

**STATUS OF ADJUSTMENT AMONG THE STUDENTS PURSUING FOUR YEAR
UNDER GRADUATE PROGRAMME (NEP 2020)**

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ABSTRACT

Change is the only constant aspect of any society and adjustment is one of the major concerns in the society. In the current scenario education in India has taken a new turn after the introduction of NEP2020. The changes in the structure and pattern of higher education might have aroused some adjustment problem among the students. Adjustment can be understood as a process of adapting oneself by an individual in different situation or environment. Adjustment is one of the major concerns in the present era where every aspect and stage of an individual's life influenced by different factors. This study aims to study the status of Adjustment among the undergraduate students pursuing Four Years Under Graduate Programme under NEP2020. The study tends to study the level of adjustment among the students, difference between the level of adjustment between male and female and tribal and non-tribal students. The investigator has selected 226 students as the sample of the study. The study implemented Adjustment Inventory Scale developed and standardized by H. S. Asthana for the study. The study revealed that the students had satisfactory level of adjustment while pursuing Four Years Under Graduate Programme under NEP2020, there was no influence of gender and community on the level of adjustment among the students.

Keywords: FYUGP, NEP, Adjustment, Gender, Tribal, Non-tribal, Adolescence.

- **FYUGP – Four Years Under Graduate Programme**
- **NEP – National Education Policy**

Introduction

India has witnessed many changes in educational sector during the pre-independence and post independence as well. After 1947 based on the recommendation of different commissions and committees, Indian education has come across multiple reformations, likewise the National Education Policy 2020 was introduced with new structure and pattern. The NEP 2020 has been framed concentrating on every stage of education and emphasizing on all the aspects related to education. NEP 2020 has brought a diverse vision in regard to higher education in India, higher is an essential tool for shaping up the nation and its more about equipping the citizens for better

future. Some of the important changes by NEP 2020 in the pattern and structure of higher education are discussed as follows:

- NEP2020 recommends a four-year undergraduate program that is multidisciplinary with multiple exits and multiple entries with scope for skill development.
- NEP2020 recommends the establishment of a National Academic Credit Bank (NAC-Bank) to facilitate the transfer and accrual of academic credits among institutions.
- NEP 2020 states that a flexible curriculum should allow students to choose from a range of classes and subjects to fit their individual interests and career goals. In order to promote academic achievement and enhance mobility, the strategy also recommends a credit-transfer system that would enable students to move between schools without forfeiting academic credit.
- The policy recommends developing a credit-based system for degree programs to enable students to pursue several degrees or programs concurrently.
- Common entrance exam to be conducted by NTA for admission into higher education.
- Unification of different regulatory bodies of higher education with more accountability and transparency as Higher Education Commission of India (HECI).

There are few more changes that NEP 2020 has brought in Higher Education but among all these Four Years Undergraduate Program with multidisciplinary approach and multiple entries and multiple exits has a severe impact on the students as this new pattern and structure is completely unfamiliar because the policy is still in implementing stage. A four-year undergraduate program (FYUGP) with several entry and departure options for students was proposed by the National Education Policy (NEP), 2020. This program would allow students to earn a certificate, diploma, or degree at the conclusion of their first, second, or third year, respectively. In addition to focussing on the major and minors selected by the student, it adds that the FYUGP offers "the opportunity to experience the full range of holistic and multidisciplinary education" (NEP 2020: 37).

Assam is in a very initial stage in implementing NEP 2020 in higher education. Madhabdev University situated in Lakhimpur district of Assam is the first university in Assam to implement Four Years Undergraduate Program (FYUGP) under NEP 2020. The students pursuing FYUGP under NEP 2020 in Madhabdev University were the first batch of Assam to face FYUGP under NEP2020 in the year 2022. Being the first batch the students were quite unfamiliar to the structure and pattern as a result it was assumed that adjustment might be an issue among the students.

The process through which an individual based on the needs attain a balanced state or tends to attain satisfaction is known as adjustment. In this process against all the odds of the circumstances that influences the satisfaction of the needs an organism establish a balance stated between needs and the circumstances. Adjustment is adaptation to the change in the environment, every changes in the environment be it in education or any other social setting demands adjustment. Adjustment can be understood as the process in which one has to make some adaptation in one's behavior to maintain harmonious relationship between the needs and the circumstances. In a new situation or environment people sometimes says that they are in the process of adjustment by this they typically

mean that they are trying to make some adaptation in their behavior based on the demand of the environment or the situation. The society as well as an individual is always dynamic, upcoming circumstances is never predictable there is always a new situation and every situation demands from an individual to be able to effectively perform in accordance with some guiding principles and should be able to establish a balance among various forces. Coleman (1956) is of the view that “the effectiveness of the individuals effort to his need and adapt to his environment” is called adjustment. Carter V Good mention adjustment as the process of finding and adopting modes of behavior suitable to the environment or the change in the environment.

There is individual difference among the students and intelligence is one of the key factor of their individual difference. As a result of difference in the level of intelligence among the students the adjustment patterns of students also varies from person to person. It is often seen that the adolescents have some adjustment problem at home as well as academic place, they often face adjustment problem with their parents, friends as well as other emotional issues. College students have adjustment problem in home also. Some of the major components of academic achievement are motivation to learn, taking action to meet academic demands and academic satisfaction. Social adjustment is important for students. Forming supportive network, managing new social freedom, home sickness, loneliness are social adjustment problems. Many facets of a student's life are impacted by adjustment. According to research by Yellalah (2012) and Yengimolki, S., Kalantarkousheh, S.M., and Malekitabar, A. (2015), students' academic success and adjustment were significantly correlated. Shirali¹, E., and Golestanipour, M. (2017) and Pasha, H.S. and Munaf, S. (2013) came to the conclusion that social adjustment has a major impact on university students' self-esteem. Low academic achievement, behavioural issues, unrelated educational goals, and even school dropout are all consequences of poor school adjustment (Raju & Rahamtula, 2007). Adolescents who are not appropriately adjusted experience a number of issues, including anxiety, disputes, and mental complexity. According to Archana (2011), adolescents' adjustment and mental health are significantly positively correlated. Low-adjustment students frequently develop unfavourable opinions of themselves, which has a big impact on their contentment, pleasure, and general wellbeing. The researcher found that a variety of socio-psychological factors can influence adjustment. The purpose of this study is to determine the degree of adjustment among college-bound students based on their gender and community.

Review of literature: There are many studies on college students that discussed in the college environment within its all components- satisfaction, and adjustment of the college students and a few studies have been conducted on Four Years Undergraduate Program. Bailung (2025) conducted a descriptive study on four years undergraduate program under NEP 2020 in Assam with an objective to highlight the challenges in the implementation of NEP 2020 in the higher education in Assam. Leel (1993) examined how different genders, social and psychological statuses, majors, residences, and college and study levels affected students' adjustment to university life at King Faisal University in Saudi Arabia. The results demonstrated that, with the exception of gender and place of residence, there were no statistically significant variations in the

adjustment attributable to the research factors. In his study of 625 college students, McWhiter (1997) discovered that female students are more prone than their male counterparts to feel socially isolated and lonely. In their study of 79 college students, Pittman and Richmond (2008) discovered that female students experience greater social isolation than their male counterparts. According to gender, achievement, domicile, and semester, Sulieman and Menezzel's (1999) study sought to determine the degree of adjustment among Sultan Qabous University students. The study found disparities in the personal domain attributable to gender in favour of men and that other domains except the social domain show adjustment to university life. Al Qaisy (2010) investigated how incoming students' residences affected their ability to adjust to university life, as well as how well-informed they were about the disparities in adjustment between males and females. Due to the fact that women tend to rely more on relationships and socialisation experiences in college than men do, the study's findings showed that there are notable differences between the sexes in terms of university adaptation, with a high male-item social adjustment and no differences on other items on the adjustment scale (Kenny & Rice, 1995). In order to gauge how well students at Albalqa Applied Technical University were adjusting to university life, Al-Khatib et al. (2012) used a random sample of 334 students. The results demonstrated that there were no statistically significant differences in the degree of student adjustment to university life by gender, study level, or the interaction between these variables.

Objective of the study:

1. To examine the level of adjustment among the students pursuing Four Year Under Graduate Programme under NEP 2020.
2. To examine the difference in the level of adjustment among the students pursuing Four Year Under Graduate Programme under NEP 2020 in regard to their gender.
3. To examine the difference in the level of adjustment among the students pursuing Four Year Under Graduate Programme under NEP 2020 in regard to their community (Tribal & Non-tribal).

Hypothesis of the study:

1. There is a satisfactory level of adjustment among the students pursuing Four Year Under Graduate Programme under NEP 2020.
2. There is no significant difference in adjustment level of between boys and girls students pursuing Four Year Under Graduate Programme under NEP 2020.
3. There is no significant difference in the adjustment level of tribal and non-tribal students pursuing Four Year Under Graduate Programme under NEP 2020.

Delimitations of the study:

1. The present study is delimited to only the undergraduate students of Lakhimpur, Assam.
2. The present study is delimited to only the 1st semester undergraduate students of Lakhimpur, Assam.

Methods and Techniques:

The study is based on descriptive survey method. There are 701 UG students (1st semester) pursuing Four Year Undergraduate Program under NEP 2020 at Madhabdev University, out of

which 386 female and 315 male students. And 32.29% of total populations are tribal students i.e. the numbers of tribal students are 226 and 125 of them are female and 101 are male. For this study a sample of 100 students consisting of 50 males and 50 females were purposively selected. Simple random sampling method was adopted for selecting the sample for the study. Adjustment Inventory Scale developed and standardized by H. S. Asthana was used for the study. The study is mainly based on both primary and secondary information collected from the related sources. After data collection Mean, Standard Deviation, t test etc. was used for analyzing data in order to fulfillment of pre determined objectives.

Result of the study and its interpretation:

This part of the study, investigator arranged the collected data in a tabular form and analysed the data according to the objectives stated above. The **first objective** was ‘To examine the level of adjustment among the students pursuing Four Year Under Graduate Programme under NEP 2020’. The hypothesis formulated for this objective was **Hypothesis-1** “**There is asatisfactory level of adjustment among the students pursuing Four Year Under Graduate Programme under NEP 2020.**”To know the adjustment level of UG 1st Semester students, total scores of the each individual student were calculated according to their responses and tabulate in the following way.

Table:01 Indicating the Level of adjustment of UG 1st Semester students pursuing FYUGP under NEP 2020.

UG 1 st Semester students	N	M	S D
	100	23.19	5.90

Source: Compiled from the field study

Interpretation: The above table 01 indicates that the mean score of under graduate students pursuing FYUGP under NEP2020 came out to be 23.19 regarding their adjustment and standard deviation was established as 5.90. Comparing the manual of standardized scale developed by H. S. Asthana the study reveals that these under graduate students have average adjustment level.

The **Second objective** was ‘To examine the difference in the level of adjustment among the students pursuing Four Year Under Graduate Programme under NEP 2020 in regard to their gender’. The null hypothesis formulated for the objective was **Hypothesis-2 (Ho1):** “There is no significant difference in adjustment level of between boys and girls students pursuing Four Year Under Graduate Programme under NEP 2020”. The analysis and interpretation of data related to this hypothesis was done with the help of Mean, Standard Deviation and t-test.

Table: 02. Shows the level of adjustment between male and female students.

Group	N	M	SD
Male	50	23.84	6.45

Female	50	22.53	5.28
Total	100		

Source: Compiled from the field study

From the table 02 it was found that the mean scores of male and female students established to be 23.84 and 22.53 respectively and standard deviation of them came out to be 6.45 and 5.28 respectively. It has been observed that both male and female students are average in their adjustment.

Table 03. Shows difference in the Level of adjustment between Male and Female students

Group	N	M	SD	t- value	Remark
Male	50	23.84	6.45	.27	not significant at .05 level
Female	50	22.53	95.28		

Source: Compiled from the field study

The table 03 reveals that the computed 't' value came out to be .27. Since the criterion 't' value 1.96 at .05 level of significance with 'df' 99 is greater than the computed 't' value, therefore the difference is not significant and null hypothesis is accepted. It indicates, there does not exist any significant difference among the male and female UG students pursuing FYUGP under NEP 2020 so far the adjustment is concerned. The male and female UG students exhibit equal adjustment towards their academic environment. Therefore, the null hypothesis is accepted. But looking in to the mean scores, it is understood that the male students were having slightly better adjustment ability than the female students.

The **Third Objective** was 'To examine the difference in the level of adjustment among the students pursuing Four Year Under Graduate Programme under NEP 2020 in regard to their community (Tribal & Non-tribal)'. And a null hypothesis was formulated for the objective which was (Ho2) '**There is no significant difference in the adjustment level of tribal and non-tribal students pursuing Four Year Under Graduate Programme under NEP 2020**'. The analysis and interpretation of data related to this hypothesis was done with the help of Mean, Standard Deviation and t-test.

Table 04. Showing the Level of Adjustment between Tribal and Non-Tribal students

Group	N	M	SD
Tribal	27	23.07	5.52
Non-Tribal	73	23.23	6.07
Total	100		

Source: Compiled from the field study

Above table 04 reveals that the mean scores of tribal and non-tribal students established to be 23.07 and 23.23 respectively and standard deviation of them came out to be 5.52 and 6.07 respectively. It has been observed that both tribal and non-tribal students are average in their adjustment.

Table 05. Showing the Level of Adjustment between Tribal and Non-Tribal students

Group	N	M	SD	t- value	Remark
Tribal	27	23.07	5.52	.91	not significant at .05 level
Non-Tribal	73	23.23	6.07		

Source: Compiled from the field study

The table 05 reveals that the computed ‘t’ value came out to be .91. Since the criterion ‘t’ value 1.96 at .05 level of significance with ‘df’ 98 is greater than the computed ‘t’ value, therefore the difference is not significant and null hypothesis is accepted. It indicates that there does not exist any significant difference among the tribal and non-tribal UG students pursuing FYUGP under NEP 2020 so far the adjustment is concerned. The tribal and non-tribal UG students exhibit equal adjustment towards their academic environment. Therefore, the null hypothesis is accepted.

Finding and conclusion:

The findings of the present study are;

1. The students pursuing FYUGP under NEP2020 have satisfactory level of adjustment. In the study, out of total scores 40, mean score came out 23.19.
2. It is seen that there was no significant difference found between the mean adjustment scores of male and female UG students. This concludes that gender has no influence on the adjustment level of the students.
3. Again it is also found that there exist no significant differences between tribal and non-tribal students pursuing FYUGP under NEP2020. This implies that community has no influence on the adjustment level of students. Students whether belongs to tribal or non-tribal doesn’t matter when adjustment in academic environment is concerned.
4. The study also reveals that the teachers as well the authority has well informed the students and has helped them in every confusing state without any bias.
5. The study also reveals that the implementation of NEP2020 pattern and structure would be smooth and no as such problems can be seen among the students.

Suggestions for further research:

1. The present study is confined only gender and community. In the future researches, adjustment can be studied in relation to demographic factors, type of management, locality etc
2. A comparative study can also be done on the adjustment level of government and private institutions, rural and urban areas, rich and poor students, science and arts students etc. in relation to their academic performance.

3. This study is confined only one University and students studying in 1st year. It may be extended to other Universities of Assam and students studying different Semester or years.

4. In this study only one independent variable i.e. adjustment is included. But there are many other variables like emotional intelligence, interest, self concept, stress factors, mental health etc. may be included in the further researches that have a great impact in enhancing the academic excellence of the students.

5. This study has taken only one university, as the particular university was the only and first university in Assam to implement NEP2020, therefore more universities can be selected for further studies.

CONCLUSION: The college students show good adjustment. Both boys and girls students and tribal and non tribal students showed equal level of adjustment. College students are adolescents have capability to do highest adjustment with so many dreams, lot of wishes to fulfill it, commitments and flexibility. They are mentally prepared for adjustment to reach at goal.

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