

COMPARATIVE STUDY OF SOCIAL ADJUSTMENT OF MALE AND FEMALE PLAYERS

Inder Kerketta* Omprakash Gangey**

ABSTRACT

The purpose of the present study was to compare the Social Adjustment between male and female players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G). For the present study total 50 male and female players (25 each) from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) were selected randomly as a subject and the age ranging between 18 to 28 years. For the present study the independent variable (male and female players) and dependent variable (Social Adjustment) were selected as a variable. To measure the Social Adjustment, the Social Adjustment Questionnaire was used which was made by Charles C. Cowell. To know the significant difference between male and female players, descriptive statistics and independent t-test was used for the analysis of data with the help of SPSS (version 16.0) software and the level of significance was set at 0.05. The calculated data mean score of the male players is 3.36 and SD is 1.72 and mean score of female players is -1.44 and SD is 2.75 respectively and calculated 't' value is 7.379 which is greater than tabulated 't' value (2.01), it reveals that male players mean score is higher than the female players and it also reveals that there is significant difference in Social Adjustment of male players and female players, because the calculated value is greater than the table value and it is significant at 0.05 level. The results indicate that there is significance difference of Social Adjustment between male and female players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G).

Keywords: Male players, Female players and Social Adjustment.

* Research Scholar, Department of Physical Education, Guru Ghasidas Vishwavidyalaya Bilaspur, Chhattisgarh, India, inderkerketta1988@gmail.com

** Assistant Professor (Adhoc), Guru Ghasi Das University University, Bilaspur (Chhattisgarh) India jaigangey@gmail.com

INTRODUCTION

In the complex society, a vital need for every human being is the stability in life process. Adjustment is an important state of a person that influences the human relationship. It is a fundamental for good health. Social adjustment is a state of person when he can meet the various social situations in which he finds himself without deviating from the basic standard of conduct. (Tarandeep, Supinder Kaur and Rachhpal Singh, 2016). Adjustment is the process by which living organism maintains a balance between its need of the circumstances that influence the satisfaction of these needs. Adjustment implies a constant interaction between the person and his environment. Adjustment attempts to satisfy need by overcoming both inner and outer obstruct and by adopting circumstances. The behavior of human beings is difficult to act and investigate because of the complexity of the subject matter. This complexity of human behavior is best illustrated by the adjustment process it involves a number basic and applied of knowledge, such as psychology, Genetics, Sociology, Anthropometry, Medicine and even religion. (Malkeet Singh and Damanpreet Singh, 2016). The concept of adjustment was first given by Darwin, who used it as 'adaptation' to survive in the physical world. The term adjustment is often used as a synonym for accommodation and adaptation. Strictly speaking, the term denotes the results of equilibrium, which may be affect by either of these processes (Monroe, 1990). Shafer (1961) emphasized that adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. Kulshrestha (1979) explained that the adjustment process is a way in which the individual attempts to deal with stress, tensions, conflicts etc., and meet his or her needs. Good (1959) states that adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes in the environment.

METHODOLOGY

Selection of Subjects:

For the present study total 50 male and female players from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) were selected randomly as a subject and the age ranging between 18 to 28 years. In this study Social Adjustment Questionnaire (Charles C. Cowell) was used to measure Social Adjustment level of an individual.

Statistical Analysis:

Descriptive Statistic, Mean, Standard Deviation and Independent t-test was applied to compare the degree of Social Adjustment (behaviour) level between male and female players. Data was analyzed using the statistical package SPSS version 16.0. The level of Significance was set at 0.05.

Instrumentation:

Social Adjustment Questionnaire is developed and standardized by Charles C. Cowell. The test consisted of 20 items (10 positives and 10 negatives questions) and it measures the social behaviour (good and poor adjustments). Ten of the pairs of positive and negative behaviour trends were retained as common denominators underlying good and poor adjustment. These positive and negative scales (forms A and B, respectively) appear in Social Adjustment Questionnaire. Questionnaires distributed to participants and instruct to fill the questions according to their own choice. Thus, a socially well-adjusted pupil would get a high positive score; a socially maladjusted pupil would receive a high negative score. Each question contain four alternatives choice to be marked by student viz. markedly, somewhat, only slightly and not at all and the point allotted was +3, +2, +1 and +0 for form A and -3, -2, -1 and 0 for form B respectively. The total index score is the sum of the points for the 10 items in form A minus the sum of the points for the 10 items in form B.

Criterion Measures:

Sr. No.	Variables	Questionnaire	Measuring Unit
01.	Social Adjustment (behaviour)	Social Adjustment Questionnaire by Charles C. Cowell.	In counts

RESULTS OF THE STUDY

The scores were obtained by using the key as suggested by Charles C. Cowell. All the individual Social Adjustment score was used to judge the level of social adjustment (behaviour).

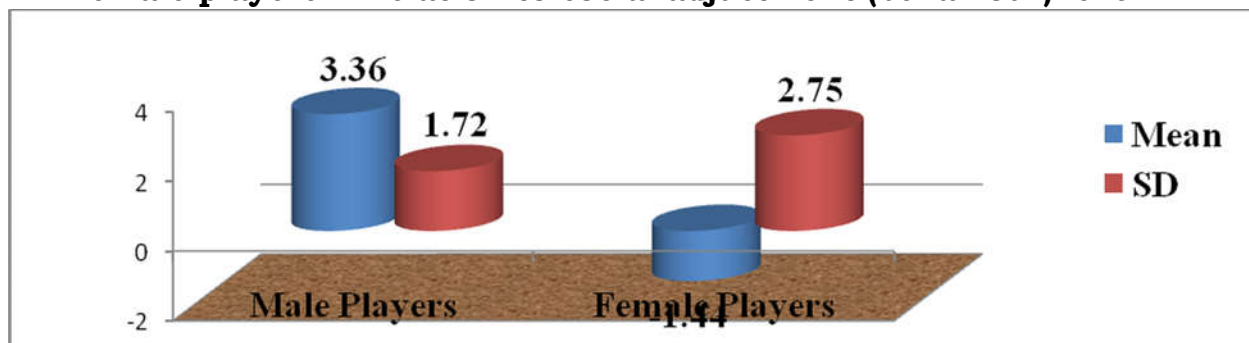
Table - I
Comparative and descriptive table of male and female players in relation to social adjustment (behaviour) level

Groups	N	Mean	SD	MD	σ D.M.	t-value
Male players	25	3.36	1.72	4.80	.65	7.38*
Female players	25	1.44	2.75			

*Significant at 0.05 level, $t_{0.05 (48)} = 2.01$

Table-1 indicates that the calculated t-value 7.38 on social adjustment (behaviour) observed "t" values are compared with the critical value 2.01, 48 degree of freedom. It was observed that the value 7.38 was found as higher than the table value 2.01. This confirms that significant difference exists between the means of male and female players in relation to social adjustment (behaviour) level.

**Fig – 1 -
Graphical representation of Mean and Standard Deviation of male and female players in relation to social adjustment (behaviour) level**



CONCLUSIONS

On the basis of result following conclusions have been made -

1. Significant difference was found between the male and female players of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) in relation to social adjustment.
2. The male players were having more positive social adjustment (behaviour level) than the female players.

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