



A COMPARISON OF ADJUSTMENT BETWEEN UNIVERSITY LEVEL SPORTSMEN AND NON-SPORTSMEN OF CHHATTISGARH

Altaf Hussain Bagh¹ Dr. B. John²

- ¹ M. Phil Student, Department of Physical Education Dr. C. V. Raman University, Kota, Bilaspur (C. G.)
- ² Assistant Professor, Department of Physical Education Dr. C. V. Raman University, Kota, Bilaspur (C. G.)

ABSTRACT

The purpose of the study was to compare and investigate the adjustment between sportsmen and non-sportsmen. The subjects of this study were one hundred and fifty male sportsmen and non-sportsmen (Sportsmen=75 and Non-sportsmen = 75) from different colleges affiliated to Bilaspur university, Bilaspur (Chhattisgarh). Sinha & Singh's AICS (1992) was employed to measure five dimensions of adjustment viz., Home (16), Health (15), Social (19), Emotional(31), and educational (21) and total adjustment. The mean age and SD of male sportsmen and non-sportsmen were 20.17 ± 2.42 and 20.23 ± 3.18 respectively. The results of study revealed that Similarity was observed between male sportsmen and non-sportsmen in their five dimensions of adjustment and total adjustment.

Key words: Adjustment, Sportsmen, Non-sportsmen , University level.

INTRODUCTION

Scientific research in the field of physical education and sport is a boon to the athletes, trainers and Physical Education Scientists have been trying to Attain higher levels of performance in sports and games.

Sports and games are going importance in human life day by day. Participation in sporting events is related to bodily balance and psychological stability. The impact of sport and exercise on mental health is a longstanding issue, which became clearly identified in 1980s. Just as physical health means something more than the absence of disturbing symptoms, mental health also has a positive aspect.

Sports is a remarkable setting in which the psycho-physical capabilities are put to test under highly demanding conditions. The competitive athletic activities test both mind and the body of individual. The success in the athletic activities implies the development of specific physical qualities and psychological attributes. (Khan and Mohanti, 1992)

Success in competitive sports place high psycho-physical demands on the participants. They have to be physically fit, technically sound and tactically prepared to have a firm grip over the competitive situation. However, their psychological aliveness to the situation has been described by many to be of paramount importance. At the time of competitive struggle it is the psyche of the player which moves them to use their physically fitness, technical and tactical preparedness at its maximum (Kamlesh, 1988).

The most widely emphasized aspect of adjustment is achievement. This makes sense to businessman who must hire personnel who will be most effective at the job, often under adverse circumstances; to a coach or Physical educator who must select men who can adjust to the stressful conditions of competition combat and to the psychological deprivations that are sometimes associated with competition as well as training; to educators because educational opportunities can be wasted by a person who is failing to make a satisfactory school adjustment; to society in general, which must pay the cost of widespread maladjustment. In the form of neuroses, psychoses, and character disorders, defects of adjustment waste the manpower resources of the community and require huge custodial and therapeutic expenditures.

If we talk about adjustment in terms of achievement or achievement in sports, that is, how good or bad it is, then we must consider a criteria to determine the quality of adjustment. Such criteria have been provided value system. We must recognize that in other cultures or in other generations other criteria are often utilized and some of the present indices of good adjustment might conceivably become signs of psychological illness in future generations.

Bidulph (1954) reported that superior athletes showed higher levels of personal and social adjustments than that of less skilled athletes. Therefore, adjustment is positively related with sports performance. Krall and Carlon (1967) have reported no difference between superior and inferior participants. Almost no study has reported a negative correlation between adjustment and sports performance (Sperling & Martin, 1982). An athlete can adjust well for higher performance by certain objectives : Security and confidence, improving one's own adjustments, maintain good physical health, do satisfying work, rest and recreation, participate in society, have a confidential relationship with another person, plan and do something about every problem, be objective, seek insight, Don't take yourself too seriously, most important is live in the present.

The purpose of the study was to compare and investigate the adjustment between sportsmen and non-sportsmen. It was also hypothesized that there may be significance of difference between male sportsmen and male non-sportsmen in their adjustment

METHODOLOGY

Selection of Sample:

The subjects of the study were one hundred and fifty male sportsmen and non-sportsmen (Sportsmen=75 and Non-sportsmen = 75) from different colleges affiliated to Bilaspur university, Bilaspur (Chhattisgarh) volunteered to participate in this study, were selected to serve as the subjects for this investigation. The subjects were in age group of 18 to 25 years. The mean age and SD of male sportsmen and non-sportsmen were 20.17 ± 2.42 and 20.23 ± 3.18 respectively.

Description of Questionnaire:

Sinha & Singh's AICS (1992) has been prepared in Hindi as well as in English and it has 102 items to measure five dimensions of adjustment viz., Home (16), Health (15), Social (19), Emotional (31), and educational (21) and total adjustment. . Item analysis was done by calculating bi-serial correlation of each item (i) with the total score of the Inventory and (ii) with the area total scores. The use of small a, b, c, d, e corresponding to the five measures of adjustment, as well as numbers, enable the test user to discover readily the particular question relating measure. The total score may be taken to indicate the general adjustment.

Statistical Analysis :

To assess the Adjustment of male sportsmen and non-sportsmen of different universities of Madhya Pradesh, means and standard deviations were computed. The t-ratio was computed to find out the significant difference between means of male sportsmen and non-sportsmen on different dimensions of adjustment, Significant level was set at .05 level of confidence.

RESULTS AND DISCUSSION

To assess the five dimensions of adjustment of male sportsmen and non-sportsmen: means, standard deviations and t-ratios were computed with the help of SPSS 16.0 software and data pertaining to this has been presented in Table 1 and 2.

TABLE 1
DESCRIPTIVE STATISTICS OF VARIOUS DIMENSIONS OF ADJUSTMENT AMONG MALE AND FEMALE RESPONDENTS

Dimensions of Adjustment		Sportsmen M$\pm$SD	Non-sportsmen M$\pm$SD
(i)	Home adjustment	4.09 $\pm$ 2.11	4.37 $\pm$ 2.14
(ii)	Health adjustment	3.83 $\pm$ 2.07	4.21 $\pm$ 2.77
(iii)	Social adjustment	5.80 $\pm$ 3.05	6.47 $\pm$ 3.02
(iv)	Emotional adjustment	9.29 $\pm$ 5.16	10.55 $\pm$ 5.93
(v)	Educational adjustment	4.96 $\pm$ 3.14	5.44 $\pm$ 3.32
(vi)	Total Adjustment	27.97 $\pm$ 12.64	31.04 $\pm$ 12.85

The mean scores of different psychological variables as scored by male sportsmen & non-sportsmen belonging to Chhattisgarh have been depicted in figure 1 to 6.

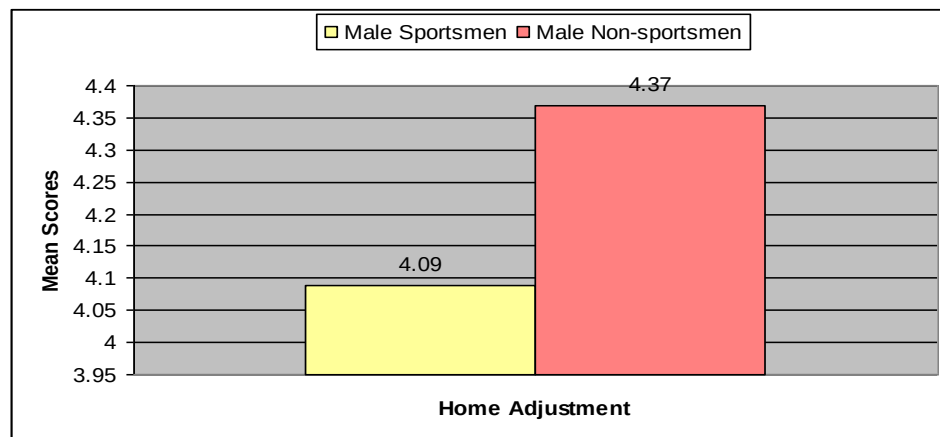


Figure 1: Mean Scores of Male Sportsmen and Non-sportsmen on Home Adjustment

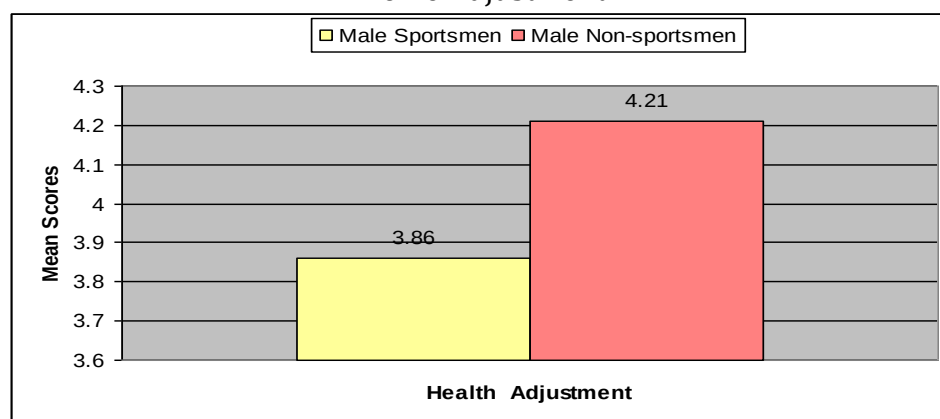


Figure 2: Mean Scores of Male Sportsmen and Non-sportsmen on Health Adjustment

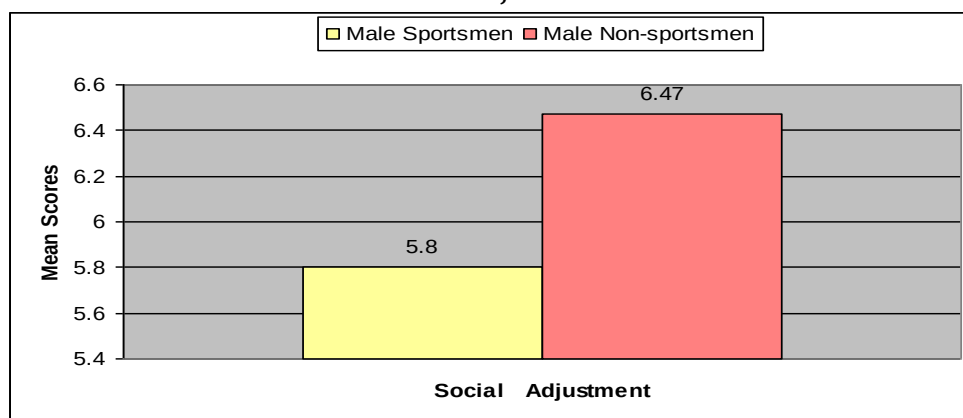


Figure 3: Mean Scores of Male Sportsmen and Non-sportsmen on Social Adjustment

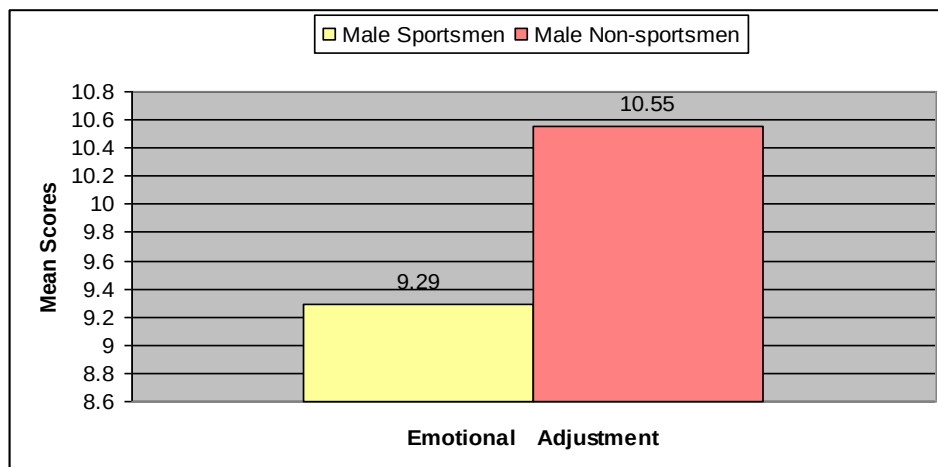


Figure 4: Mean Scores of Male Sportsmen and Non-sportsmen on Emotional Adjustment

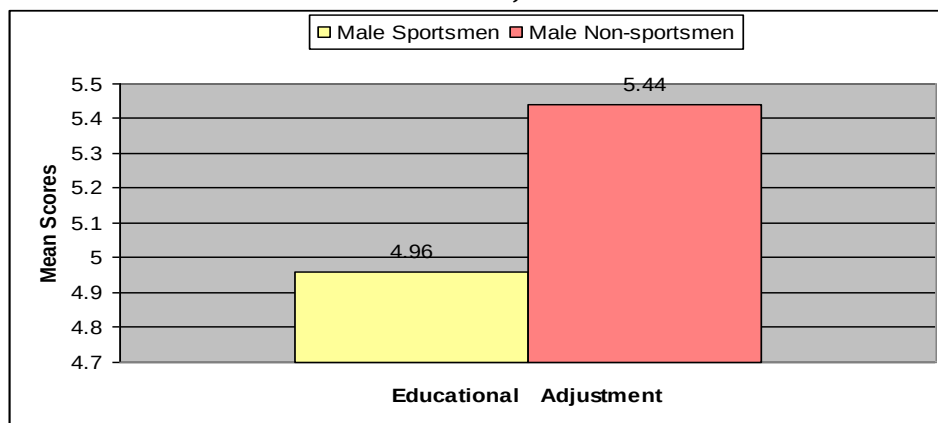


Figure 5: Mean Scores of Male Sportsmen and Non-sportsmen on Educational Adjustment

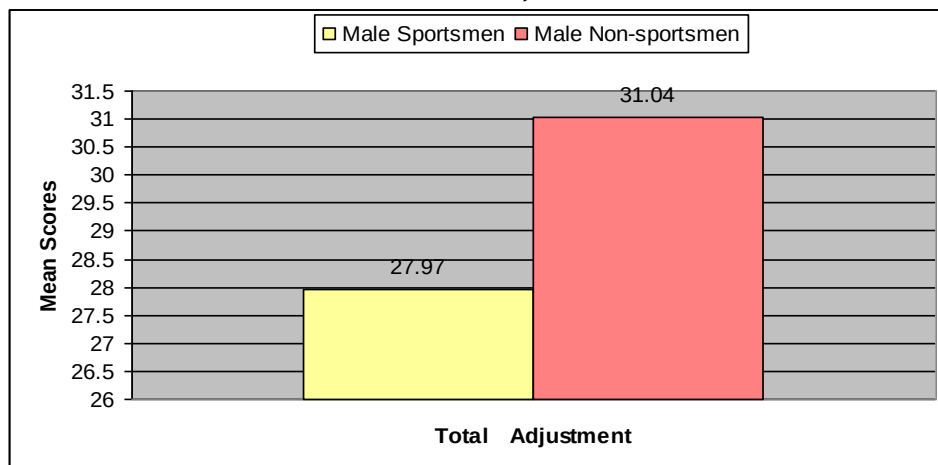


Figure 6: Mean Scores of Male Sportsmen and Non-sportsmen on General Adjustment

TABLE 2
SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF MALE SPORTSMEN AND NON-SPORTSMEN ON FIVE DIMENSIONS OF ADJUSTMENT

S. No.	Dimensions of Adjustment	Groups	Mean	MD	σ_{DM}	t-ratio
1.	Home adjustment	Sportsmen Non-sportsmen	4.09 4.37	0.28	0.326	0.81
2.	Health adjustment	Sportsmen Non-sportsmen	3.83 4.21	0.38	0.400	0.97
3.	Social adjustment	Sportsmen Non-sportsmen	5.80 6.47	0.67	0.496	1.35
4.	Emotional adjustment	Sportsmen Non-sportsmen	9.29 10.55	1.26	0.907	1.38
5.	Educational adjustment	Sportsmen Non-sportsmen	4.96 5.44	0.48	0.527	0.91
6.	Total Adjustment	Sportsmen Non-sportsmen	27.97 31.04	3.07	2.082	1.47

Insignificant at .05 level, $t_{.05 (148)} = 1.98$

Table 2 reveals that the male sportsmen and non-sportsmen did not differ significantly in health, home, social, emotional, educational dimensions of adjustment and total adjustment, as the obtained t-values of 0.81, 0.97, 1.35, 1.38, 0.91 and 1.47 respectively were lesser than the required value of $t_{.05 (148)} = 1.98$. This implies that both the groups are homogeneous with respect to health, home, social and educational and emotional dimensions of adjustment as well as total adjustment.

DISCUSSION

Findings of the descriptive analysis of data on various psychological variables obtained from male sportsmen indicated that non-sportsmen were found to have greater adjustment than sportsmen in all the dimensions of adjustment as well as total adjustment. which clearly indicated that the physical training in sports did not have any effect on the adjustment among sportsmen. When the male sportsmen and non-sportsmen were compared together on selected psychological variables, the results of t-ratio indicated the insignificant difference between male sportsmen and non-sportsmen in five dimensions of adjustment as well as general adjustment, which may be due to similarity in reinforcement, emotions, feelings, mutual understanding, level of satisfaction, individual beliefs and friendliness. It was also hypothesized that there would be no significance of difference between male sportsmen and non-sportsmen in different dimensions of adjustment. is partially accepted, as homogeneity was observed between male sportsmen and non-sportsmen in five dimensions of adjustment, over all adjustment.

CONCLUSIONS

1. Male sportsmen and non-sportsmen had similarity in their five dimensions of adjustment.
2. Male sportsmen and non-sportsmen had similarity in their general adjustment.

BIBLIOGRAPHY

- Biddulph, L. G., "Athletic Achievement and Personal and Social Adjustment of High School Boys," Research Quarterly, 25: 1-7, March, 1954.
- Khan, H. A. and Mohanti, J. "A Study of the Effect of Special Sports Training on Some Psychological Attributes of Athletes" NIS Scientific Journal 15 : 1 (January, 1992): 2.
- Kamlesh, M.L. Manual of Sports Achievement Motivation Test. NIS Scientific journal, 13 :3 (July, 1992) :28-39
- Kamlesh, M.L. Psychology in Physical Education and Sports 2nd Revised Edition (New Delhi Metropolitan Publication, 1988
- Krall WH, Carlson. Sixteen Personality factor profiles of collegiate wrestlers Research Quarterly 1967; 38:49-57
- Sperling , A. and Martin, K. (1982) Psychology, London : Pheinemann
- Sinha, A.K.P. and Singh, R.P. (1980), Adjustment Inventory for College Students, Agra: National Psychology Corporation.