



Short Communication

A Comparative Study of Adjustment Level in Football Players

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Abstract

The present study was aimed to identify the level of Adjustment Level in Football Players. A group of 36 subjects (18 district and 18 state) aged 17-25 years participated in the study. The purposive sampling technique was used to attain the objectives of the study. To determine the significant differences between district players and state football players, unpaired t-test was employed for data analyses. It is concluded from the results of Adjustment between Football players of district and state. In case of Adjustment, insignificant between-group differences were found for all sub-variables.

Keywords: Adjustment, football players.

Introduction

Sport psychology specialist work with athletes who hold extensively differing values and beliefs about their sporting and everyday life. Psychological variables are universally acknowledged as being foremost provider to generous success in sports¹.

One’s desire to excel in a specific area in sports, or be it sport or any other endeavor is driven by one’s emotions and this process is facilitated or hindered by an individual’s positive or negative emotions.

In this rapid changing competitive sports scenario adjustment is a persistent feature of sportsperson’s personality. Unless a person is not able to adjust himself to the environment he cannot develop his wholesome personality.

A man of adjusting nature can lead a cheerful and wholesome life but a less adjusting nature always leads a depressed and unhealthy life. Adjustment is a process by which an individual learns certain ways of behaviour to cope with the situation which he attains through harmony with his environment.

According Singer and Kane² in recent past, researchers in physical education in general and sports psychology in particular, have repeatedly suggested and emphasized socio-psychological factors as a major area in terms of research enterprise and its important role, these factors play important role in the ultimate performance of sportsman.

According to Drever³, Adjustment means the modification of behaviour to compensate for or meet special condition.

In other words adjustment can be defined as the establishment of satisfactory relationship, as representing harmony conference

adaptation or the like. It means the adjustment as the process of the finding and adopting models of behaviour suitable to the environment or to the changes in the environment⁴.

Material and Methods

Participants: A group of 36 subjects (18 district and 18 state) aged 17-25 years participated in the study. The purposive sampling technique was used to attain the objectives of the study.

Table-1
Selection of Tools

Tools	Authors	Year
Adjustment Inventory	A.K.P. Sinha and R.P. Singh	1980

Statistical Analysis: To determine the significant differences between district players and state football players, unpaired t-test was employed for data analyses.

Results and Discussion

The results of Adjustment (i.e., Home Adjustment, Health Adjustment, Social Adjustment, Emotional Adjustment and Educational Adjustment between Football players of district and state are presented in table-2.

In case of Adjustment, insignificant between-group differences were found for all sub-variables.

Table-2
Significant differences in the Mean scores of Adjustment of the District and State Football players

Variables	District Players =18		State Players =18		t-value	Sig.
	Mean	SD	Mean	SD		
Home Adjustment	23.77	5.36	19.20	4.23	0.43	0.79
Health Adjustment	25.80	4.22	17.23	4.66	1.38	0.64
Social Adjustment	28.00	4.90	16.43	3.01	0.88	0.53
Emotional Adjustment	25.57	6.66	18.67	5.51	0.70	0.91
Educational Adjustment	25.90	4.36	25.70	2.23	0.83	0.79

*Significant at 0.05 level, Degree of freedom= 34

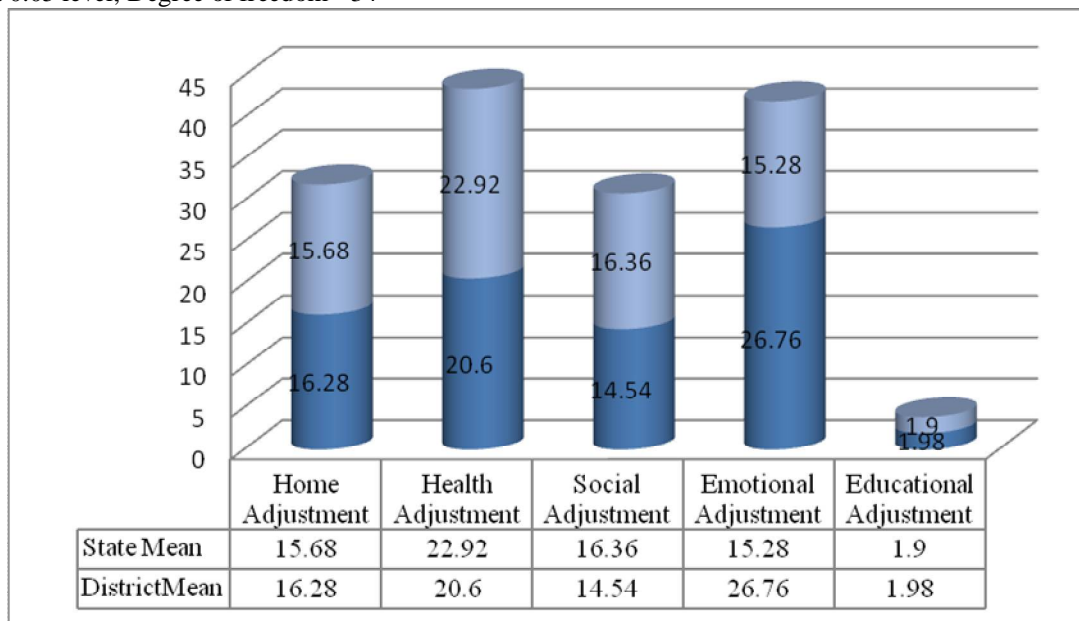


Figure-1
Mean scores of Adjustment of the District and State Football players.

Conclusion

It is concluded from the results of Adjustment between Football players of district and state. In case of Adjustment, insignificant between-group differences were found for all sub-variables.

References

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