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A study of adjustment among athletes, footballers and swimmers

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Abstract

To achieve the purpose of present study, a sample of sixty (N=60) male players (athletes=20, Footballers=20, swimmers=20) were selected. The age of the subjects was ranging between 18 to 25 years. The purposive sampling technique was used for the selection of the subjects. The samples were taken from the colleges affiliated to Punjabi University Patiala. Adjustment Inventory for College Students, developed by Prof. A.K.P. Sinha and Dr. R.P. Singh, 1980 was used for collection of the data. One way Analysis of Variance (ANOVA) was applied to find out the significant differences with regard to the variable adjustment among athletes, Footballers and swimmers. The Post-hoc Test (Scheffe's) was applied to see the direction and significance of differences where F-ratio found statistically significant. The level of significance was set at 0.05. It is concluded that significant differences have been found between Footballers and swimmers with regard to sub-variables health, emotional, educational and total adjustment. Significant differences have also been seen between athletes and Footballers on educational adjustment but insignificant on health, emotional and total adjustment. Insignificant differences have been found between athletes and swimmers with regard to sub-variables health, emotional, educational and total adjustment.

Keywords: Adjustment among, athletes footballers, swimmers

Introduction

The socio-psychological dynamics of athletes of various sports are important components of sports psychology that emerged as a distinct scientific discipline, a specialization within the psychology. Adjustment refers to the reaction of an individual to the demands and pressures of social environment imposed upon him. Environment includes everything external to a person, with which he is in some relations. In simple words adjustment means person's interaction with his environment. Adjustment is individualistic in nature. An adjusted individual is one who successfully meets the demands of society and satisfies his own drives. Biddulph (1954)^[2] revealed that superior athletes showed higher levels of personal and social adjustment than less skilled athletes. Gautam (1988)^[5] revealed that athletes were better adjusted and had lesser number of problems in social, emotional and total adjustment. Apart from physical and psychological characteristics there are a number of social characteristics also, which play an important role for successful participation and achieving excellence in competitive sports. Competition is a social and cultural activity and every athlete is directly involved in it. The modern competitive sport has become an extremely complex behavioural phenomenon, in which Adjustment-a socio-psychological attributes do affect the competitive performance of individual athletes. To achieve this goal they do not wish to leave any stone unturned. It has been realized these days that physical fitness and psychological attributes move hand in hand for performance enhancement.

Material and Methods

Subjects: A sample of sixty (N=60) male players (athletes=20, Footballers=20, swimmers=20) were selected. The age of the subjects was ranging between 18 to 25 years. The purposive sampling technique was used for the selection of the subjects. The samples were taken from the colleges affiliated to Punjabi University Patiala.

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Tool used: Adjustment Inventory for College Students, developed by Prof. A.K.P. Sinha and Dr. R.P. Singh, 1980 was used for collection of the data.

Methodology

Adjustment among university level individual athletes of selected sports was determined by administering Adjustment Inventory for College Students (Sinha and Singh, 1980), which is a popular test for measuring all the dimensions of adjustment and the total adjustment of college students. The five areas of adjustment covered by this inventory are – Home, Health, Social, Emotional and Educational adjustment. The subjects have to encircle ‘Yes’ or ‘No’ on the response

sheet in response to each of 102 questions of the inventory, covering all the five areas of adjustment. Low scores indicate better adjustment on all areas of adjustment.

Statistical analysis

One way Analysis of Variance (ANOVA) was applied to find out the significant differences with regard to the variable adjustment among athletes, Footballers and swimmers. The Post-hoc Test (Scheffe's) was applied to see the direction and significance of differences where F-ratio found statistically significant. The level of significance was set at 0.05.

Results

Table 1: Analysis of Variance (ANOVA) among Athletes, Footballers and Swimmers with regard to the sub-variables Home, Health, Social, Emotional, Educational and Total Adjustment.

Sub-Variable/ Variable	Source of variance	Sum of Squares	df	Mean Square	F-value	Sig.
Home Adjustment	Between Groups	13.900	2	6.950	1.447	.244
	Within Groups	273.750	57	4.803		
	Total	287.650	59			
Health Adjustment	Between Groups	58.533	2	29.267	5.451*	.007
	Within Groups	306.050	57	5.369		
	Total	364.583	59			
Social Adjustment	Between Groups	21.700	2	10.850	1.899	.159
	Within Groups	325.700	57	5.714		
	Total	347.400	59			
Emotional Adjustment	Between Groups	151.900	2	75.950	5.985*	.004
	Within Groups	723.350	57	12.690		
	Total	875.250	59			
Educational Adjustment	Between Groups	142.533	2	71.267	11.003*	.000
	Within Groups	369.200	57	6.477		
	Total	511.733	59			
Total Adjustment	Between Groups	1251.300	2	625.650	8.655*	.001
	Within Groups	4120.350	57	72.287		
	Total	5371.650	59			

Significant at .05 level of significance. $F_{.05} (2, 58) = 3.15$

It is evident from table-1 that results of Analysis of Variance (ANOVA) among athletes, Footballers and swimmers were found statistically insignificant ($p > .05$) with regard to the sub-variables home adjustment and social adjustment while significant ($p < .05$) differences were found with regard to health, emotional, educational and total adjustment.

Since the obtained results with regard to health, emotional,

educational and total adjustment were found statistically significant ($p < .05$), therefore, the Post-hoc test (Scheffe's) was applied to see the direction and significance of difference between paired means among athletes, Footballers and swimmers on the sub-variables health, emotional, educational and total adjustment. The results of Post-hoc test (Scheffe's) have been presented in table-2 below.

Table 2: Comparison of Mean Values of Post-hoc Test (Scheffe's) among Athletes, Footballers and Swimmers in relation to Health, Emotional, Educational and Total Adjustment.

	Athletes N=20	Footballers N=20	Swimmers N=20	Mean Difference	Sig.
Health Adjustment	6.85	7.35		.50	.793
	6.85		5.05	1.80	.057
		7.35	5.05	2.30*	.011
Emotional Adjustment	15.25	16.40		1.15	.597
	15.25		12.60	2.65	.071
		16.40	12.60	3.80*	.006
Educational Adjustment	9.50	12.00		2.50*	.012
	9.50		8.30	1.20	.336
		12.00	8.30	3.70*	.000
Total Adjustment	49.55	56.30		6.75	.050
	49.55		45.20	4.35	.278
		56.30	45.20	11.10*	.001

A glance at table-2 exhibited that the significant ($p < .05$) mean differences were found between Footballers and swimmers with regard to sub-variables health, emotional, educational and total adjustment. Significant ($p < .05$) mean difference was also seen between athletes and Footballers on educational

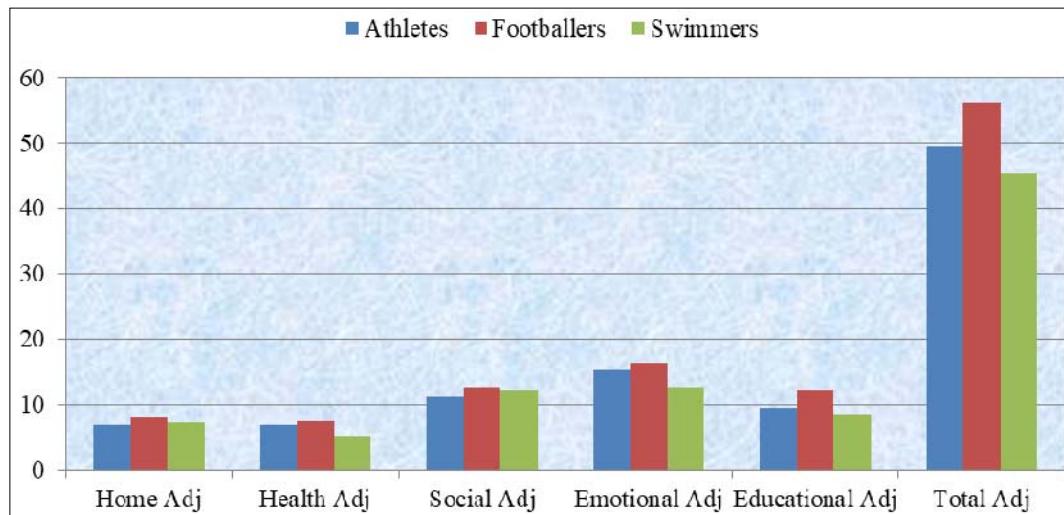
adjustment but insignificant ($p > .05$) on health, emotional and total adjustment. Insignificant ($p > .05$) mean differences were found between athletes and swimmers with regard to sub-variables health, emotional, educational and total adjustment.

Table 3: Comparative Mean Scores of Athletes, Footballers and Swimmers with regard to the sub-variables Home, Health, Social, Emotional, Educational and Total Adjustment.

Sp. Gp.	Home Adj.		Health Adj.		Social Adj.		Emotional Adj.		Educational Adj.		Total Adjustment	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Ath. N=20	6.85	2.47	6.85	2.92	11.10	2.71	15.25	4.24	9.50	2.85	49.55	9.51
Box. N=20	8.00	2.47	7.35	1.81	12.55	2.13	16.40	3.33	12.00	2.61	56.30	8.69
Swim. N=20	7.20	1.47	5.05	2.06	12.05	2.28	12.60	2.99	8.30	2.10	45.20	7.12

Table -3 exhibited the comparative mean scores of athletes, Footballers and swimmers with regard to the sub-variables Home, Health, Social, Emotional, Educational and Total Adjustment. Low scores indicate better adjustment, as per the manual of inventory. While comparing the means of athletes, Footballers and swimmers, it revealed that athletes with mean 6.85 in relation to home adjustment had exhibited better on home adjustment than their counterpart's Footballers and swimmers. Athletes with mean 11.10 in regards to social adjustment had exhibited higher aggressiveness as compared

to Footballers and swimmers. Swimmers with means 5.05, 12.60, 8.30 and 45.20 in respect to health, emotional, educational and total adjustment had exhibited comparatively better on health, emotional, educational and total adjustment than their counterpart athletes and Footballers. The comparison of mean scores of athletes, Footballers and swimmers with regard to the sub-variables Home, Health, Social, Emotional, Educational and Total Adjustment have been presented graphically in figure-1 below;

**Fig 1:** Graphical representation of Mean Scores of Athletes, Footballers and Swimmers with regard to Home, Health, Social, Emotional, Educational and Total Adjustment.

Discussion

The purpose of the study was to determine the adjustment (home, health, social, emotional, educational and total adjustment) among athletes, Footballers and swimmers. It has been observed from the Analysis of Variance (ANOVA) table - 1 that significant differences have been found among athletes, Footballers and swimmers on the sub-variables health adjustment, emotional adjustment, educational adjustment and total adjustment while insignificant differences have been observed on the sub-variables home and social adjustment. While comparing the means of athletes, Footballers and swimmers, it has been found that swimmers (lower the score, better the adjustment) have demonstrated better total adjustment. However, on the other hand Footballers have exhibited lower level of total adjustment. The present results are in contrast to the findings of Buck (1971)^[3] who revealed relatively higher relationship between low health behaviour and low total adjustment. The present results are in conformity with the study carried out by Bhullar (1974)^[1], Rani (1974)^[8] on health adjustments. Sidhu (1974)^[9] found insignificant differences on social adjustment among basketball, badminton, hockey, football and basketball players. Dass (1983)^[4] revealed that high performers in track events were well adjusted in schools as compared to the low performers. Mohini (1993)^[7] revealed that the players were emotionally, socially and globally better adjusted. Khanna

(2001)^[6] observed that individual athletes were found better adjusted in respect to the social and emotional adjustment. Sonia (2004)^[10] revealed no significant differences between champion and non-champion judokas on all the variables of adjustment except home and health adjustments.

Conclusions

It is concluded that significant differences have been found between Footballers and swimmers with regard to sub-variables health, emotional, educational and total adjustment. Significant differences have also been seen between athletes and Footballers on educational adjustment but insignificant on health, emotional and total adjustment. Insignificant differences have been found between athletes and swimmers with regard to sub-variables health, emotional, educational and total adjustment. While comparing the means of athletes, Footballers and swimmers, it has been found that swimmers (lower the score, better the adjustment) have demonstrated better total adjustment. However, on the other hand Footballers have exhibited lower level of total adjustment.

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