



A COMPARATIVE STUDY OF ADJUSTMENT AMONG KABADDI AND KHO-KHO PLAYERS AT COLLEGE OF AGRICULTURE

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Abstract:

Adjustment is one of the most important psychological activities of human being. Generally, adjustment means the relationship that any organism establishes with respect to its environment. The term usually refers to social or psychological adjustment and when used in the sense it carries a clear positive connotation that is well adjusted. The present study was conducted on the intercollegiate players of College of Agricultural Engineering and Technology Ta. Dapoli Dist. Ratanagiri. The purpose of the study was to identify the adjustment problems among the intercollegiate players. The four dimensions of adjustment i.e. Home, Health, Social and Emotional were studied across two sports i.e. kabaddi and kho-kho. A sample of 30 boys players (15 kabaddi and 15 kho-kho) was selected by using simple random sampling technique from college of agricultural Dapoli Ratanagiri district. Bell's Adjustment Inventory for college students by Dr. R.K. Ojha (1968) was administered. The statistical analysis was done using t -test to find out the significant difference of adjustment across different variables. The findings revealed that the kabaddi and kho-kho players differ significantly in their emotional and social adjustment. However, the two groups showed no significant difference in their home and health adjustment. Thus, based on the results it can be said that kabaddi and kho-kho players significantly differ on their adjustment level.

Key words: Adjustment, Kabaddi and Kho-Kho Intercollegiate Players.

Introduction:

Adjustment means the relationship that any organism establishes with respect to its environment. The term usually refers to social or psychological adjustment and when used in the sense it carries a clear positive connotation that is well adjusted. The implication is that the individual is involved in a rich, ongoing process of developing the potential reacting to and in turn changing the environment in a healthy, effective manner. In other words adjustment is a state of compute equilibrium between an organism and its environment, a state wherein all needs are satisfied and all organism functions are being carried out smoothly.

Home Adjustment: Home promotes satisfaction and security. The degree of adjustment of an individual exhibit in his behaviour with others. So is the ease with home adjustment, if one is well adjusted in home, most probably he must have been well adjusted socially because the adjustment in different fields of life are related and effective to each other.

Health Adjustment: Health also plays prime role in the development of one's personality. Sound health is the source of satisfaction and adjustment. The person should be physically as well as mentally healthy. Physically and mentally healthy person always feel herself or himself well-adjusted in society than the unhealthy ones.

Social Adjustment: It is generally said that man is a social animal. In reference to this it can be said that a person develops his personality in his social environment, he tries to mould himself on according to his society's social values and ideals, and to achieve these values and ideals his activities and behaviors will be same as other members of his society, in which he lives and where his social needs and desires are satisfied.

Emotional Adjustment: A balanced personality is one which is emotionally adjusted. Every instinct is followed by some emotion and in this way various emotions play an important role in the personality of an individual. Emotionally guided personality is not sound in nature and disciplined in manner.

Material and Method:

Method of the study

The present study was a comparative research which was conducted with a purpose to compare the adjustment among intercollegiate boy's kabaddi & kho-kho players.

Method of Sampling

The present research among the all population total number of 30 intercollegiate boys kabaddi & kho-kho players were selected those played or represent intercollegiate competition through simple random method of sampling technique from College of Agricultural Engineering and Technology Ta. Dapoli Dist. Ratanagiri.

Selection of Variable

The study was selected the variables of adjustment among kabaddi and kho-kho players from College of Agricultural Engineering and Technology Ta. Dapoli Dist. Ratanagiri.

Procedure of the study

The researcher collect the subjects from population and given to them instruction about the importance about study and explain adjustment questionnaire. Total number of 30 intercollegiate boys kabaddi & kho-kho players were selected those played or represent intercollegiate competition were selected as sample by using simple random sampling technique from College of Agricultural Engineering and Technology Ta. Dapoli Dist. Ratanagiri. After rapport formation, the questionnaires were given individually to the

subjects. Before administering the test, the respondents were briefed about the test. They were assured that their responses would be kept confidential and that the research is for educational purpose. Instructions were read clearly by the investigator and simple classifications of word meanings were given on request without influencing responses. After completing data collection; responses of each participant on the scale were scored using the scoring key given in the manual.

Statistical Tools

After data collection, data of kabaddi and kho-kho players, compared by independent sample t-test and interpretation were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Results of the study:

The obtained results are present in the following table which represents the results of descriptive analysis and independent sample t-test to compare the mean of groups i.e, kabaddi and kho-kho players.

Table no 1.
Shown the Mean, S.D & T-test value of Kabaddi & Kho-Kho Players For Overall Adjustment.

Player	N	Mean	SD	't'	Level of Sig.
Kabaddi	15	59.1875	16.0732	0.0426	Significant
Kho-Kho	15	51.5312	13.3802		

Table no 2.
Shown the Mean, S.D & T-test value of Kabaddi & Kho-Kho Players in dimension of Home Adjustment.

Player	N	Mean	SD	't'	Level of Sig.
Kabaddi	15	13.4687	5.3339	0.8569	Insignificant
Kho-Kho	15	13.6875	4.2762		

Table no 3.
Shown the Mean, S.D & T-test value of Kabaddi & Kho-Kho Players in dimension of Health Adjustment.

Player	N	Mean	SD	't'	Level of Sig.
Kabaddi	15	10.3437	5.7675	0.7920	Insignificant
Kho-Kho	15	10.1037	4.2762		

Table no 4.
Shown the Mean, S.D & T-test value of Kabaddi & Kho-Kho Players in dimension of Social Adjustment.

Player	N	Mean	SD	't'	Level of Sig.
Kabaddi	15	18.9062	3.1454	0.0080	Significant
Kho-Kho	15	16.4062	4.0787		

Table no 5.
Shown the Mean, S.D & T-test value of Kabaddi & Kho-Kho Players
in dimension of Emotional Adjustment.

Player	N	Mean	SD	't'	Level of Sig.
Kabaddi	15	16.4687	7.1345	0.0030	Significant
Kho-Kho	15	11.4375	5.8195		

Conclusion:

On the basis of this study it can be concluded that there is a significant difference between the level of adjustment in kabaddi and kho-kho intercollegiate players. Kabaddi players are observed to be more unsatisfactorily adjusted when compared to kho-kho intercollegiate players. Kabaddi and kho-kho also differ in each domain of adjustment. There was not much difference found in Home and Health domain, but a high level of difference in adjustment of kabaddi and kho-kho was found in Social and Emotional Conditions.

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