

Level of Adjustment and Anxiety Problems of the Evening
Division Students of Fu-Jen University, Taipei

An Abstract

This descriptive study was undertaken to find out the level of adjustment and anxiety problems of the evening division students of Fu-Jen University, Taipei.

The subjects of the study were 470 students who were enrolled in the evening division of Fu-Jen University. The instruments used in this study were the Bell Adjustment Inventory, the College Inventory of Academic Adjustment, the Anxiety Scale Questionnaire and a personal information sheet.

The following conclusions were made: 1) the students have a high anxiety level; 2) the students' emotional adjustment were unsatisfactory, but average in home, social and academic adjustment; 3) men are better adjusted in all areas and have less anxiety than the women; 4) the oldest age group has the best adjustment in all aspects, and also has the least anxiety; 5) students having the choice to enroll themselves in the evening division and who have feelings of satisfaction with college have least anxiety, and have better adjustment in all aspects; 6) higher



anxiety is related to maladjustment; and 7) feelings of dissatisfaction or satisfaction with college is the variable that best predicts anxiety and adjustment.

