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A study on emotional adjustment pattern of physical education student and general student in west Bengal

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Abstract

Emotions may hamper the studies and occupations of people. In some cases people's emotion may lead to crimes, because people lose reasoning power and their ability to control behavior is hampered. Hence emotional control and management is very essential for an adjusted life. In this study the researcher selected two hundred graduation level students from different colleges and universities of different districts of West Bengal. Two hundred graduation level students are categorized into ninety nine Physical Educational students (Training Institution) and one hundred one general degree college students. Ryff (1989) and Flanagan (1978) observed that in the case of self-oriented and other oriented aspects of psychological adjustment correspond to the concept of emotional adjustment and social adjustment. Socially adjustment individuals also tend to be more subjective in their thinking and are more likely to let emotional consideration influences their decisions. In this study the scenario on emotional adjustment among general degree college students (boys) and general degree college students (girls) has been significant in .05 level and 't' ratio is 2.841.

Keywords: Emotional adjustment, physical education student, general student

Introduction

Human being is considered as a rational being. But in the grip of emotions people behave like immature. Some people may breakdown completely, cannot take proper decisions, and many people even collapse in severe emotional around, because of serious changes in vital systems such as heart, lungs, brain etc. There are various circumstances whenever highly intelligent people fail to manage their emotions and some average intelligent persons manage their emotions effectively and harmoniously. It is called emotional intelligence. During emotions the individual will have a lot of energy released to meet the challenges and help him to perform very tough jobs which he cannot do in normal conditions. Emotions stimulate the person and make him to overcome lethargic position. But many times emotions may be a great hurdle for adjustment. Emotional Adjustment is an important task because, adjustment during emotions lead to a normal behavior where as mal-adjustment leads to abnormal behavior. Hence emotional control and management is very essential for an adjusted life.

Objective of the study

The major objective of the study is to collect data for emotional adjustment pattern of physical education students (Athlete) and general students (Non-athlete).

Significance of the Study

- (i) This study may give first time report of emotional adjustment pattern of college and universities physical education students.
- (ii) Indian sports sociologists and sports psychologists may be benefitted from the study.

Methodology

The selection of subjects, selection of questionnaire, administration of questionnaire and statistical techniques used in this study have been discussed.

1. **Selection of subjects:** The researcher selected 200 (two hundred) graduation level students randomly from the various colleges of different Districts of West Bengal 200

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(two hundred) graduation level students are categorized into 99 Physical Education students (Training Institution) and 101 general degree college students. Their age ranges from 18 to 25 yrs.

2. **Selection of questionnaire:** After going through detailed study, the researcher selected ‘An Adjustment Inventory’ (For school and college pupils) of Dr. Penny Jain, PhD C. Psycho, Agra from Agra Psychological Research Cell, Tiwari Hothai, Belanganj, Agra – 28, 2004.
3. **Orientation of the subject:** The subjects are asked to assemble in a classroom where the researcher explained to them the nature and purpose of the study, the questionnaire designed and the details to be filled in. In order to get full co-operation from the subject, the investigator explained about the purpose of the study.

4. **Purpose:** The purpose is to assess the emotional adjustment pattern of college level students.
5. **Equipment:** An adjustment pattern questionnaire, answer sheet, scoring key, pen/pencil.
6. **Statistical Techniques Employed:** Descriptive statistics and independence ‘t’ test were applied in order to find out significance of mean difference between adjustment pattern of Physical Education students and general students. The level of significance was set at 0.05 level.

Results and Discussion

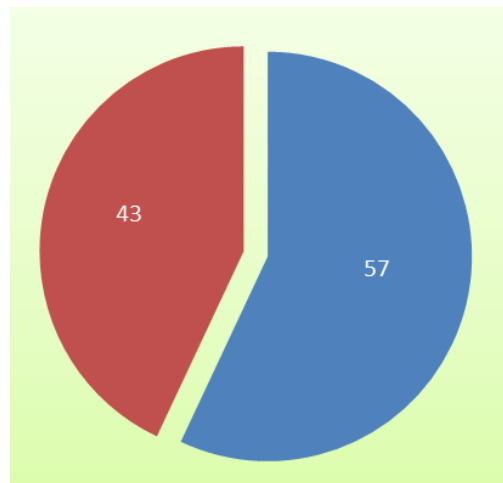
The experiment has been conducted over a total number of two hundred samples of boys and girls students comparing ten questions of emotional adjustment questionnaire.

Table 1

Mean difference of Athletes and Non-athletes (boys & girls) Emotional Adjustment	Group	Mean difference	Std Error Difference	‘t’ ratio	Sig. (2 tailed)
	Athlete	0.45745	0.31563	1.449	.149
Non-athlete					

The relationship between the emotional adjustment with athletes and non-athletes has brought out the scenario that emotional control is more in case of the students who adhere directly with sports rather than the one who are no-sports person. Among the athletes’ students only 34% has been

found to be emotional while on contrary 66 % has been found the more emotional. So it can be commented without any fear of contradiction that to attain a proper mind and fully fledged development of emotions participation in sports in a utmost necessity.



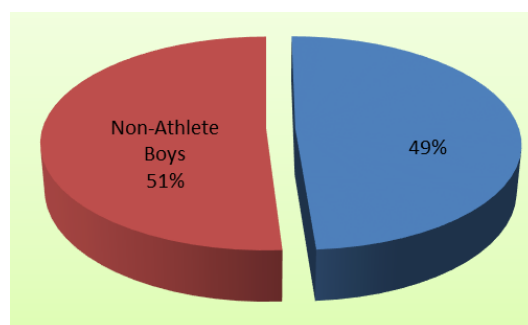
Emotional Adjustment (Mean Value)

Table 2

Mean difference of Athletes and Non-athletes boys Emotional Adjustment	Group	Mean difference	Std Error Difference	‘t’ ratio	Sig. (2 tailed)
	Athlete Boys	0.14299	0.36763	0.389	.698
Non-athlete Boys					

As per the context of control over emotions is concerned or emotional adjustment 51% are being found to have better

standards of emotional adjustment in comparison to the 49% boys on its counterpart.



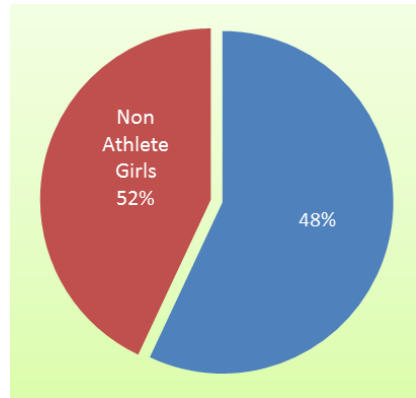
Emotional Adjustment (Mean Value)

Table 3

Mean difference of Athletes and Non-athletes Girls Emotional Adjustment	Group	Mean difference	Std Error Difference	't' ratio	Sig. (2 tailed)
	Athlete girls				
Non-athlete girls					

The case that participation in Sports does positively use to impact upon the controlling capacity of the emotions and allied aspects in Human beings id being revealed very vividly

from the graphical analysis of emotional adjustment of girl students (athlete and non-athlete) as has been exemplified in figure.



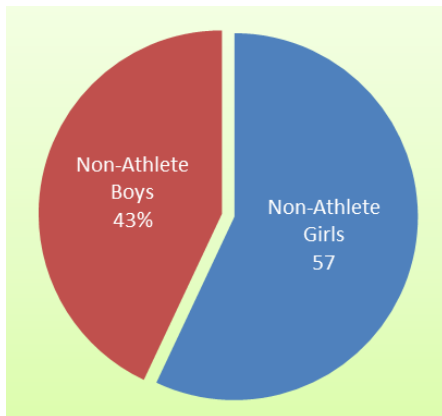
Emotional Adjustment (Mean Value)

Table 4

Mean difference of Athletes and Non-athletes Boys & Non-athletes Girls Emotional Adjustment	Group	Std Error	't' ratio	Sig. (2 tailed)
	Non-Athlete Boys			
Non-athlete Girls				

As per the emotional adjustment scenario is concerned it has been found out that 57% of non-athlete girls are having positive emotional adjustment in comparison to the 43% non-athlete boys, which does clearly comments upon the more the girls does participate upon sports the more restrain they will attain in controlling their emotions and vice versa.

dangerous thing now-a-days. The result of ego conflict may be a chance of suicide. So we are very much conscious about this matter and teach our students the good and bad effects of our society. The outstanding feature of world sports is the ceaseless attempts by numerous sports personalities to adjust themselves in for the purpose of their deserved results. The scenario on emotional adjustment among the non-athlete boys and non-athlete girls has been significant in 0.05 level and t ratio is 2.841. For sports performance social growth social development and social adjustments are some of the phrases which denote how it is important for an individual to be in a society for survival as well as for higher accomplishments. Social growth of an individual takes place only when ample opportunities are given to the individual for intermixing and interacting with others. By overcoming various steps a newly born baby adjusts to the present society. In present study the researcher wants to make a document of college students' emotional adjustment level.



Emotional Adjustment (Mean Value)

Conclusion: Adjustment can be defined as a relative harmony between the individual and his/her community as measured by satisfaction of the individual with key aspects of his/her community and an attitude towards the host community which conforms to the expectation that the environment will fulfill the individuals' needs and goals. Now-a-days the adjustment pattern in everywhere like home, school, college, university, office is deteriorating largely. From strictly psychological point of view adjustment means many things such as need gratification skill in dealing with frustration and conflicts, peace of mind etc. In such cases in our society we feel variously the ego-conflicts with each other. It is also

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