

A COMPARATIVE STUDY OF THE LEVEL OF ADJUSTMENT AMONG THE ARTS-SPORTSMAN AND SCIENCE-SPORTSMAN BETWEEN 17 TO 21 YEARS OF AGE

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-ABSTRACT-

INTRODUCTION:

Human life is a constant process of adjustment in which the individual has to learn to give suitable responses to inner and outer stimuli. It involves a complex relationship between an individual's needs, the opportunities the environment provides for satisfying these need and the individual's capacities for making the most of these opportunities or overcome the obstacles. Here the research scholar and his co-researcher are in pursuit to find out the level of adjustment qualities among the Arts Faculty Sportsman of any sport and Science Faculty Sportsman of any sport whose education is in different faculties where one is from Arts Faculty and the other is from Science Faculty. The level of adjustment is again an age effecting factor which is to be considered and specifically after taking specific faculty graduation programme along with sports activities. The level of adjustment plays a major role in the societal and domestic relationships.

PROCEDURE:

The data is collected from two different groups of arts-sportsman and science-sportsman between age group of 17 to 21 years. The first group named after Group-1 Arts-Sportsman ranging between the age group of years 17 to 21 years and the second group named Group-2 is Science-Sportsman of the similar age group. In all 64 subjects were selected out of which 32 were 'Arts-Sportsmen' and 32 were 'Science-Sportsmen'. The data is than segregated for knowing respective Adjustment Level among the two different past groups.

METHODOLOGY:

The original Bell's Adjustment Inventory was in English and for the purpose of standardization in Indian conditions; it was translated in Hindi by Dr. Mrs. Lalita Sharma. The Hindi version of the inventory consists of 80 statements which are related to four areas of adjustment viz. Home: 21; Social: 20; Emotional: 21; and Health: 18.

Two categories of responses 'Yes' or 'No' have been provided for answer to each item. Reliability of the present inventory was calculated both by split-half method and by test-retest method. Split-half and test retest reliabilities are 0.927 and 0.897 respectively. The validity co-efficient was found to be very high i.e., 0.834.

CONCLUSION:

Overall a little adjustment level is found higher in the science faculty sportsman than the arts faculty sportsman and it is also found that the overall adjustment level of the sportsman is higher than the non-sportsman of the college.

(AN ABSTRACT FOR THE INTERNATIONAL CONGRESS ON CONTEMPORARY ENRICHMENT IN PHYSICAL EDUCATION AND SPORTS SCHEDULED ON 10TH, 11TH AND 12TH JANUARY 2012 AT DEPARTMENT OF PHYSICAL EDUCATION, UNIVERSITY OF MUMBAI, MAHARASHTRA, INDIA)

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INTRODUCTION:

Human life is a constant process of adjustment in which the individual has to learn to give suitable responses to inner and outer stimuli. It involves a complex relationship between an individual's needs, the opportunities the environment provides for satisfying these need and the individual's capacities for making the most of these opportunities or overcome the obstacles. Here the research scholar and his co-researcher are in pursuit to find out the level of adjustment qualities among the Arts Faculty Sportsman of any sport and Science Faculty Sportsman of any sport whose education is in different faculties where one is from Arts Faculty and the other is from Science Faculty. The level of adjustment is again an age effecting factor which is to be considered and specifically after taking specific faculty graduation programme along with sports activities. The level of adjustment plays a major role in the societal and domestic relationships.

Adjustment can be defined as a process of making suitable responses to inner and outer stimuli. It is the relationship between an individual's needs and his environment. Adjustment is the process by which the individual attempts to maintain a level of psychological and physiological equilibrium or more simply, adjustment refers to behaviour directed toward tension reduction. It is also true that the personality of a individual consists of his persistent tenderness to make certain kind of adjustment between his needs and situation. A balanced personality is the result of proper adjustment of an individual to his environment.

Criteria for good adjustment: four criteria have been suggested by psychologists to judge the adequacy of adjustment. They are (1) Physical Health (2) Psychological Comfort (3) Work Efficiency and (4) Social Acceptance.

(1) Physical Health: the individual should be free from physical ailments like headache, indigestion, ulcers etc. These physical symptoms in individual have sometimes psychological origin and may impair his physical efficiency.

(2) Psychological Comfort: one of the most important facts of adjustments is that individual have no psychological diseases as anxiety, depression, phobia etc.

(3) Work Efficiency: the person who makes full use of his occupational or social capacities may be termed as well-adjusted in his social setup.

(4) Social Acceptance: Every person wants to be socially accepted by other persons. If a person obeys social norms, beliefs and set of values, we may call him well-adjusted, but if he satisfies his needs by antisocial means, then he is called maladjusted. However societies differ in deciding the universally accepted criteria of good behaviour.

Adjusting and Mal-adjusting Behaviour: In the case of adjusting behaviour the needs of the individual are satisfied and the environmental demands are also met in a constructive manner. This enables the person to meet future problems more constructively. The adaptation is successful and contributes to the further growth and development of the person. In mal-adjusting reactions, the

individual tries to escape or deny the problem and as a result, he is in a state of anxiety and tension. Mal-adjusting behaviour is unrealistic and the problem continues instead of getting solved. In extreme form of mal-adjusting, the person becomes mentally ill.

PROCEDURE:

The data is collected from two different groups of arts-sportsman and science-sportsman between age group of 17 to 21 years. The first group named after Group-1 Arts-Sportsman ranging between the age group of years 17 to 21 years and the second group named Group-2 is Science-Sportsman of the similar age group. In all 64 subjects were selected out of which 32 were 'Arts-Sportsmen' and 32 were 'Science-Sportsmen'. The data is then segregated for knowing respective Adjustment Level among the two different past groups.

Administration of the Inventory:

(A) PRECAUTIONS: (1) the subjects were not allowed to read the statements prior to the actual administration of the test. (2) The subjects should not leave any item unanswered. (3) The subject should read carefully the instructions given on the front page of the test booklet.

(B) INSTRUCTIONS:

Instruction was passed on to the subjects as prescribed in the standard booklet.

(C) ACTUAL ADMINISTRATION:

The subjects were given the booklet. They are asked to fill in their personal information on the front page of the test booklet. They are also asked to read the instructions carefully printed on the booklet. Again above instruction were given and after getting confirmed that the subjects understood the instructions, the actual administration of the test was carried out. The subjects after reading each statement carefully and marked (X) in front of either 'Yes' or 'No' alternative, and when they completed the test, it was taken back from them.

METHODOLOGY:

Description of the test:

The original Bell's Adjustment Inventory was in English and for the purpose of standardization in Indian conditions; it was translated in Hindi by Dr. Mrs. Lalita Sharma. The Hindi version of the inventory consists of 80 statements which are related to four areas of adjustment.

Sr. No.	Area of Adjustment	Number of Items
1	Home (Family)	21
2	Social	20
3	Emotional	21
4	Health	18
Total		80

Two categories of responses 'Yes' or 'No' have been provided for answer to each item. Reliability of the present inventory was calculated both by split-half method and by test-retest method. Split-half and test retest reliabilities are 0.927 and 0.897 respectively. The validity coefficient was found to be very high i.e., 0.834.

Tools:

Indian Adaptation of Bell's Adjustment Inventory – Dr. Mrs. Lalita Sharma, Manual, Pencil and Eraser.

Scoring:

The scoring of this inventory is very simple which can be scored simply by counting the number of correct answers in each area of adjustment. Each answer (as mentioned in the scoring Table) has to be given a score of 1 (one). The sum of scores in four areas provides a measure of total adjustment. High scores on the inventory indicate low adjustment whereas low scores indicate high adjustment in different areas of adjustment as well as adjustment taken as a whole. Scores are converted into percentile by refereeing the appropriate table in the manual.

Percentile – 25 and below – Poor adjustment

26-74 – Average adjustment

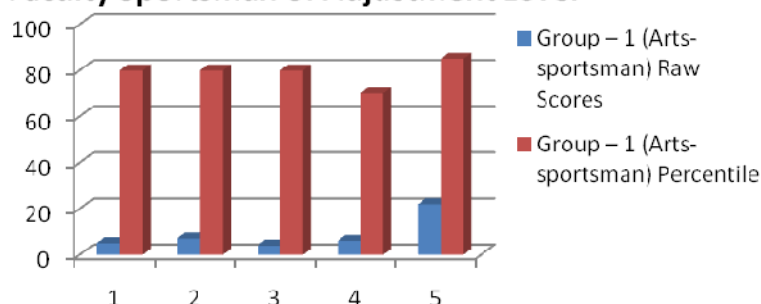
75 and above – Good adjustment

FINDINGS:

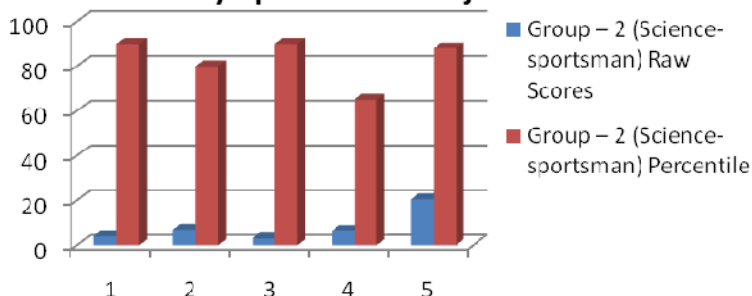
RESULT TABLE:

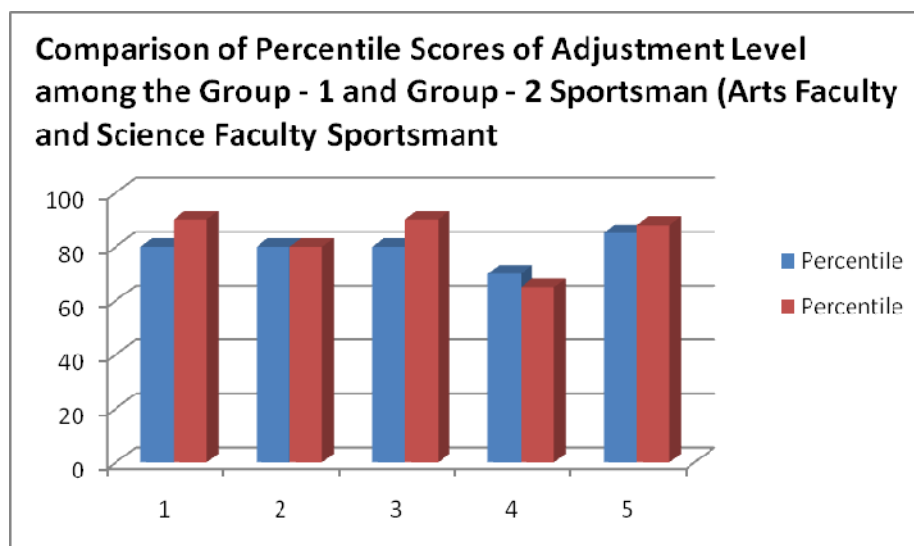
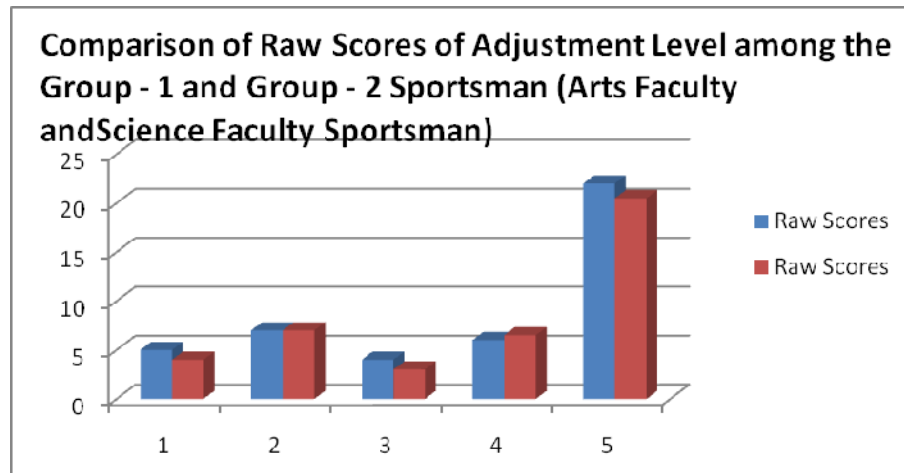
Sr. No.	Area of Adjustment	Group – 1 (Arts-sportsman)		Group – 2 (Science-sportsman)		Remarks
		Raw Scores	Percentile	Raw Scores	Percentile	
1	Home (Family)	5	80	4	90	G1<G2
2	Social	7	80	7	80	G1=G2
3	Emotional	4	80	3	90	G1<G2
4	Health	6	70	6.5	65	G1>G2
	Total	22	85	20.5	>85	G1<G2

Raw Scores and Percentile of the Group - 1 : Arts Faculty Sportsman of Adjustment Level



Raw Scores and Percentile Scores of the Group - 2 : Science Faculty Sportsman of Adjustment Level





From the above table it can be stated that there is no specific difference found among the Home (Family) adjustment level among the arts faculty sportsman and science faculty sportsman, but comparative good adjustment is found with science faculty sportsman than the arts faculty sportsman.

From the above table it can be stated that there is no difference found among the Social adjustment level among the arts faculty sportsman and science faculty sportsman, comparative good adjustment is found with Social in both the Arts and science faculty sportsman.

From the above table it can be stated that there is no specific difference found among the Emotional adjustment level among the arts faculty sportsman and science faculty sportsman, but comparative good adjustment is found with Emotion of science faculty sportsman than the arts faculty sportsman.

From the above table it can be stated that there is no specific difference found among the Health adjustment level among the arts faculty sportsman and science faculty sportsman, but comparative good adjustment is found with Health of arts faculty sportsman than the science faculty sportsman.

CONCLUSION:

Overall a little adjustment level is found higher in the science faculty sportsman than the arts faculty sportsman and it is also found that the overall adjustment level of the sportsman is higher than the non-sportsman of the college.

REFERENCES:

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