

## **A Comparative Study of Adjustment Level among the Sports Person of Different Content Games**

**Mahesh Kumar**

C.R.M. Jat. College, Hisar Haryana, India

---

### **Abstract**

A study was conducted with an objective to find out the adjustment level among the sportsperson of contact games. A total number of 200 (100 male and 100 female) players of contact games like Boxing, Judo, Wrestling and Kabaddi of Haryana state who participated at national and Inter University level were contacted to collect the information. In the present study it was found that sportswomen were having better adjustment level as compare to the sportsmen. It was also discovered that the Kabaddi game players have better adjustment level as compare to the players of Boxing, and Wrestling games. It was also concluded that male and female player of Kabaddi games have equal of adjustment level.

**KEYWORDS** : Adjustment, Sportspersons ,Contact, Semi-Contact and Non-Contact games.

---

### **INTRODUCTION**

Now a days the problem of adjustment has become so vital in our complex, civilized society that psychologists have turned their deep interest in understanding it. Just as individuals may have different views on the nature of psychological adjustments, so also do psychologists. Some psychologists view adjustment as a process by which individuals are continually growing and meeting life's challenges. Other psychologists view adjustments as a fix state or goal that involves certain desirable characteristics that must be achieved.

The systemic emergence of the concept of "Adjustment" starts from Darwin. In those days the concept was purely biological and the term used to mean adaptation. The adaptability of environmental hazards goes on increasing as we proceed on the photogenic scale from the lower extreme to the higher. If we examine the various activities of the individual life, we will find that most of them involve adjustment of the individual to his vocational, social and economical problems. The process of adjustment starts from the birth of the child and continues till his death.

It is clear that adjustment is a continuous process rather than a static goal: by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs.

To a layman adjustment is the balance mutual satisfaction between the needs and aspirations of an individual to the life situation or the better interpersonal relationship between his needs, expectations and situations. Boring et al. (1960) defined adjustment as a process by which a living organism maintains balance between its needs and the circumstances that influence the satisfaction level of these needs. Personal development competitive attitude does not by definition exclude the desire to win, but operates in

contrast to “hypercompetitiveness,” or a win-at-all cost attitude that has been associated with neuroticism and poor adjustment (Ryckman, Libby, van den Borne, Gold, & Lindner, 1997; Ryckman, Thornton, & Butler, 1994). In addition to competitiveness, factors such as gender and concern about evaluation issues (i.e., perfectionism) may be related to adjustment among students who value athletics.

Researches have consistently reported that participating in sports has been more important to boys than to girls in childhood (Eccles, Wigfield, Harold, & Blumenfeld, 1993; Fredricks and Eccles, 2005; Wigfield, Eccles, Yoon, Harold, Arbretton, Freedman-Doan, & Blumenfeld, 1997) and adolescence (Eccles & Harold, 1991). Yet, it has been shown that women report more competitive anxiety than men (Lorimer, 2006; Wong, Lox & Clark, 1993) and often underestimate their abilities in competitive situations (Corbin, 1981). Explored in the current study is the issue of whether male and female sportsperson who value athletics show different associations adjustment.

Additionally, there is little information addressing how gender may differentially influence the relationship between perfectionistic attitudes and psychological adjustment. In the perfectionism literature, perfectionistic attitudes are described as either self or socially oriented. Self oriented perfectionism involves setting stringent self standards and evaluations to attain perfection; such individuals work hard to achieve goals. In contrast, socially oriented perfectionism involves individuals’ perceived need to meet standards set by others and has strong associations with maladjustment and fear of negative evaluation (Blankstein & Dunkley, 2002; Flett & Hewitt, 2002a, 2002b; Hewitt and Flett, 1991).

In the modern era of cut throat competition in the field of sports one cannot afford to remain immune to competition with adjustment, but a review of available literature among the wide variety of psychological variables which directly or indirectly influences the sports performance may conclude that there is a need to conduct a study to investigate the adjustment level of sportspersons of different games. So, to assess the effect of adjustment level on the sportsperson of different games the present study was carried out with these two objectives:

1. To find out whether there was any difference in adjustment among the sports persons of different contact games
2. To find out whether there was any difference in adjustment between male and female players of different contact games

## **MATERIAL AND METHODS**

### **Sampling**

In the present study, multistage sampling plan in which stratified random sampling technique and simple random sampling technique were used for selecting the samples. The present investigation was conducted on a total of 600 sportspersons of Haryana State, who had participated at National and Inter University level tournaments on contact, semi-contact and non-contact games. The subjects were in the age-group of 18-25 years. Out of total sample of 600 students 200 players were of contact games, whereas, 200 players were from semi-contact games and rest 200 players were non-contact games. These three groups were further divided into two sub-categories have 100 males and 100 females each.

The selection of tools was governed by the consideration of their (i) availability (ii) suitability to the sample (iii) reliability and validity. Keeping in view these considerations, (Adjustment Inventory for college students" (Sinha and Singh, 1980) has been used to measure adjustment.

### Collection of Data and Administration of Tests

Keeping in view, the objectives as well as design of the study, the appropriate statistical technique (ANNOVA) were used to analyze the data.

### RESULTS AND DISCUSSIONS

From Table 1, it was concluded that there is significant difference between mean value of male and female players and the lower mean value of female players shows that they are more adjustable in nature as compared to male players.

#### Adjustment in contact

**Table 1 :**

#### Analysis of variance for the data on adjustment in contact games

Source	D.F.	S.S.	M.S.	F-ratio
Sex	1	3646.58	3646.58	19.21**
Semi-contact games	3	3464.90	1154.97	6.08**
Interaction	3	263.22	87.74	0.46
Error	192	36445.52	189.82	
Total	199	867455.59		

\*\*significant at 0.01 level, \*Significant at 0.05 level

$F_{0.1}(1, 192) = 6.76$ ,  $F_{0.5}(1, 192) = 3.89$ ,  $F_{0.1}(3, 192) = 3.88$ ,  $F_{0.5}(3, 192) = 2.65$

Table 1 reveals that F-ratio (19.21) of adjustment level in contact games for sex is more than the table value of F (6.76) with (1.192) d.f. at 0.01 level. It shows that there is a very high significant difference in adjustment level among the sportsmen and sportswomen of contact games.

From Table 1, it can be inferred that F-ratio (6.08) of adjustment level in contact games is more than the table value of F (3.88) with (3.192) d.f. at 0.01 level. It shows that there is a significant difference in adjustment level among the players of different contact games.

Table 1 shows that F-ratio (0.46) of adjustment level in contact games for interaction is less than the table value of F (2.65) with (3.192) d.f. at 0.05 level, therefore, there is no significant difference in interaction (Sex  $\times$  contact games) of different sports group in contact game players.

**Table 2 :**

#### Mean scores on adjustment for male and female players in contact games (sports combined)

Female	Male	C.D.
35.10	26.56	3.81

From Table 2, it can be seen that mean difference of male and female on adjustment data is more than the critical difference. So, it may be concluded that adjustment level of female players is better than that of male at 0.05 level.

**Table 3 :**

**Mean scores on adjustment in different contact games  
(male and female players combined)**

<b>Wrestling</b>	<b>Boxing</b>	<b>Judo</b>	<b>Kabaddi</b>	<b>C.D.</b>
35.04	32.22	31.00	24.06	5.40

Table 3 shows that in mean scores of adjustment in Kabaddi players is significantly lower than that of in the Boxing, Judo as well as Wrestling players. It also shows that mean values of adjustment level in Boxing, Judo and Wrestling players was found equal but they have lower adjustment level when compared with the Kabaddi players.

**Table 4 :**

**Mean scores on adjustment for male and female players of contact games**

	<b>Boxing</b>	<b>Judo</b>	<b>Wrestling</b>	<b>Kabaddi</b>	<b>C.D.</b>
Male	37.24	36.40	42.20	26.56	7.63
Female	29.20	25.60	29.88	21.56	

Table 4 reveals that mean adjustment score of male players of Boxing, Judo and Wrestling games has a higher significant difference as compared to the female players in their respective games. Therefore, it was found that the female players of these games were have better adjustment level as compare to their male players in their respective games.

It also clear from Table 4 that the mean value of adjustment level of Kabaddi male and female players was found equal.

**Conclusion:** - In the present study it was found that sportswomen were having better adjustment level as compare to the Sportsman. It was also discovered the Kabaddi game players have better adjustment level as compare to the players of Boxing, Judo, and Wrestling games. It was also concluded that male and female players of Kabaddi game have equal adjustment Leve.

**BIBLIOGRAPHY**

- Antonelli, F. and Mascellani, A. (1973). "A Psycho0logical Research On Belli's Adjustment Test". Journal *International Sports Psychology* 4(2): 61-62.
- Blankstein K.R. & Dunkley, D.M. (2002). Evaluative concerns, self-critical, and personal standards perfectionism: A structural equation modeling strategy. In G.L. Flett & P.L. Hewitt, (Eds.), *Perfectionism: Theory, Research and Treatment* (PP. 285-315). Washington DC: American Psychological Associaton.
- Boring et al. (1960). "A Comparative Study Of Adjustment of Various Categories Of Sportsmen In Relation To Their Somatotyping And Participation In Sports." *An Unpublished Doctoral Thesis of J.P. Sharma submitted* at Deptt. Of Physical Educaiton, Kurukshetra University, Kurukshetra, P. 11.

- Buck, A. (1971). "Psychological Research On Bell's Adjustment Test". *Journal of International Sports Psychology*.
- Corbin, C.B. (1981). Sex of subject, sex of opponent, and opponent ability as factors affecting self-confidence in a competitive situation. *Journal of Sports Psychology*, 4, 265-270.
- Eccles, J., Wigfield, A., Harold, R. & Blumenfeld, P. (1993). Age and gender differences in children's self and task perceptions during elementary school. *Child Development*, 64, 830-847.
- Eccles, J.S. & Harold, R.D. (1991). Gender differences in sport involvement: Applying the Eccles' expectancy-value model, *Journal of Applied Sport Psychology*, 3, 7-35. doi:10.1080/1041320908406432
- Flett, G.L. & Hewitt, P.L. (2002a). Perfectionism and maladjustment: An overview of theoretical definitional, and treatment issues. In Flett, G.L. and Hewitt, P.L. (Eds.), *Perfectionism: Theory, Research and Assessment*. Washington, DC: American Psychological Association.
- Flett, G.L. & Hewitt, P.L. (2002b). *Perfectionism: Theory, Research and Assessment*. Washington, DC: American Psychological Association.
- Fredricks, J.A. & Eccles, J.s. (2005). Family socialization, gender, and sport motivation and involvement. *Journal of Sport and Exercise Psychology*, 27, 3-31.
- Hewitt, P.L. & Flett, G. (1991). Perfectionism in the self and social contexts: Conceptualization, assessment, and association with psycho-pathology. *Journal of Personality and Social Psychology*, 60, 456-470. doi:10.1037/0022-3514.3.456
- Peterson, S.L.; Weber, J.C. and Trousdale, W.W. (1967). Personality Traits Of Women In Team Sports, Women In Individual Sports. *Research Quarterly* 38: 686-690.
- Ryckman, R.M., Thornton, B. & Butler, J.C. (1994). Personality correlates of the hypercompetitive attitude scale: Validity test of Horney's theory of neurosis; *Journal of Personality Assessment*, 62, 84-94. doi:10.1027/s15327752jpa6201\_8.
- Sinha, A.K.P. and Singh, R.P. (1980). "Adjustment Inventory For College students (AICS). Agra: *National Psychological Co.*
- Wigfield, A., Eccles, J.S., Yoon, K.S., Harold, R., Arbreton, A., Freedman-Doan, C., & Blumenfeld, P.C. (1997). Changes in children's competence beliefs and subjective task values across the elementary school years: A three-year study. *Journal of Educational Psychology*, 89, 451-469. doi:10.1037/0022-0663.89.3.451