

# A RESEARCH PAPER FOR NATIONAL SEMINAR ON “A STUDY OF ADJUSTMENT OF BASKETBALL PLAYERS OF NASHIK DISTRICT”

*Prof. Ravindra Telure, CDPE, HPT College, Nashik, Maharashtra\*1*

*Dr. Shatrunjay M. Kote, Asst. Prof., M. S. M's. College of Physical Education, Aurangabad, Maharashtra\*2*

## **I.1 – INTRODUCTION:**

**Sport psychology** is the study of the psychological factors that affect participation and performance in sports. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, attribution training, and periodization. Sport psychology defined in laymen's terms: There are many psychology tools you can apply in sports. Some of the psychology tools are mentioned above, but most successful sport psychologists will analyze each individual to determine their learning style. The latest and most effective psychology used in sports today is neuro-linguistic programming (NLP). NLP categorizes each individual's learning style whether it's visual learning, auditory (hearing) learning, or kinesthetic (hands on or emotional) learning. For example, if you learn from hearing, you would benefit from imagining in your mind the sound of the crowd cheering your name after you have won a competition. The emotional experience you receive from imagining the sound of the crowd cheering your name is then enhanced by using NLP techniques, also you will be taught to recall this emotion at will while in competition to motivate yourself to perform at a higher level. This type of psychology is popular in sports involving extreme mental situations.

**Adjustment:** In psychology, adjustment is studied especially in abnormal psychology and also in social psychology. In our daily life there has been a continuous struggle between the needs of the individual and the external forces, since time immemorial. According to Darwin's theory of evolution those species which adapted successfully to the demands of living survived and multiplied while who did not died. Therefore adaptation or changing of if one self or one's surroundings according to the demands of external environment became the basic need for our survival. It is as true today with all of us as it was with Darwin's primitive species.

**Sports and Aggression:** Aggression is a term that is used extensively in sport. If coaches were surveyed and asked to identify the characteristics of successful athletes, aggression would be high on the list. What is meant by aggression in sport? Aggressive plays are used in football, for example when the defense executes a fierce tackle. In basketball, good re-bouncers, good defensive players, and the players who consistently drive to the basket are all described as aggressive. Aggressive tennis players rush to the net at every opportunity. The volleyball player who dives to the floor to attempt an apparently impossible save is playing aggressively. In these and other examples from sport, aggressive acts can be defined as those in which the athlete (1) is highly motivated, (2) demonstrates a great release of physical energy, and/or (3) is not inhibited by fear of potential failure or injury.

**Volleyball** is an Olympic team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

The complete rules are extensive. But simply, play proceeds as follows: A player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. They may touch the ball as many as three times. Typically, the first two touches are to set up for an *attack*, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a *kill*, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a *fault* and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally. A few of the most common faults include:

- causing the ball to touch the ground outside the opponents' court or without first passing over the net;
- *catching and throwing* the ball;
- *double hit*: two consecutive contacts with the ball made by the same player;
- four consecutive contacts with the ball made by the same team.
- net foul: touching the net during play.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including *spiking* and *blocking* (because these plays are made above the top of the net the vertical jump is an athletic skill emphasized in the sport) as well as *passing*, *setting*, and specialized player positions and offensive and defensive structures.

## **I.2 – OBJECTIVES OF THE STUDY:**

1. To study the adjustment qualities of Basketball players of Nashik District.
2. To study the aggression qualities of Basketball players of Nashik District.
3. To find out the relation of adjustment and aggression with the achievement of Basketball players of Nashik District.

## **I.3 – HYPOTHESIS:**

H-01: The research scholar also hypothesize that there is significant difference of adjustment qualities and aggression level among Basketball players of Nashik District, (M.S.).

## **I.4 – DELIMITATIONS:**

1. The study is delimited to the male player only.

2. The study is further delimited to the Basketball players of Nashik District.
3. The study is delimited for a period of last 5 years players who has participated in recognized official district, state or all India Basketball Competitions for Nashik District.

## **I.5 – LIMITATIONS:**

1. The sincere response of the Basketball players to the adjustment questionnaire is a limitation.
2. The sincere response of the Basketball players to the aggression questionnaire is a limitation.
3. The performance and achievement at various competitions and its record from the players is the limitation of the study.
4. Availability of all the players in a place for the response to the questionnaire is a limitation of this study.

## **METHODOLOGY**

### **II.1 – SAMPLE:**

The samples of this study will be selected from Nashik District those who have represented in the recognized official competition at district, state or All India in Basketball from 2005-2006 till 2009-2010. The selected subjects will then be provided with the adjustment and aggression questionnaire for administration and they will be instructed for the faithful response towards the questionnaire for appropriate interpretation and judgment. Total 80 subjects will be assessed for their adjustment qualities and aggression in Basketball players of Nashik District. The selected subjects will be only boys' teams. The subjects will then be provided with a code for their identification.

### **II.2 – VARIABLES:**

#### **INDEPENDENT VARIABLES:**

1. Bell's Adjustment Inventor;
2. The Aggression Questionnaire (AQ), Authors: Arnold H. Buss and W. L. Warren

#### **INTERWEAVING VARIABLES:**

1. Age: 19 to 25 years.
2. Sex: Boys

#### **DEPENDENT VARIABLES:**

1. Performance of the Basketball players due to their adjustment qualities
2. Performance of the Basketball players due to their aggression

### **II.3 - TOOLS AND MEANS:**

There is lot of psychological qualities which are responsible for the sports performance. Few qualities play a vital role to be stable and act maturely in the competition to keep up the

motives clear. The few of them as the research scholar selected is the adjustment quality and the aggression, which are major contributors of the sports performance. The following are the few tests which are selected to observe the psychological qualities prerequisites for the optimum performance and achievement.

### **Aggression Questionnaire:**

This test is constructed and standardized by Buss, A. H., & Warren, W. L. (2000). The test consists of 34 questions, this highly reliable and valid tool, used for measuring aggression and its complex form.

### **Adjustment Inventory**

This inventory has been devised by Bell. This inventory is self administering. It has no fix time limit it may take out thirty minutes to answer.

All these questionnaires and tests are standardized and may be utilized on the selected samples from various colleges but are part and parcel of the Volleyball and Basketball teams of Nashik District. These tests are useful for determining the specified qualities of adjustment and aggression.

### **MEANS USED:**

1. **Personal data bank:** It will be used to collect the information of an individual. Personal data bank will consist of the following aspect: Full name, name and address of the college, date of birth and age, gender, diet (vegetarian/ mix), training age, height and weight.
  - **Psychological tests: Aggression Questionnaire:** This test is constructed and standardized by Buss, A. H., & Warren, W. L. (2000). The test consists of 34 questions. This highly reliable and valid tool, used for measuring aggression and its complex forms.
  - **Adjustment Inventory:** This inventory has been devised by Bell. This inventory is self administering. It has no fix time limit it may take out thirty minutes to answer.

### **II.4 – PROCEDURE:**

The subjects will be selected from different colleges representing the Basketball boys' teams of Nashik District. In all two testes will be selected for evaluating the adjustment qualities and aggression of the subjects between 19 to 25 years. The subjects will be tested initially for their adjustment qualities and then for aggression. While organizing the tests the following things will be observed strictly for objectivity, reliability and validity of the findings:

1. The sequence of tests will not cultivate fatigue in the subjects.
2. The condition of the subject before undergoing / performing the test is normal and motivated.
3. Proper and comfortable kit while administering the test.
4. Sufficient time was allotted for instructions.
5. Instructions regarding the performance of the specific tests are passed before the test.

In each group 16 subjects will be tested in 02 variables in adjustment qualities and aggression, 2 hours will be allotted in a day for two tests on a team.

## II. 5 - COLLECTION OF DATA:

The subjects will be selected from different colleges those who have been selected for different official recognized competitions to represent Nashik District. The boys selected will be between the age group of 19 to 25 years approximately. The subjects will be tested in adjustment quality questionnaire and aggression questionnaire. Much of the samples will be collected from the regions of Nashik District. The scores will then be entered individually in the forms provided accordingly. For identification of variables different codes will be used.

## II.6 – STATISTICAL METHODS:

To analyze the collected data the scores will be arranged according to the sequential order so as to find out the statistical values. The following statistical variables will be selected for comparing, analyzing and interpretation of values and basing on which the findings will be discussed.

Percentile will be computed in the study for the measures of variability.

## RESULTS AND DISCUSSIONS:

<b>CODE BB1 to BB12</b>	<b>HOM E</b>	<b>SOCIA L</b>	<b>EMOTIONA L</b>	<b>HEALTH</b>	<b>TOTAL</b>
<b>2005-06</b>	<b>6.6</b>	<b>5.5</b>	<b>6.25</b>	<b>6.42</b>	<b>24.75</b>
<b>Percentile</b>	<b>75</b>	<b>90</b>	<b>65</b>	<b>65</b>	<b>80</b>

1. From the above table the mean value of adjustment level of interuniversity basketball players during 2005-06 at home is found 6.6 of which the percentile is 75; the mean value of adjustment level of interuniversity basketball players at social is found to be 5.5 of which the percentile is found 90; the mean value of adjustment level of interuniversity basketball players at emotional is found to be 6.25 of which the percentile is 65; the mean value of adjustment level of interuniversity basketball players at health is found to be 6.42 of which the percentile is 65; and the mean value of the adjustment level of interuniversity basketball players at total of all the factors is found to be 24.75 of which the percentile is 80.

<b>CODE BB13 to BB24</b>	<b>HOME</b>	<b>SOCIAL</b>	<b>EMOTIONAL</b>	<b>HEALTH</b>	<b>TOTAL</b>
2006-07	6.5	4.92	5.5	6.83	23.75
Percentile	70	95	70	70	80

<b>CODE: V33 to V48</b>	<b>HOM E</b>	<b>SOCIA L</b>	<b>EMOTION AL</b>	<b>HEALT H</b>	<b>TOTA L</b>
-------------------------	--------------	----------------	-------------------	----------------	---------------

<b>2007-08</b>	5.94	5.1	6.313	5	22.4
<b>Percentile</b>	75	90	65	75	85

2. From the above table the mean value of adjustment level of interuniversity basketball players during 2006-07 at home is found 6.5 of which the percentile is 70; the mean value of adjustment level of interuniversity basketball players at social is found to be 4.9 of which the percentile is found 95; the mean value of adjustment level of interuniversity basketball players at emotional is found to be 5.5 of which the percentile is 70; the mean value of adjustment level of interuniversity basketball players at health is found to be 6.8 of which the percentile is 70; and the mean value of the adjustment level of interuniversity basketball players at total of all the factors is found to be 23.75 of which the percentile is 80.

<b>CODE BB25 to BB36</b>	<b>HOME</b>	<b>SOCIAL</b>	<b>EMOTIONAL</b>	<b>HEALTH</b>	<b>TOTAL</b>
2007-08	5.7	4.83	5.583	4.83	20.92
Percentile	80	95	70	75	85

3. From the above table the mean value of adjustment level of interuniversity basketball players during 2007-08 at home is found 5.7 of which the percentile is 80; the mean value of adjustment level of interuniversity basketball players at social is found to be 4.83 of which the percentile is found 95; the mean value of adjustment level of interuniversity basketball players at emotional is found to be 5.5 of which the percentile is 70; the mean value of adjustment level of interuniversity basketball players at health is found to be 4.8 of which the percentile is 75; and the mean value of the adjustment level of interuniversity basketball players at total of all the factors is found to be 20.9 of which the percentile is 85

<b>CODE BB37 to BB48</b>	<b>HOME</b>	<b>SOCIAL</b>	<b>EMOTIONAL</b>	<b>HEALTH</b>	<b>TOTAL</b>
2008-09	5.2	5.92	5.75	6.92	23.75
Percentile	80	90	65	70	80

4. From the above table the mean value of adjustment level of interuniversity basketball players during 2008-09 at home is found 5.2 of which the percentile is 80; the mean value of adjustment level of interuniversity basketball players at social is found to be 5.92 of which the percentile is found 90; the mean value of adjustment level of interuniversity basketball players at emotional is found to be 5.75 of which the percentile is 65; the mean value of adjustment level of interuniversity basketball players at health is found to be

6.92 of which the percentile is 70; and the mean value of the adjustment level of interuniversity basketball players at total of all the factors is found to be 23.75 of which the percentile is 80.

<b>CODE BB49 to BB60</b>	<b>HOME</b>	<b>SOCIAL</b>	<b>EMOTIONAL</b>	<b>HEALTH</b>	<b>TOTAL</b>
2009-10	5.4	5.08	5.583	6.67	22.75
Percentile	80	95	70	65	85

- From the above table the mean value of adjustment level of interuniversity basketball players during 2009-10 at home is found 5.4 of which the percentile is 80; the mean value of adjustment level of interuniversity basketball players at social is found to be 5.08 of which the percentile is found 95; the mean value of adjustment level of interuniversity basketball players at emotional is found to be 5.58 of which the percentile is 70; the mean value of adjustment level of interuniversity basketball players at health is found to be 6.67 of which the percentile is 65; and the mean value of the adjustment level of interuniversity basketball players at total of all the factors is found to be 22.75 of which the percentile is 85.

## **REFERENCES**

- Raymond B. Cattell, The Scientific Analysis of Personality (Baltimore: Penquin, 1965).
- Hazel Cubberly, "The Selection and Guidance of Prospective Teachers of Physical Education: a Symposium," journal of Health and Physical Education 12 (December 1941): 551-552.
- Clifford Archer, "Recruitment, Institutional Selection and Guidance of Teachers," Review of Educational Research 16 (June 1946): 209-216; E. C. Davis and D. L. Lawther, Successful Teaching in Physical Education (Englewood Cliffs, N.J.: Prentice-Hall, 1941).
- Bells Adjustment Inventory:** Published by Agra Psychological Research Cell, Tiwari Kothi, Belanganj. Agra, India.
- Aggression Questionnaire (AQ),** WPS TEST REPORT, Copyright ©2000 by Western Psychological Services, 12031 Wilshire Blvd., Los Angeles, California 90025-1251.