn as much as possible from one's surroundings. Consequently, the effective management of hostels exerts a profound influence on the personal lives of students. At times, however, the atmosphere within hostels can become vitiated, thereby adversely affecting the students' personal lives. The hostel environment impacts their intellect, psychological adjustment, and levels of anxiety. Indeed, a multitude of factors—including the general surroundings, family background, peer associations, socio-geographic environment, economic status, school, and the hostel itself—collectively influence the students' intellect, adjustment capabilities, and anxiety levels.

Adjustment:

Adjustment refers to engaging in appropriate behavior in order to maintain harmony with in a given situation. According to Gehas and others, the concept of adjustment is interpreted in two ways. Firstly, adjustment is a continuous process aimed at establishing a balance with the environment. Secondly, adjustment is a state of equilibrium; upon reaching this state, an individual is considered to be well-adjusted.

Academic Achievement :

Academic achievement is the extent to which a student, teacher or institution has attained short or long term educational goal, measured by assessments, greats and milestones like diploma. It represents the successful acquisition of knowledge skill, and proficiency in academic settings.

Methodology:

Objective :

To Compare adjustment and academic achievement.

Hypothesis :

Adjustment has no effect on academic achievement.





Tools :

Interview and group meeting.

Variables :

Depended – Adjustment academic achievement

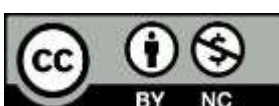
In depended – Hostel

Analysis:

- **Academic Performance** : Inability to adjust to new school environments often results in falling grades and lower levels of academic achievement.
- **Mental Health & Emotion** : Poorly adjusted students frequently experience high stress, anxiety and low emotional resilience, which directly interferes with learning and concentration.
- **Social & Peer Relationships** : Challenges in adjusting socially, including adapting to new cultural.
- **Academic Adjustment** : Adapting to academic requirements and school environments.
- **Social Adjustment** : Interacting effectively with peers and teachers.
- **Personal/Emotional Adjustment** : Maintaining a positive self-concept and managing problems, daily routines and decision-making alone, accelerating maturity.
- **Emotional & Mental Strain** : Hostellers often experience higher rates of loneliness, anxiety and homesickness compared to those living at home.
- **Adaptation to Structure** : Students must adjust to rigid rules, strict timings, shared spaces and varying food quality.
- **Academic Impact** : while some studies suggest no significant difference in academic performance, other suggest that day scholars may experience better academic adjustment likely due to a more stable home environment.

Social & Interpersonal :

- **Development** : Hostellers often develop stronger social skills due to constant interaction with diverse peers, leading to improved adaptability, though it can also cause social stress.





- **Independence & Self-Reliance** : Living away from home forces students to handle personal problems, daily routines and decision-making alone accelerating maturity.
- **Emotional & Mental Strain** : Hostellers often experience higher rates of loneliness, anxiety and homesickness.

Variations in Adjustment :

- **Gender Differences** : Studies suggest that while both experience high levels of overall adjustment female hostellers may face distinct health and emotional challenges.
- **Long-Term Outcome** : Despite initial difficulties, many hostellers report high satisfaction with their social and intellectual growth, resulting in strong long-term, positive and overall adjustment.
- **Social & Peer Relationship** : Challenges in adjusting socially, including adapting to new cultural environment, can cause feelings of isolation, homesickness and lack of motivation.
- **Attendance** : Emotional and social adjustment issues often lead to chronic absenteeism and reduced participation in school activities.
- **Cultural Transition** : International or moving students often face "culture shock," requiring significant emotional adaptation to new languages, social norms and academic expectations.

Common Factors Affecting Adjustment :

- **Academic Pressure** : Students often struggle to adjust to higher academic standards or changing learning methods.
- **Social Environment** : The quality of relationships with peers and teachers plays a major role in how well students adapt.
- **Support Systems** : Lack of adequate support (parental guidance or counseling) often exacerbates adjustment issues.
- **School Resources** : The type of school environment (e.g. funding available extracurricular) can either facilitate or hinder the adjustment process.

Finding and Results :

1. Through interview and group discussion with the girls it was found that girls with higher adjustment level to effect on academic result.





2. Proper adjustment fosters motivation, resilience, and better grades, while poor adjustment leads of stress, anxiety and under performance.
3. Girls with higher adaption skill exhibit improved focus and higher academic achievement.
4. For enhancing students success it is important to focus on developing better social and emotional skills, which in turn can lead to higher achievement.
5. A positive correlation was observed between adjustment and academic achievement of higher secondary school girls.

Practical Implications :

The hostel administration should pay greater attention to the facilities provided within the hostel; in particular, they should not overlook the behavior of fellow residents.

Educational Implications :

The hostel environment should serve as a source of inspiration for students, thereby facilitating progressive advancement in their academic development. Furthermore, concerted efforts are required to ensure a high level of adjustment and adaptation.

Social Implications :

Hostel life constitutes a pivotal component of students' academic existence—a life they embrace by leaving their homes behind for the purpose of learning. Educational authorities must pay close attention to the various factors within hostel life that exert an influence on academic performance.

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