

PROBLEMS OF COLLEGE STUDENTS AND THE NEED FOR CAMPUS SERVICES IN HIGHER EDUCATIONAL INSTITUTIONS- A STUDY

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ABSTRACT

The present study was conducted to investigate the problems of college students and the need for campus services in higher educational institutions with reference to status of college. The population selected for the present study consisted of 1055 college students of the southern districts of Tamilnadu such as Kanyakumari, Tirunelveli, and Tuticorin. Personal Problems scale (PPS) and Psychological Problems (PsPS) scale developed and validated by A. Jeya Sudha, and Dr. S. Francisca (2015) was used for collection of data. The statistical techniques used to analyze the data were mean, standard deviation and 't' test. The result shows that the college students are significantly differ in selected personal and psychological problems with reference to status of college.

INTRODUCTION

Entering college is an important turning point for college freshmen in their early adulthood. The college life is both an opportunity and a challenge for them. If the freshmen cannot adapt to the new environment quickly, they may have difficulties in their studying and psychological developments (Wang, Chen, Zhao & Xu, 2006, p.51). Students all over the world face a number of problems. This is very much true in the case of India also. The student community is affected by lots of problems. Lack of quality education, the threat of unemployment, absence of adequate opportunities, the politicization and criminalization of academic life, rampant corruption and nepotism and a host of such factors dishearten the students and sometimes lead to law and order problems. According to Kadapatti & Vijayalaxmi (2012, p.173) stressors like academics, social, emotional and financial has an impact on the academic achievements of a college student. As students are the future citizens of the world, every country should shoulder the responsibility of providing an immaculate environment to the students. Likewise it is the duty of the higher education institutions providing proper student support services.

SIGNIFICANCE OF THE STUDY

Education is important for everyone to lead successful life. College life is one of the most scintillating and memorable experiences in an adolescent's life. It is in college that an adolescent enjoys the vibrant environment, the company of friends and the various academic and co-curricular activities, which enriches nurtures and henceforth prepares the adolescent for adulthood (Pariat, Rynjah, Joplin, Kharjana, M G, 2014, p.40). Looking from a closer perspective, the college student's encounters a number of challenges in their day to day life. College students are at a critical period where they will enter adulthood. Due to fast physical changes and mental development at this stage, students may sometimes experience incompatibility of their mental development with their physical changes or with the social environment and thus suffer from problems arising from inadequate adaptations. These problems may further cause psychological troubles and even induce deviant behaviours (Kai-Wen, 2009, p.2). Therefore the present study is to focus mainly on college student's

problems, particularly personal and psychological problems and put forward the need for campus services in higher educational institutions. It will be helpful to the higher education managers to understand the need for campus services in their educational institutions.

BACKGROUND OF THE STUDY

Rajkumar, et al. (2015) conducted a study on Psychosocial Problems among University Students: A Comparative Study. Results of the study indicated in the dimension of depression University boys found to have more depression than university girls.

Mohamedayupkhan, M., Mani, S. (2014) conducted A Study on Higher Secondary Students Personal Problems, Study Involvement and Academic Achievement. The results revealed that student's personal problems, study involvement and academic achievement are related to each other.

Priyanka Sharma, Nisha Saini (2013) conducted a study on Health, social and emotional problems of college students. The result reveals that there is a significant difference between health and emotional adjustment of urban and rural college students.

The present study is differ from the above mentioned studies in selected problems, background variables, size of the sample, selected colleges, etc.

STATEMENT OF THE PROBLEM

The present study focuses the personal and psychological problems of college students and probably will answer the following questions, such as

- Do the college students encounter any personal or psychological problems?
- Is there any need for campus services in higher educational institutions?

OBJECTIVES OF THE STUDY

- To find out whether there is any significant difference between the college students in selected personal problems with respect to Status of college.
- To find out whether there is any significant difference between the college students in selected psychological problems with respect to Status of college.

NULL HYPOTHESES

- There is no significant difference between the college students in selected personal problems with respect to status of college.
- There is no significant difference between the college students in selected psychological problems with respect to status of college.

METHODOLOGY

In the present study the investigator conducted a preliminary study to select the problems by using a problem check list. According to the mean value three personal problems: financial problems, home related problems, society related problems etc. and three psychological problems: anxiety, adjustment problems, stress etc. were selected.

The investigator had employed descriptive method using survey as a technique to study the selected problems of college students. The population selected for the present study consisted of college students of the southern districts of Tamilnadu such as Kanyakumari, Tirunelveli, and Tuticorin. The investigator had used simple random sampling technique for selecting a sample of 1055

college students. Personal Problems scale (PPS) and Psychological Problems (PsPS) scale developed and validated by A. Jeya Sudha, and Dr. S. Francisca (2015) was used for collection of data. The statistical techniques used to analyze the data were mean, standard deviation and ‘t’ test.

FINDINGS OF THE STUDY

NULL HYPOTHESIS 1

There is no significant difference between the college students in selected personal problems with respect to status of college.

Table 1
Difference between the college students in personal problems with respect to Status of college

Personal problems	Status of college	Count	Mean	S.D	t-Value	R
Financial problem	Affiliated	621	96.46	24.462	2.317	S
	Autonomous	434	92.69	27.075		
Home related problems	Affiliated	621	74.10	24.095	4.199	
	Autonomous	434	67.98	22.728		
Society related problems	Affiliated	621	85.39	21.189	2.106	
	Autonomous	434	82.63	20.817		
Personal problems total	Affiliated	621	287.75	58.479	1.437	NS
	Autonomous	434	282.44	59.715		

(S-Significant, NS- Not significant)

(at 5% level of significance the table value of ‘t’ is 1.96)

The table: 1 shows that the calculated ‘t’ value for the personal problems are greater than the table value. Therefore the college students are significantly differ in all personal problems with reference to status of college. Comparing the mean scores the students studying in affiliated colleges have high personal problems than their counterparts.

NULL HYPOTHESIS 2

There is no significant difference between the college students in selected psychological problems with respect to status of college.

Table 2
Difference between the college students in psychological problems with respect to Status of the college

Psychological problems	Status of college	Count	Mean	S.D	t-Value	R
Anxiety	Affiliated	621	75.70	75.70	0.935	NS
	Autonomous	434	74.68	74.68		
Adjustment problems	Affiliated	621	88.04	88.04	0.469	
	Autonomous	434	87.45	87.45		
Stress	Affiliated	621	124.00	124.00	1.828	
	Autonomous	434	120.31	120.31		
Psychological	Affiliated	621	255.96	255.96		

problems total	Autonomous	434	243.30	243.30	3.412	S
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(S-Significant, NS- Not significant)

(at 5% level of significance the table value of 't' is 1.96)

The table: 2 shows that the calculated 't' value of psychological problems in total is greater than the table value. Therefore the college students are significantly differ in psychological problems in total with reference to status of college. Comparing the mean scores the students studying in affiliated colleges have high psychological problems than their counterparts.

INTERPRETATION

The findings of the present study revealed that the college students are significantly differ in selected personal and psychological problems with reference to status of college. Students studying in affiliated colleges have high problems than their counterparts. Most of the students studying in affiliated colleges are from rural and economically backward families. Due to domestic workloads, inconvenient family environment, inadequate infrastructure facilities and low economic status of their family they may feel insecure and these reasons may lead to the personal problems. Likewise the affiliated colleges try to obtain autonomous status. To get the autonomous status the authorities expect high academic performance from the students and faculty. This academic pressure may create psychological problems such as anxiety, stress and adjustment problems among the students.

CONCLUSION

The result of the present study reveals the presence of some personal and psychological problems among the college students and also attempt to answer the research question 'Is there any need for campus services in higher educational institutions?'. Based on the study findings the investigators recommends the authorities of higher educational institutions to establish campus services and structures such as mentoring, career advisory, student welfare programmes ,guidance and counselling services, skill development and training etc. This recommendation is also supported by Parker et.al (2004,p.173). Non-academic student supports or campus services are activities and programs that are designed to encourage academic success but that do not deal directly with academic content. Due to problems such as personal or psychological students may lack confidence in their ability to succeed. In this time colleges work to address these challenges through various support activities.

There are four central mechanisms by which non-academic or student support services appear to promote student success: creating social relationships, clarifying aspirations and enhancing commitment, developing college know-how, and making college life feasible. Colleges should move

beyond reliance on specific programs and work to integrate activities that incorporate the four support mechanisms across all offices and departments. Additionally, colleges should consider strategically reallocating resources, taking advantage of the efficiencies of student success courses and online advising so that more resources can be devoted to students who need more intensive advising. For such an approach to be effective, however, these more efficient services must be well-designed and rigorously implemented, and all students must be able to meet with their advisors in person at critical junctures in their college trajectories. Hence campus services or student support services are indispensable need for every higher educational institution to offer healthier citizens to the society.

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