



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2016; 1(1): 46-47

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www.theyogicjournal.com

Received: 17-06-2016

Accepted: 29-07-2016

Bilal Ahmad Bhat

Ara Khushipora Contractual
Lecturer in Physical Education
at GHSS, Doru, Jammu and
Kashmir, India

Mudesar Muzafer

Physical Education Teacher,
Zikra Educational Institute
Pulwama, Jammu and Kashmir,
India

A comparative study of psychological factor between sportsmen and non sportsmen of J&K

Bilal Ahmad Bhat and Mudesar Muzafer

Abstract

In sports psychology personality has received the most attention in recent research. The Personality is a term commonly used by people concerned with almost every aspect of human interaction. Social adjustment is the process whereby an organism, organ, or individual entity enters into a relationship of harmony or equilibrium with its environment and the condition of having attained such a relationship. The purpose of this study was to compare Sportsmen and Non sportsmen on their levels of Psychological Factor 'social adjustment'. Total numbers of 48 students were selected as the samples for the study from the 5 secondary schools of Shopian city of J&K. In which 24 were Sportsmen and rest 24 were Non sportsmen. The data collection tool used in the study was the Dr. Mahdi Abdul Kahlq social Adjustment Questionnaire developed in 2006 for the study in University of Kurdistan Iraq. Results shows, that the mean and standard deviation scores of Sportsmen & Non sportsmen on social adjustment is 16.99(+1.893) & 16.19(2.727+) respectively. The calculated 't' of social adjustment of sportsmen and Non sportsmen is 2.155 which is significant at 0.05 level of significance. The result shows that there is significant difference between the social adjustment of Sportsmen and Non sportsmen, thus the research hypothesis was accepted. In the social adjustment, we observe that Sportsmen got good results as compared to Non sportsmen. Researcher observed that the means scores of social adjustment showed that Sportsmen have little high level of social adjustment as compare to Non sportsmen. In the present study we found that there is significant difference in the social adjustment of Sportsmen and Non sportsmen, so we can conclude that their social adjustment is not similar.

Keywords: social adjustment, sportsmen and non sportsmen

Introduction

In sports psychology personality has received the most attention in recent research. The Personality is a term commonly used by people concerned with almost every aspect of human interaction. A coach also evaluating an athlete will after refer to his or her personality parents sometimes compare their children on the basis of personality traits. Rush all also feels that "Knowledge of personality of an individual is important for maximizing individual responses. He has made the following suggestion for the use of personality information. Social adjustment is the process whereby an organism, organ, or individual entity enters into a relationship of harmony or equilibrium with its environment and the condition of having attained such a relationship. The antithesis maladjustment denotes the absence of such a process and /or the inability to attain such a condition (Gould and knob, 1964, P.4). Sperling (2000) and Signorella (2003) found differences in adjustment between athletes and non-athletes. Sperling found athletes to be more extroverted and ascendant. Signorella found that differences in amount of athletic participation were moderately related to scores on the Cow ell Social Adjustment Index (2000). If satisfied in opposite ways, neurotic or delinquent behavior may be the result. Studies reveal that socially well-adjusted persons tend to be more successful in athletics, physical fitness, and physical education activities than are persons who are less well adjusted socially. On the basis of this, the present researcher wants to measure the Psychological Factor i.e social adjustment levels between sportsmen and Non sportsmen of Shopian city of J&K. Thus the purpose of the present study was to compare the Psychological Factor Social adjustment between sportsmen and Non sportsmen of Shopian City of J&K.

Correspondence

Bilal Ahmad Bhat

Ara Khushipora Contractual
Lecturer in Physical Education
at GHSS, Doru, Jammu and
Kashmir, India

Materials and Methods

For the present study Descriptive method was used. Total numbers of 48 students were selected as the samples for the study from the 5 secondary schools of Shopian City of J&K. In which 24 were Sportsmen and rest 24 were Non sportsmen. The data collection tool used in the study was the Dr. Mahdi Abdul Kahlq social Adjustment Questionnaire developed in 2006 for the study in University of Kurdistan Iraq. There were a total 30 questions in the Social adjustment scale. For each question there was Yes and No response. After data collection, data of social adjustment of sportsmen and Non sportsmen was compared by using t-test and the results were analyzed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Results

Table 1: Descriptive Statistics of mean and standard deviation of Sportsmen and Non sportsmen on social adjustment score

Variables	N	Mean	Standard Deviation	St. Error Mean
Sportsmen	24	16.99	1.893	0.212
Non sportsmen	24	16.19	2.727	0.305

In the above table no 4.1, the mean of 24 Sportsmen was 16.99 with standard deviation of 1.893 and standard error of mean 0.212. Similarly the mean of 24 Non Sportsmen was 16.19 with standard deviation of 2.727 and standard error of mean 0.305 respectively. (In the table N means number of subjects).

Table 2: Independent sample 't' test of Social Adjustment

t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
2.155	46	0.033	0.800	0.371

In the table no 4.2, the mean differences between Sportsmen and Non sportsmen was 0.800 in the social adjustment. This difference when tested by Independent sample 't' test, calculated 't' value was 2.155 which was significant at 0.05 ($p=0.05$) level of significance for 46 degree of freedom. Therefore the research hypothesis, there is significant difference in social adjustment between Sportsmen and Non sportsmen is accepted.

Findings and Conclusion

The researcher analyzed the collected data as per the objectives set for the research study. After implementing the appropriate statistical tools to analyze the data, it was shown that there is significant difference between the Sportsmen and Non sportsmen in social adjustment. Hence the research hypothesis is accepted. This finding is supported by Sperling and Signorella (2003) found differences in adjustment between athletes and non-athletes. Sperling (2011) found athletes to be more extroverted and ascendant. Studies reveal that socially well-adjusted persons tend to be more successful in athletics, physical fitness, and physical education activities than are persons who are less well adjusted socially.

In the present study we found that the mean scores of social adjustment shows that Sportsmen have high degree of social adjustment than Non sportsmen. Results shown that Sportsmen were more socially adjusted as compare to Non sportsmen.

It was observed from the finding that there were significant differences between Sportsmen and Non sportsmen in social adjustment. On the basis of the result obtained in this study the investigator concludes the scores of social adjustment of

Sportsmen showed that they were more socially adjusted as compare to and Non sportsmen.

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