



## INFLUENCE OF PSYCHOLOGICAL ADJUSTMENT ON EDUCATIONAL RESEARCHERS OF FEDERAL UNIVERSITY OF KASHERE STUDENTS GOMBE STATE

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### Abstract

Psychological adjustment refers to the process of adapting to an coping with the demand and changes of life while conducting educational research, psychological adjustment improve and maintaining emotional well-being that involves developing strategies to manage stress, emotion, relationship and various challenges, the objectives of the study was to examine influence of psychological adjustment of Federal University of Kashere Educational researchers, also the study access how psychological well-being of students affect conducting of educational research. The study adopted descriptive survey design, the populations of the study involves all the 400 level students of Federal University of Kashere faculty Education students. While a sample of 100 students were selected from the population of the study, using Morgan, (1976), scale of measurement. The instrument adopted for data collection was self-structured questionnaire titled, “psychological well-being. The questionnaire consists of two sections. Section: A demands for personal data of the respondents. While sections B, get information on Psychological well-being. Section B consists of 5 items requesting information on the psychological well-being. Collected data was analyzed using mean and standard deviation to answer two research questions. The findings of the study revealed that, Psychological adjustment improve emotional wellbeing of educational researchers. Lastly, the study recommended that, School psychologists and counselors should focus on educational development of students, and Psychologist should focus on well-being of students.

**Keywords:** Impact, psychological adjustment, research, educational

### Introduction

Psychological adjustment is a phase use to donate positive mental health. The concepts of positive mental health refer to an individual state of mind and overall well-

being. The process conceptualizations of psychological reflect whether an individual is able to cope effectively with the demands of an environmental context as well as with stress created by those demands.



Psychological adjustment is also a popular measure of psychological well-being of educational researchers, and often measure self-esteem; stress, anxiety, and depression as indicator of adjustment. Social isolation experience by the tertiary institution educational researchers is one of the main areas they needed to adjust to such incarceration they are passing through. All tertiary institution researchers need psychological adjustment in order to eliminate some maladaptive characteristics tendencies such as stress, aggression, trauma, hunger, anxiety, and depression while conducting their research. (Byrne, 2016).

Adjustment could be described as the process, which give satisfaction to a persons' internal need and enable the person to cope with the environment, cognitive, social, and cultural demand. (Chimyere, 2025). on the other way (Khalid, 2015) sees psychological adjustment is a phrase used to donate positive mental health. Psychological adjustment is a mental response of a person to dread life situation Delvacchio (2016) express psychological adjustment as the optimal function well-being and capacity to adopt a sense of control over ones' behavior, environment, thought and feelings. The factors leading to students' psychological adjustment of students conducting educational research through: environment, reducing stress, anxiety, and depression.

Psychological adjustment plays a significant role in academic success; a socially and emotionally balanced student is better equipped to focus, engage in learning activities, and succeed academically. Students struggling with psychological or social issues often face challenges in maintaining attention, while conducting educational research which lead

to loosing of research content. Psychological adjustment is a positive indicator and a key principle for achieving individual goals and aspirations. It is also a powerful motivator for success and engagement in conducting research, helping students establish harmonious relationships with peers and subjects (Devachio, 2016).

Students' psychological adjustment and emotional well-being is a major concern in education, especially in this modern era where adolescents are faced with various complex challenges. In tertiary institution the phenomenon of increasing stress, anxiety, trauma, and hunger among students is in the spotlight. Interview results with school counselors and teachers indicates that many students feel stressed due to high academic pressure, social relationship problems, and expectations from family and peers. Some students also reported experiencing prolonged anxiety and stress, which negatively impacted their academic performance and mental health. According to Rujito and Huda (2021), almost 60% of adolescents' experience mental health problems that require more attention from the school. Psychologist and counselors play a very important role in providing the support students need to navigate this challenging adolescence. In an interview, the school counselors and teachers explained that through various counseling programs and sessions, students are taught to recognize, and manage their emotions. This is very important in helping them overcome the problems they face. Previous researchers have also shown that psychological adjustment interventions can improve students' mental health and emotional well-being (Dewi & Sari, 2021). This study aims to improve psychological adjustment and maintaining emotional well-being that involves developing students' strategies to manage stress, emotion, relationship and various



challenges. To improve students' psychological well-being during research it's crucial to consider factors like supportive environment, social support, emotional regulations, and self-efficacy. Environment that supports adolescents' ability to form satisfying relationships and participate in social activities can positively impact their psychological health and social integration, ultimately fostering academic adjustment. (Lipson, & Eisenberg 2018).

Social support plays a crucial role in improving tertiary institution psychological well-being by providing emotional and practical assistance. Strong social connections, particularly with teachers, colleague, family, and mentors can yield positive result of educational researchers. Also it is a psychological support that an individual receives or perceives in the environment such as respect, care, and help. Where an individual receives psychological, emotional, and evaluative support provided. Social support improves psychological well-being through: reduces stress and anxiety, enhance emotional resilience; increase self -esteem and source of support. (Lipson, & Eisenberg 2018). Emotional regulation significantly improves students' educational outcomes by enhancing their ability to manage emotions, leading to better focus, motivation and resilience in the face academic research challenges. Effective emotional regulation equips students to cope with stress, anxiety, and other negative emotions, allowing them to stay on task, engage with research materials, and achieve research goals. Educational regulation can be fostered through providing individual support. Rujito and Huda (2021).

Self-efficacy assists tertiary institution educational researchers by making them belief in their ability to succeed in conducting their task and it also enables

educational researchers to better cope with the challenges and demand of their work leading to reduce anxiety, increase motivation, enhanced persistence. This, in turn, contributes to a more positive and well-adjusted psychological state. Self-efficacy significantly impacts researchers' well-being by fostering resilience, reduce stress, and promote positive emotions. High self -efficacy allow researchers to view challenges as opportunities for growth. Rujito and Huda (2021)

### **Statement of the Problem**

Educational research is a core component of academic development in higher institution requiring students to demonstrate critical thinking, methodological competence, and emotional stability. However, observations within the Federal University of Kashere suggest that many students' difficulties in completing their research projects effectively and on time. These challenges appear to be linked to issues related to psychological adjustment such as: stress, anxiety, low self-esteem, poor coping skills, academic pressure, and difficulty adapting to the University environment.

Despite the importance of psychological adjustment in shaping students' academic behaviours, motivation, and research performance there is limited empirical evidence within the University context on how these psychological factors influence students' ability to conduct quality educational research. Many students struggle with the balancing academic workload, managing emotional stress, and adopting socially or academically which may negatively affect their research formulation, data collection, analysis and overall productivity.

Further lecturers have reported increasing cases of students showing signs of emotional distress reduce academic



engagements, poor time managing, managing declaring interest in research activities. Psychological adjustment challenges are contributing to low research output, incomplete research projects, or reduced academic performance among students. Therefore, the problem this research seeks to address is unclear relationship problems between students' psychological adjustment and the quality, effectiveness, and completion of educational research among students of federal University of Kashere.

### Objectives of the study

The study sought the following objectives:

1. To examine the influence of psychological adjustment on Federal University of Kashere educational research students
2. Access how Improve psychological well-being of students affects conducting educational research.

### Research Questions

The following objectives guided the conduct of study:

1. What are the influences of psychological adjustment on Federal University of Kashere educational research students?
2. How Improve psychological well-being of students affects conducting educational research?

### Methodology

The research design adopted for this study was descriptive survey. The design concerned with findings, describing and interpreting a phenomenon. The design is considered suitable for the study because the researcher does not have any intention to manipulate the study's variables but to study them as they occur naturally. The population of this study involves all the 400 level students of Federal University of

Kashere in the Faculty of Education Students.

Sample of 100 students were randomly selected from the population of about 800 students using Morgan, (1970) scale for determining sample size. Simple random sampling techniques were used because the population is beyond the needed capacity to avoid bias selection. From each cardinal, equal number of respondent was randomly selected to provide data. The instrument adopted for data collection was self-structured questionnaire titled, "psychological well-being. The questionnaire consists of two sections. Section: A demands for personal data of the respondents. While sections B, get information on Psychological well-being. Section B consists of 5 items requesting information on the psychological well-being. The instrument consists of 10 items using a 5-point likert scale of Strongly Agree (SA) 5-point, Agree (A) 4 points, Undecided (U) 3, point, Disagree, (D) 2 point, Strong Disagree (D) 1 point.

The instrument was subject to face and content validity from the experts in Test and measurement and those in Guidance and Counselling some items were withdrawn and reconstructed. Also test re-test reliability was conducted at Gombe state University, because they share some characteristics with the study area. Mean and standard deviation was used to answer two research questions using mean decision of 2.5 any items mean scores below 2.5 were considered as negative, while any items mean scores above were considered positive.

### Result

#### Research Question 1

What are the impacts of psychological adjustment on Federal University of Kashere educational researchers' students?



**Table: 1 Descriptive Statistics on impacts of psychological adjustment on Federal University of Kashere educational researchers' students**

S/N	Statement/Question	SA	A	D	SD	Total	Mean	Std. D	Decision
1	I am able to manage academic stress effectively while working on project	124	78	40	23	265	2.6	44.84	Positive
2	My emotional well-being positively influences my emotion to engage in research project	136	81	38	20	275	2.7	51.62	Positive
3	I can adapt challenges and unexpected changes that occur during my project	140	78		19	277	2.7	53.11	Positive
4	My psychological adjustment contributes to better focus and productivity in my work	80	57	40	27	232	2.3	22.70	Negative
<b>Aggregate mean</b>							2.0		

**Source: Field Work 2025**

The results of respondents on impacts of psychological adjustment on Federal University of Kashere educational researchers' students is presented in table 1 the respondents item 1 with mean score of 2.6 which is above mean decision of 2.5, also item 2 indicate positive response with mean score of 2.7, then item 3 indicate positive response with mean score of 2.7, then lastly item 4 indicate negative response with mean score 2.3 which was

below decision mean of 2.5. Therefore, we can say that, psychological adjustment well-being plays a significant role in shaping educational researchers of Federal University of Kashere particularly Faculty of education students.

**Research Question 2**

What are the psychological well-being improvements of students conducting educational research?

**Table: 2 Descriptive Statistics on psychological well-being improvements of students conducting educational research**

S/N	Statement/Question	SA	A	D	SD	Total	Mean	Std. D	Decision
1	I feel more confident in my ability to handle academic challenges	156	84	42	12	294	2.9	62.43	Positive
2	I have noticed an improvement in my overall mood and emotional balance	96	99	34	26	255	2.5	39.13	Positive
3	I feel more connected and supported by my classmates and teachers	116	90	48	17	271	2.7	43.93	Positive
4	I am better able to manage stress related to my research project	160	48	52	18	278	2.7	62.21	Positive
<b>Aggregate mean</b>							2.1		

**Source: Field Work 2025**

The results of respondents on psychological well-being improvements of students

conducting educational research is presented in table 2 the respondents items



1, 2, 3, and 4 indicates Positive responses towards psychological well-being improvements of students conducting educational research because all the items mean scores were above the decision mean of 2.5. Therefore, we can say that, the following. Confidence, emotional balance, supportive, and manage with the research materials.

### Discussion

The finding of research question one on impacts of psychological adjustment on Federal University of Kashere educational researchers' students revealed that counseling approach have positive impact towards impacts of psychological adjustment on Federal University of Kashere educational researchers' students. The finding is in line with (Lipson, & Eisenberg 2018) whose findings revealed that psychological adjustment therapy is effective in assisting educational researchers.

Also the finding of research question two on psychological well-being improvements of students conducting educational research revealed that counseling approach is also effective in improving educational researchers psychological well-being in Federal University of Kashere particularly Faculty of Education. The finding is in line with Reid & Carr, 2013. Whose findings revealed that strategic intervention family counseling can lead to significant improvements in functioning and individual psychological mental health.

### Conclusion

Psychological adjustment has been tools for development and self-realization of human prospect for the benefit of the individual and the society at large. Also Psychological adjustment is also a popular measure of psychological well-being of educational researchers, and often measure self-esteem; stress, anxiety, and depression as indicator of

adjustment. Social isolation experience by the tertiary institution educational researchers is one of the main areas they needed to adjust to such incarceration they are passing through. Adjustment and well-being ensures that the individual's action and behaviors are tailored towards the promotion of good orderliness and positive humanistic attribute that will foster global competitiveness. Psychological adjustment assists students in conducting educational research through the following ways: improve academic performance, personal well-being, career guidance, mental health support, method of approaching the research participant, process of collecting and organizing research data, promoting social skills, facilitating research, promoting self-awareness and emotional regulation.

### Recommendations

The following recommendations have made:

- 1 School psychologists and counselors should focus on educational development of students
- 2 Psychologist should focus on well-being of students
- 3 Provision of psychological well-being assessment tools for school counselors and psychologist
- 4 Engagement of students for psychological well-being assessment
- 5 Annual orientation to students of psychological well-being

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