

A STUDY OF SOCIAL ADJUSTMENT AS A SOCIO-PSYCHOLOGICAL DIFFERENTIAL AMONG SPORTS ACHIEVERS, NON-ACHIEVERS AND NONPARTICIPANTS FEMALE TRIBAL

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Abstract

The purpose of the study was to find the social adjustment as a socio-psychological differential among sports achievers, non-achievers, and non-participants female tribal. For the purpose of the study, 450 female tribal (150 sports achievers, 150 non-achievers & 150 non participants) were randomly selected as the subjects for the study. The variable selected for the purpose of this study was: Social Adjustment. Social adjustment was assessed by the total scores in Deva's Social Adjustment Inventory (SAI) constructed by Dr. R.C. Deva, with the help of the questionnaire related to social adjustment as a socio-psychological variable necessary data were collected. Data were collected with regard to social adjustment variable from 450 female tribal in two consecutive days at their respective institutions. The data was analyzed by applying Descriptive Statistic i.e. Mean, Standard Deviation, Standard Error and Range & Analysis of Variance (ANOVA). The level of significance was set at 0.05. The findings of the study revealed that significantly higher level of social adjustment was found in sports achievers in comparison to non-achievers, and nonparticipants female tribal. On the basis of the findings of the study, the following conclusions are drawn: Sports achievers are highly social adjustable in terms of emotional adjustment and social maturity as compared to non-achievers and nonparticipants.

Keywords: Achievement, Behavior, Emotions and Relationship.

Introduction

Sociologists study behavior in terms of the social conditions and cultural contexts in which people live their lives. Sociologists focus on the reality outside and around individuals. Therefore, sociologists deal with how people form relationship with one another and create social arrangements that enable them to survive and exert some control over their lives. Sociologists also ask questions about how behavior, relationships, and social life are related to characteristics that are defined as socially relevant by people in particular groups. This is why they often deal with the social meanings and dynamics associated with age, social class, gender, race, ethnicity, disability, sexuality, and nationality. Social adjustment is very important for success in life. It is commonly defined as 'change in habitual conduct or behavior which an individual must make in order to fit into the community in which he lives' (Warren²). Emotional adjustment is a pre-requisite for social adjustment. It has been found that

emotionally well – adjusted persons are quick to establish affection relations with others (Schneider 4). The realization on the part of modern physical educators and coaches that the active participation in physical education and sports in general depict unique type of adjustment. More precisely, the level of performance in sports has positive relationship with social adjustment. Sperlring (1942) studied the relationship of personality adjustment to achievement in physical education and games between athletes and non-athletes and found significant differences in social adjustment in favor of athletes. The purpose of the study was to find the "social adjustment as a socio-psychological differential among sports achievers, non-achievers, and non-participants female tribal". It was hypothesized that there will not be any significant difference in social adjustment as a socio-psychological variable of sports achievers, non-achievers, and non-participants female tribal.

Methodology

For the purpose of the study, 450 female tribal (150 sports achievers, 150 non-achievers & 150 non participants) were randomly selected as the subjects for the study. The variable selected for the purpose of this study was: Social Adjustment. Social adjustment was assessed by the total scores in Deva's Social Adjustment Inventory (SAI) constructed by Dr. R.C. Deva. With the help of the questionnaire related to social adjustment as a socio-psychological variable necessary data were collected. Data were collected with regard to social adjustment variable from 450 female tribal in two consecutive days at their respective institutions. The data was analyzed by applying Descriptive Statistic i.e. Mean, Standard Deviation, Standard Error and Range & Analysis of Variance (ANOVA). The level of significance was set at 0.05.

Results

The findings pertaining to descriptive statistics for the social adjustment variable among 450 sports achievers, non-achievers, and non-participants female tribal have been presented in table No.1

TABLE –1
DESCRIPTIVE STATISTICS OF SOCIAL ADJUSTMENT VARIABLE AMONG
SPORTS ACHIEVERS, NON-ACHIEVERS AND
NONPARTICIPANTS FEMALE TRIBAL

Groups	Mean	Standard Deviation	Std. Error	Range	
				Min	Max
Sports Achievers	170.35	22.76	1.86	125.00	215.00
Non-Sports Achievers	148.86	18.09	1.48	115.00	185.00
Non-Participants	140.49	14.54	1.19	110.00	170.00

It is evident from table-1, the mean and standard deviation scores of sports achievers, non-achievers and nonparticipants' female tribal in social adjustment are 170.35, 148.86 & 140.49 and 22.76, 18.09 & 14.54 respectively. The findings pertaining to one way analysis of variance (ANOVA) for the social adjustment variable between 450 sports achievers, non-achievers, and non-participants female tribal along with the least significant difference (L.S.D.) test for post-hoc test have been presented in table No. 2 to 3.

TABLE – 2
ANALYSIS OF VARIANCE OF SOCIAL ADJUSTMENT AMONG
SPORTS ACHIEVERS, NON-ACHIEVERS AND NON
PARTICIPANTS FEMALE TRIBAL

Source of Variance	DF	SS	MSS	F-RATIO
Between Groups	2	71144.97	35572.48	100.99*
Within Groups	447	157449.52	352.23	

*Significant at 0.05 level of significance, $F_{0.05}(2,447) = 3.01$

Table-2 reveals that there is significant difference among sports achievers, non-achievers, and nonparticipants female tribal in relation to social adjustment as obtained 'F' ratio of 100.99 is higher than the tabulated value 3.01 required for significance at 0.05 level with (2,447) degree of freedom. As the F-ratio was found significant in the case of social adjustment, the least significant difference (L.S.D.) test of post-hoc was applied to test the significant difference between paired means. Further the L.S.D. analysis for paired means on social adjustment has also been presented.

TABLE – 3
LSD POST-HOC TEST FOR THE MEANS OF SPORTS ACHIEVERS,
NON-ACHIEVERS, AND NONPARTICIPANTS FEMALE TRIBAL IN
RELATION TO SOCIAL ADJUSTMENT

Means			MD	CD
Sports Achievers	Non-achievers	Non Participants		
170.34	148.86		21.48*	4.24*
170.34		140.49	29.85*	
	148.86	140.49	8.36*	

* Significant at 0.05 level of significance

It is evident from table-17 that means difference of sports achievers & non-achievers (21.48); sports achievers & nonparticipants (29.85) and non-achievers & nonparticipants

(8.36) was found significant in relation to social adjustment since mean difference was found greater than critical difference of 4.24 at 0.05 level. The sequence of performance among sports achievers, non-achievers, and nonparticipants female tribal was sports achievers > non-achievers > non participants. The graphical representation of posttest means of Social Adjustment of sports achievers, non-achievers, and nonparticipants female tribal has been presented in figure No. 1.

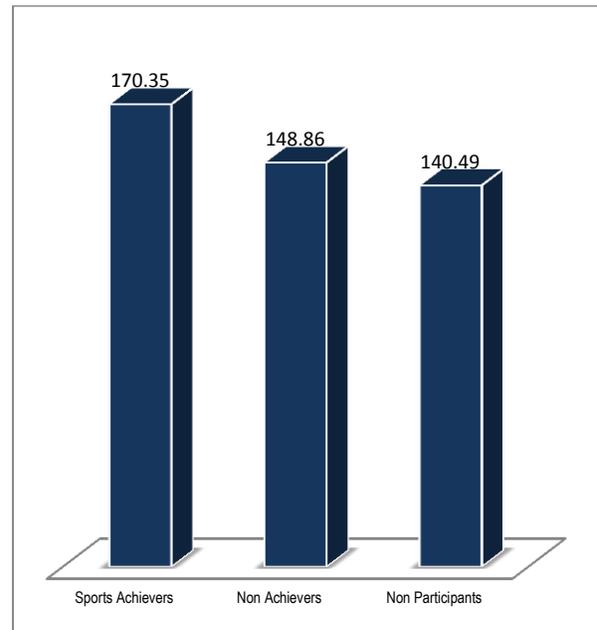


FIGURE:1- COMPARISON OF MEAN SCORES OF SPORTS ACHIEVERS, NON-ACHIEVERS AND NONPARTICIPANTS IN SOCIAL ADJUSTMENT

Discussion

The findings of the study revealed that significantly higher level of social adjustment was found in sports achievers in comparison to non-achievers, and nonparticipants female tribal the reason for this may be that social adjustment is change in habitual conduct or behavior which an individual must make in order to fit into the community in which he lives (Warren2). Emotional adjustment is a pre-requisite for social adjustment. It has been found that emotionally well-adjusted persons are quick to establish affection relations with others (Schneider 4).

Conclusions

The hypothesis earlier set that there might have not been significant difference in social adjustment as a socio-psychological variable of sports achievers, non-achievers, and non-participants female tribal is rejected. Sports achievers are highly social adjustable in terms of emotional adjustment and social maturity as compared to non-achievers and nonparticipants.

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