The Effect of Peer Support on Adaptation to University Life in First Year Students of the University

Authors : Bilgen Ozluk, Ayfer Karaaslan

Abstract : Introduction: Adaptation to university life is a difficult process for students. In peer support, students are expected to help other students or sometimes adults using their helping skills. Therefore, it is expected that peer support will have significant effect on students' adaptation to university life. Aim: This study was conducted with the aim of determining the effect of peer support on adaptation to university life in the first year students of the faculty of health sciences. Methods: The population consists of 340 first year university students receiving education in the departments of nursing, health management, social services, nutrition and dietetics, physiotherapy and rehabilitation at an university located in the province of Konya. The sample of the study consisted of 274 students who voluntarily participated in the study. The data were collected between the dates 23 May 2016 and 3 June 2016. The data were collected using the socio-demographic information, the peer support scale and the university life adaptation scale. Ethical approvals for the study and permission from the university were taken. Numbers, percentages, averages, one-Way ANOVA, pearson correlation analysis and regression analysis have been used in assessing the data. Findings: When the problems most frequently encountered by students just starting the university were ordered, problems regarding their classes took the first place by 41.6%, socio-cultural problems took the second place by 38.7%, and economic problems took the third place by 37.6%. The mean total score of the Adaptation to University Life Scale was found to be 216.78 ± 32.15. Considering that the lowest and highest scores that can be gained from the scale are 132 and 289 respectively, it was found that the adaptation to university life levels of the students were higher than the average. The mean adaptation to university life score of the nursing students was higher than those of the students of other departments. The mean score of 'the Peer Support Scale' was found to be 47.24 ± 10.27. Considering that the lowest and highest scores that can be gained from the scale are 17 and 68 respectively, it was found that the peer support levels of the students were higher than the average. As a result of the regression analysis, it was found that 20% of the total variance regarding adaptation to university life was explained by peer support. Conclution: Receiving the support peer groups becomes highly important in the university adaptation process of first-year students. Peer support will create the means for easier completion of this difficult transition process.
Keywords : adaptation to university life, first years, peer support, university student

Conference Title : ICAPN 2017 : International Conference on Advanced Practice Nursing
Conference Location : Rome, Italy
Conference Dates : December 11-12, 2017