



Studying the Impact of Migration on the Academic Performance Anxiety, College Adjustment, and Interpersonal Relationship among students migrating from other parts of India to Delhi NCR

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ABSTRACT

Migration has always been a part of human evolution from hunter gatherers moving for food to now a days people moving abroad for better job opportunities, individuals have evolved with migration. Migration can impact the mental, physical, as well as social health of a person. The current research aimed to study the impact of migration on the interpersonal relationship, college adjustment and academic anxiety of college students migrating from different part of India to Delhi NCR. A sample of 206 college students from Delhi NCR, including 103 permanent residents of Delhi NCR and 103 migrant students, were selected through purposive sampling. A comparative study was done through the statistical technique T-test between the permanent residents of Delhi NCR and the migrant students. Data was collected using the tools

College adjustment scale by Pennebaker, Fundamental Interpersonal Relationship Orientation (FIRO-B) by Gracia, and Academic anxiety test by Cassady. The findings of the study showed no significant difference in the domains of interpersonal relationships, i.e., expressed and wanted inclusion, expressed, and wanted control, and expressed and wanted affection. No significant difference was found in the college adjustment domain i.e. positive and negative affect, and overall adjustment. A significant difference was found in the homesickness level with high level of homesickness in migrant students as compared to permanent residents of Delhi NCR. And finally, no significant difference was found in the academic anxiety level.

Keywords: Migration, Interpersonal relationship, College adjustment, Academic anxiety, College students

INTRODUCTION

Migration is a process in which people move from one place to another for better living conditions. Many parts of India still lack the quality of education and opportunity of growth for students, this lead students from different part of India to migrate to more developed cities like Delhi, Mumbai, Bangalore, etc. migration for better opportunities is not a new occurrence. People have been migrating in search of food, water, and better shelter for ages. Migration has always been a part of human evolution.

The severe impact of migration was vividly seen during the covid-19 pandemic. A study showed that due to the pandemic the migrant students faced several difficulties and compromise in their study (Singh et al., 2022). Migration has several impacts on the mental health of the students due to the change of environment and living condition. Research showed that the unavailability of their own community can create a sense of insecurity and increase the level of distress among migrating students. Feeling of uneasiness, anxiousness, and tension related to academic works or academic environment is termed as academic performance

anxiety. The cause of academic performance anxiety can be family environment, peer pressure, unpreparedness, etc.

Some amount of anxiety related to academics is common. It creates drive to keep working. However, when the level of anxiety starts to get severe it can create problems. Academic performance anxiety can impact a student's academics. It can lower the interest, participation, curiosity, and enthusiasm of students.

Migrant students leave their home for better academic opportunity thus it becomes important for them to succeed. But, due to the impact of migration on the social, physical, as well as mental health of the migrant students, it can get tough for them to meet their academic expectations. Factors such as language barrier, cultural gap, isolation, etc can lead to higher academic performance anxiety among migrant students.

Another problem face by migrant students is adjusting to the new environment. For migrant college students it might get difficult to adjust to their college due to the changed environment, culture, language, etc. This can make it difficult for them to fit in the competition with the permanent residents of the new city can become an obstacle for finding job opportunities for the migrant students. Migrant students must leave their support community behind and shift to an entirely new community. Thus, it becomes very important for them to create new interpersonal relationships to build a supportive community for themselves. Be it finding new friends in college or getting aquatinted with the faculties, or bonding with the new roommates, everything requires interpersonal relationship skills. Due to obstacles such as language barrier, communication gap, cultural differences, financial problems, etc it might get difficult for the migrant students to form good interpersonal relationship.

Thus, migration can impact all the social, psychological, physical, and financial areas of a student's life. Thus, it is important to spread awareness about the impacts of migration to increase the productivity and effectivity of migrant students.

METHOD

Aim

To compare the academic performance anxiety, college adjustment, and interpersonal relationship of students migrating from other part of India to Delhi NCR and the permanent resident college students of Delhi NCR.

Research Objectives

- To study performance anxiety among students migrating from other parts of India to Delhi NCR.
- To study adjustment among students migrating from other parts of India to Delhi NCR.
- To study interpersonal relationship among students migrating from other parts of India to Delhi NCR.

Hypothesis

- **H0-** There will be no significant difference in the level of wanted and expressed inclusion, control, and affection between the migrating students and the permanent residents of Delhi NCR college students.

- **H0-** There will be no significant difference in the level of positive and negative affect, home sickness and overall adjustment between the migrating students and the permanent residents of Delhi NCR college students.
- **H0-** There will be no significant difference in the level of academic anxiety between the migrating students and the permanent residents of Delhi NCR college students.

Variables

- **Independent variable:** Migration
- **Dependent variables:** College adjustment, academic anxiety, and interpersonal relationship

Sample

The sample consists of 206 college students from various college of Delhi NCR, including 103 permanent resident students of Delhi NCR and 103 students migrating from other parts of India to Delhi NCR. Purposive sampling method was used to collect data for the study.

Tools

- College adjustment scale by Pennebaker, Fundamental Interpersonal Relationship Orientation (FIRO-B) by Gracia (1978)
- Academic anxiety test by J.C Cassady (2020) was used for data collection for the study.

Statistical Technique

T test was used for the comparative study of the levels of college adjustment, performance anxiety, and interpersonal relationships between the migrating students and the permanent residents of Delhi NCR college students.

RESULT**Table 1***T test between migrants (1) and non-migrants (2) across study variables*

	Mean	SD	T	Sig. (2 tailed)	Result
Expressed inclusion.					
Migrants	3.48	2.07	1.17	.24	NS
non-migrants	3.13	2.20			
Wanted inclusion.					
Migrants	2.00	2.57	1.64	.10	NS
non-migrants	1.45	2.16			
Expressed control.					
Migrants	4.85	2.51	1.64	.10	NS
non-migrants	4.26	2.64			
Wanted control.					
Migrants	6.63	2.60	.10	.91	NS
non-migrants	6.59	2.49			
Expressed affection.					
Migrants	3.00	2.29	.84	.39	NS
non-migrants	3.26	2.13			
Wanted affection.					
Migrants	1.61	1.76	.29	.77	NS
non-migrants	1.54	1.59			
Positive affect					
Migrants	27.09	6.48	1.67	.09	NS
non-migrants	25.56	6.70			
Negative affect					
Migrants	37.51	11.72	.52	.59	NS
non-migrants	38.35	11.29			
Home sickness					
Migrants	28.64	6.66	2.89	.00	S
non-migrants	25.99	6.48			
Overall adjustment					
Migrants	73.91	14.70	.08	.93	NS
non-migrants	73.73	15.12			
Academic anxiety					
Migrants	22.89	7.70	.93	.34	NS
non-migrants	23.88	7.45			

**NS-Not significant, S-Significant*

Table (1) represents the t statistics between migrants (1) and non-migrants (2) on Fundamental Interpersonal Relationship Orientation (Expressed inclusion, wanted inclusion, expressed control, wanted control, expressed affection, Wanted affection), College adjustment (Positive affect, Negative affect, home sickness, Overall adjustment), Academic anxiety. There is a significant difference in the home sickness aspect of college adjustment between the two sample groups. The mean of migrants was higher in the home sickness aspect of college adjustment compared to non-migrants. There was no significant difference in all the other aspects.

DISCUSSION

The aim of the study was to compare the academic performance anxiety, college adjustment, and interpersonal relationship of students migrating from other part of India to Delhi NCR and the permanent resident college students of Delhi NCR. T test statistical technique was used for the study.

The result of the study showed that there was no significant difference in the level of expressed and wanted inclusion, expressed and wanted control, and expressed and wanted affection, between the migrating students and the permanent residents of Delhi NCR college students showing that the null hypothesis, ***H0- There will be no significant difference in the level of wanted and expressed inclusion, wanted and expressed control, and wanted and expressed affection between the migrating students and the permanent residents of Delhi NCR college students is accepted.*** This means the level of wanted inclusion i.e. the desire to be included in the activity of other people and the level of expressed inclusion i.e. the approach towards including other people in their own activities is not impacted by the independent variable i.e. Migration. Similarly, the level of wanted control and the level of expressed control

is not impacted by the independent variable i.e. Migration. Also, the level of wanted affection and the level of expressed affection is not impacted by the independent variable i.e. Migration.

For the college adjustment, the result showed that there was no significant difference in the level of positive and negative affect, and overall adjustment, but there is a significant difference in the level of homesickness between the migrating students and the permanent residents of Delhi NCR college students showing that the null hypothesis, *H0- There will be no significant difference in the level of positive and negative affect, home sickness and overall adjustment between the migrating students and the permanent residents of Delhi NCR college students, is partially rejected*. This means that the positive affect i.e. the positive emotions such as joy, and the negative affect i.e. the negative emotions such as sadness is not impacted by the independent variable i.e. migration. Similarly, the overall adjustment is not impacted by migration. But migration has an impact on the level of homesickness.

Lastly the result showed that there was no significant difference in the level of academic anxiety between the migrating students and the permanent residents of Delhi NCR college students showing that the null hypothesis, *H0- There will be no significant difference in the level of academic anxiety between the migrating students and the permanent residents of Delhi NCR college student, is accepted*.

CONCLUSION

This study helps us understand how migration can impact the college adjustment, interpersonal relationships, and academic anxiety of the students. Through this study we studied the various factors such as expressed and wanted inclusion, control and affection of interpersonal relationship, positive and negative affect, overall adjustment level, homesickness of college adjustment, and academic anxiety.

Findings of this study suggested that the desire of being included in others activity and the initiation of including others in our own activities is not impacted by migration. Also, the initiation of leading someone or the desire of being led by others is not impacted by migration. Similarly, the desire of getting affection from others and the initiation of showing affection towards others is not impacted by migration.

The college adjustment domain such as positive and negative affect, and overall college adjustment is also not impacted by migration. The level of academic anxiety among students are also not impacted by migration. But the homesickness domain of college adjustment is impacted by migration.

This study leaves a lot of scope for further research such as researching more impacts of migration on different factors of a person's life and the factors impacting the college adjustment, interpersonal relationship, and academic anxiety of migrant students.

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