

Comparative Study of Social Adjustment between Physical Education Students and other Subject Students of Pulwama City

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Abstract

The present research explores the relations of Social adjustment between physical education students and others subject students of Pulwama city. The purpose of this study was to compare physical education students and other subject students on their levels of social adjustment. Total numbers of 48 students were selected as the samples for the study from the Nipps and Govt. Degree college pulwama .In which 24 were physical education students and rest 24 were other subject students. The data collection tool used in the study was the Dr. Mahdi Abdul Kahlq's social Adjustment Questionnaire developed in 2006 for the study in University of Kurdistan Iraq. Results shows, that the mean and standard deviation scores of physical education students & other Subject students on social adjustment is 16.99 (+1.893) & 16.19 (2.727±) respectively. The calculated 't' of social adjustment of physical education students and other subject students 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 Physical education students and other subject students, thus the research hypothesis was accepted. In the social adjustment, we observe that physical education students got good results as compared to other subject students. Researcher observed that the means scores of social adjustment showed that physical education students have little high level of social adjustment as compare to other subject students. In the present study we found that there is significant difference in the social adjustment of physical education students and other subject students, so we can conclude that their social adjustment is not similar.

KEYWORDS: Social Adjustment, Physical Education Students, Other Subject Students.

Introduction

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 social adjustment levels between physical education students and other subject students of J&K state. Thus the purpose of the present study was to compare the Social adjustment between physical education students and others subject students of Jammu and Kashmir State.

Materials and Methods

For the present study Descriptive method was used. A total number 48 students studying in the Nipps and Govt. Degree College Pulwama, were selected purposively as the samples of the study, in which 24 were physical education students and rest 24 were other subject students. For the collection of data the researcher administered the Dr. Mahdi Abdul Kahlq's 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 physical education students and other subject students was compared by using t-test and the result were analyzed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Results

Table No.1

Descriptive Statistics of mean and standard deviation of physical education students and other subject students on social adjustment score.

Variables	N	Mean	Standard Deviation	St. Error Mean
Physical education Students	24	16.99	1.893	0.212
Other subject students	24	16.19	2.727	0.305

In the above table no 1, the mean of 24 Physical education Students was 16.99 with standard deviation of 1.893 and standard error of mean 0.212. Similarly the mean of 24 other subject students 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 No. 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 2, the mean differences between Physical education Students and Other subject students 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 Physical education Students and other subject students is accepted.

Summary 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 significance difference between the

Physical education Students and Other subject students 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 Physical education Students have high degree of social adjustment than other subject students. Results shown that Physical education Students were more socially adjusted as compare to other subject students.

It was observed from the finding that there were significant differences between athletes and non-athletes in social adjustment. On the basis of the result obtained in this study the investigator concludes the scores of social adjustment of Physical education Students showed that they were more socially adjusted as compare to other subject students.

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