



COMPARATIVE STUDY OF ADJUSTMENT AMONG TEAM SPORTS ATHLETES AT THE INTER-UNIVERSITY LEVEL

Dr Shashi Kanaujia, Assistant Professor,
Department of Physical Education, Lucknow University, Lucknow (U.P.).

Abstract

The purpose of study was to compare level of adjustment among team sports person of inter university level. 20 male player of each sports who participated in inter university tournament and age of subject were ranging from 18 to 26 was randomly selected as subject for present study. The data on adjustment was collected by using Vyaktitva Parakh Prashnavali developed by M.S.L. Sexena. The result of study shows that there was no significance difference among mean of team sports person. The obtained value of 'f' (0.82) was lower than the tabulated value of 'f' (2.46) which was required to be significant 4.95 df with 0.05 level of significance.

Keywords: Adjustment, Team games, Cognitive and Social Adjustment.

Introduction

Systematic emergence of the concept of "Adjustment" starts from Darwin. In those days the concept was purely biological and he used the term adaptation. The adaptability to environment hazards goes on increasing as we proceed on the Photogenic scale from the lower extreme to the higher Simmons, I. G. (2013). If we examine the various activities of the individual life, we will find that most of them involve adjustment of the individual to his Vocational, social and economical problems. The process of adjustment starts from the birth of the child and continues till his death Oberg, K. (1960).

Today's adjustment issues are so crucial to our complicated and civilised society that psychologists are deeply interested in

comprehending them. Psychologists vary from one another in their perspectives on the nature of psychological adjustment, just as individuals may. According to some psychologists, adjustment is a process that people go through as they continue to develop and face difficulties in life. Other psychologists view adjustment as a fixed state or goal that involves certain desirable characteristics (such as satisfaction in social relationship, in marriage, in a career, or goal achievement) that must be achieved.

In two interrelated disciplines known as the psychology of adjustment and the psychology of personality, the systematic study of the entire individual is conducted. Because they encompass the numerous subordinate processes of motivation, emotion, and cognition, adjustment and personality are unifying concepts Malkappagol, R. G. (2018). Adjustment is accomplished through the exercise of cognitive activities such as perception and thought processes by which the person has transactions with the world about him. Physical education programs and sports activities have been organized in such a manner that every student has an opportunity of developing in himself ground mind, group consciousness and a sense of belongingness. No activity in Physical Education is done in isolation. Sport is a source of rich social



experience for the participants as well as the spectators. During practice and during competition, individuals belonging to various teams come into contact with others, they interact with each other; they learn and teach in same strain under the same situations. In the process of “give” and “take”, modification of behavior takes place automatically Wilson et al(2010). Play not only reflects the direction of personality development, but also it acts as an agent in bringing about social adjustment. Achievement is the element of change that is most frequently emphasised. This makes sense to a businessperson who needs to hire workers who will be most effective at their jobs, frequently in difficult situations; to a coach or physical educator who needs to choose men who can adjust to the demanding conditions of competition combat and to the psychological hardships that are occasionally associated with competition as well as training; to society as a whole, which must bear the cost of widespread maladjustment, because educational opportunities can be lost by someone who is unable to make an acceptable school adjustment. Deflects of adjustment take the shape of neuroses, psychoses, and character disorders, which drain the community's human resources and demand high custodial and therapeutic costs.

Material and Methods

For the purpose of this study total 100 male players(20 from each game volleyball, football, Kabaddi, handball and hockey) were selected randomly as subject. All players which were selected as subject were university level and age ranging from 18 to 26 years. For measuring the adjustment level of subjects a questionnaire Vyaktitva Parakh Prashnavali developed by M.S.L. Sexena was used. This questionnaire consist of 100 items. It is a

popular tool being used by the psychologists for measuring the adjustment level. The questionnaire was administered on the subject during inter university tournament of different games. For the purpose of analysis of data descriptive statistics and one way analysis of variance was used at 0.05 level of significance.

Result and Discussion of findings

TABLE -I
DESCRIPTIVE STATISTICS OF TEAM SPORTS IN ADJUSTMENT

Sports	Mean	SD	Min.	Max.
Football	305.20	9.81	291.00	327.00
Volleyball	300.55	8.38	291.00	320.00
Kabaddi	300.60	7.72	290.00	320.00
Handball	301.75	11.85	289.00	326.00
Hockey	303.40	10.74	289.00	320.00

Table I reveals the mean, standard deviation, minimum and maximum of teams of various sports; football, volleyball, kabaddi, handball and hockey

TABLE-II
ANALYSIS OF VARIANCE OF COMPARISON OF MEANS OF DIFFERENT TEAM SPORTS PERSONS IN ADJUSTMENT

Sources	Sum of Squares	df	Mean Square	F-Value
Between group	317.50	4	79.37	0.82
Within group	9181.50	95	96.64	

*Significant at .05 level

F value required to be significant at 4, 95 df = 2.46

Table- II reveals that the calculated value of F (0.82) was lower than tabulated value of (2.46). So we can say that various team game players were not significantly different from each other.

Discussion

On the basis of findings there were no significant difference was found among team game persons of university level in



adjustment. This no significance may attributed to the fact that all the persons of different game were highly trained athlete and they are exposed to higher level of participation and they having balanced adjustment level. They are highly focused for accomplishment of their goals so they have shown no significant difference with their adjustment.

Conclusion

Comparison of mean scores indicates that no significance difference was found between team sports person of inter university level in adjustment.

References:

- Simmons, I. G. (2013). *Interpreting nature: Cultural constructions of the environment*. Routledge.
- Oberg, K. (1960). Cultural shock: Adjustment to new cultural environments. *Practical anthropology*, (4), 177-182.
- Malkappagol, R. G. (2018). *Effect of emotional maturity and personality on well-being among teachers*. Lulu.com.
- Wilson, L. M., Bloom, G. A., & Harvey, W. J. (2010). Sources of knowledge acquisition: Perspectives of the high school teacher/coach. *Physical Education and Sport Pedagogy*, 15(4), 383-399.
- Clark, H. H. and Clark, D. H. (1975). *Research Process in Physical Education*. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Cox, R.H. (2002). *Sports Psychology Concepts and Applications*. New York: The McGraw-Hill publication, 344-362, 5th Edition
- Long B. C. and Stave R. V. (1995). Effects of exercise training on anxiety: a meta-analysis. *Journal of Applied Sport Psychology*, 7(2)
- Skinner, C. E. (1993). *Educational Psychology*. New Delhi: Prentice hall of India pvt, 258, 275, 442-443
- L.G. Biddulph, "Athletic achievement and personal and social adjustment in high school boys," *Research Quarterly* 25 (1954), p. 1-7.
- W.H. Krall and Carlson, "Sixteen personality factor profiles of Collegiate wrestlers", *Research Quarterly*, (1967), p. 49-57.
- Verma J. P. (2000). *Sports statistics*. Gwalior: Venus Publications.