



Study of Adjustment Among

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Abstract

In the present examination discover the contrast among male and female school understudies on change. For this investigation two free factor sex and sportsman are incorporated. Individual sportsmen and group sportsman are remembered for this investigation. The arbitrary testing strategy is receiving in choosing the example of the examination. The investigation was completed on an example of 200 school understudies. 100 male school understudies and 100 female school understudies are incorporated. Likewise 100 individual sportsmen, 100 group sportsmen are incorporated. To connect the goals of present examination 2X2 factorial plan is utilized. Chime's change stock created by Dr. Lalita Sahrma is use in this investigation. There is huge contrast among male and female school understudies on alteration. There is no noteworthy distinction between singular sportsman and group sportsman school understudies on modification.

Keywords: Adjustment, investigation, School Students.

Introduction:

All human conduct is deliberate. These are coordinated towards the accomplishment of certain objectives or fulfilment of some need. An individual is said to be balanced in condition if there is congruity among his needs are achievable. Interestingly, these objectives ought to be socially alluring. So it is the agreement of the inner with the outside. "Life displays a nonstop chain of

battle for presence and stabilities" says Darwin. Life is a persistent procedure of conquering challenges or of making alterations.

General significance of modification is simply the way toward living or a powerful harmony of the complete character. It is a long lasting procedure where one goes into a relationship of congruity with one's condition. Mentally, modification implies an individual associates with his/her condition. Fortunate is the person who is balanced and thinks about it so. Each person, incredible or little, old or youthful, is stood up to with the issue of modification. The issue of modification begins directly from the introduction of the youngster and proceeds till his demise. The issue of alteration is both inner just as outer. The issue of modification is identified with landing at a fair state between he needs of the individual and their fulfilment. Modification is a relative term. Inverse of modification is maladjustment. Life displays a persistent chain of battle for alteration.

The idea of modification implies adjustment to physical condition just as to social requests. No individual can live separated from his physical condition. There is activity and response chain going on between the individual and his condition. At that point there are social weights and requests of socialization. To these might be included the person's close to home interest, for example, the fulfilment of physiological needs. This perplexing working of the people requests change. The procedure of modification turns out to be still progressively muddled when his connection with one circumstance collides with the necessities of the other circumstance. One circumstance may offer ascent to joy while the other may offer ascent to torment. The subsequent strain may cause unsettling influence in his mind, produce uncomfortable physical manifestations or may even prompt strange conduct. The idea of alteration is as old as human race on earth. Methodical rise of this idea begins from Darwin. In those days the idea was simply natural and he utilized the term adjustment. The versatility to natural dangers continues expanding as we continue on the polygenetic scale from the lower outrageous to the higher extraordinary of life.

Objective of the study:

1. To study gender wise level of adjustment among school students.

2. To study the level of adjustment among individual and team sportsman.

Hypotheses:

1. There will be significant difference between male and female school students on adjustment.
2. There will be significant difference between individuals and team sportsman on adjustment.

Sample: The random sampling method is adopting in selecting the sample of the study. The study was carried out on a sample of 200 school students. 100 male school students and 100 female school students are included. Also 100 individual sportsmen, 100 team sportsmen are included. In this study individual sportsman means who participated in individual sports game. Team sportsman means who participated in team sports game.

Variable: In the present study there were five variables included. Namely adjustment and stress these are the dependent variables. The independent variables are gender and sportsman. These independent variables have each two levels. First independent variable is gender status two levels i.e. male and female. In the second independent variable sportsman has two level i.e. individual sportsman and team sportsman.

Research Design:

To reach out the objectives of present investigation 2X2 factorial design is used as depicted below;

2 X 2 Factorial Designs

Sportsman (B)	Gender (A)	
	Male (A1)	Female (A2)
Individual	A1B1	A2B1
Team	A1B2	A2B2

Tool:**Indian Adaptation of Bell's Adjustment Inventory**

This scale developed by Dr. Lalita Sahrma, Bell's adjustment inventory which measures four area of adjustment Home, Health, Social and Emotional separately as well as composites scores for overall adjustment. The original Bells adjustment inventory was in English and for the purpose of standardization in Indian condition it was translated in Hindi. The Hindi version of the inventory was given to five experts for its translation into English. The present inventory consists of 80 items, retained as result of item analysis out of 140 items. High scores on the inventory indicate low adjustment. Whereas low scores indicate high adjustment. In different area of adjustment as well as adjustment taken as whole. The scoring of this inventory is very simple which can be scored simply by counting the number of correct answers mark in each area of adjustment. The answer to which the score is to be given are noted in manual. The some of score in different area provides measures of total adjustment. High score indicate poor adjustment. For determination of validity co-efficient of the present inventory the English version as well as Hindi version of the inventory were administered 100 higher secondary school going peoples who know well both Hindi and English language. The validity co-efficient was found to be very high .834.

Statistical analysis:

The total data sets obtained for Adjustment Inventory prepared scoring. For the each subjects initially data of age group were separately tabulated by employing frequency distribution and descriptive statistics. Find out the gender and sportsman wise differences using a 2×2 factorial analysis of variance technique and calculations were carried out with the help of calculated and SPSS software was used.

Table No. 1**Summary of ANOVA for adjustment**

Source	Type III Sum of Squares	Df	Mean Square	F

Gender	192.08	1	192.08	6.10*
Sportsman	124.82	1	124.82	3.90(NS)
Gender x Sportsman	54.08	1	54.08	1.69
Error	6264.52	196	31.96	
Total	147616.00	200		

Table No. 1 shows that the gender wise and sportsman significant difference on adjustment. Main effect 'A' was highly significant. The table shows that subjects of male and female school students differ significantly among themselves on the level of adjustment. A summary of two way ANOVA shows that main effect gender is significant ($F=6.10$, df 1 and 196, $p < .05$). According to this result hypothesis no.1 There will be significant difference between male and female school students on adjustment was accepted. The actual difference of adjustment level of sportsman and non-sportsman carry out from descriptive statistics. The following mean table and graph shoes the mean difference of adjustment among sportsman and non-sportsman.

The second factor was related to the sportsman. It is represented by main effect 'B'. Main effect 'B' is not significant. ($F= 3.90$, $df=1$ and 196). According to this 'F' ratio the there is no sportsman difference on adjustment of both group of individual and team sportsman. According to this result hypothesis no.2 there will be significant difference between individual sportsman and team sportsman school students on adjustment was rejected.

In addition in main effects of the factors, there are possibilities of two way interaction effects. In the summary of ANOVA table shows that the interaction effect $A \times B$ ($F= 1.69$, df 1, 196) not significant. Adjustment level by school students not influence by the joint effect of gender and sportsman.

Conclusion:

There is significant difference between male and female school students on adjustment. There is no significant difference between individual sportsman and team sportsman school students on adjustment.

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