



## **A COMPARITIVE STUDY ON THE ADJUSTMENT OF PLAYER AND NON-PLAYER COLLEGE LEVEL MALE STUDENTS**

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### **Abstract**

*Present study was conducted to find out the difference between different levels of adjustment in player and non-player college level male students. The sample of 20 football players was selected from the colleges of Punjabi University, Patiala. After the selection of 200 male students 18 to 25 of Patiala city were considered as the population of the study. 200 students are taken half of player Males and half of non-player males. As per objective and nature of the study, the investigator used descriptive survey method of research. Adjustment inventory for college students by "A.K.P. Sinha and R.P. Sinha" was used to collect the data of the study. To compare the level of different dimensions of adjustment between players and non-player male students mean, s.d. and t-test were used. The results revealed that player male students and non player male students are equally social adjusted. They equally participated in social activities. So there is no significant difference between player and non-player male students on social adjustment. There is also no significant difference between player and non-player male students on educational adjustment but there is a significant difference between player and non-player male students on emotional adjustment.*



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### **Introduction**

Adjustment is the process by which the living organisms which maintains balance between its need and circumstances that influence the satisfaction of these needs. Arkoff(1968) defines," Adjustment is the interaction between a person and his environment."

The above consideration indicates that one of the factors which influence the adjustment of the child is the environment in which he lives. Every child is born in a family at a particular place and time. His upbringing also takes place in a specific environment. The environment is either controlled or uncontrolled. Both types of environments exert their influence upon the growing child in different ways. Adjustment among the children is affected by several factors like home environment, school environment, playing environment, parenting style, child rearing practices etc. Play is the natural need of a child. Playing environment is deeply exaggerated the behaviour of the children because the behaviour of children is mostly affected by their peer groups. Several studies conducted in the field of adjustment indicate that environment factors and adjustment are strongly concomitant.

Chauhan (1978). showed that peer attachment and parental supports and affection promote emotional adjustment of boys and girls especially during middle adolescence. Cook, Abdullah, M.C.(2008) reported that male students were found to be better adjusted compared to female students and students' academic achievement was found to be significantly predicted by academic adjustment and personal emotional adjustment. Mishra,veena(2009) reported that non-working mothers have better marital adjustment and maintain better parent child relationship as compared to their working counterparts. Buchh.F.(2009) found that high creative group of students differs significantly from low creative group in emotional, health and educational adjustment. Mangla and Satyaprakash C.V.(2009) found that significant difference between adjustment of secondary students studying in private aided and private unaided schools. Keeping in this mind the importance of the factors on the adjustment of students, the researcher stab to investigate the different dimensions of adjustment of players and non-players MALE students in the present society.

**OBJECTIVE:-** To study the difference between different levels of adjustment in player and non-player college level male students.

**HYPOTHESIS:-** The following hypothesis were incorporated:-

- 1) There will be no significant difference in social adjustment of player and non-player male students.
- 2) There will be no significant difference in educational adjustment of player and non-player male students.
- 3) There will be no significant difference in emotional adjustment of player and non-player male students.
- 4) There will be no significant difference in total adjustment of player and non-player male students.

**METHODOLOGY:-** As per objective and nature of the study, the investigator used descriptive survey method of research.

**POPULATION AND SAMPLE:-** Player and non-player male students of the age group of 18 to 25 of Patiala city were considered as the population of the study. The sample of the present study included 200 male students from various colleges of Patiala city. In all, 200 students are taken half of player Males and half of non-player males. For selection of sample, random cum purposive sampling technique was used.

**TOOLS AND STATISTICAL TECHNIQUES :-** Adjustment inventory for college students by "A.K.P. Sinha and R.P. Sinha" was used to collect the data of the study. To  
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compare the level of different dimensions of adjustment between players and non-player male students mean, s.d. and t-test were used.

**RESULT AND DISCUSSION :-**

**Table Comparison of different dimensions of adjustment among players and non-players male students.**

S.no	Dimensions of Adjustment	Groups	n	mean	s.d.	't'	Level of significance
1	Social Adjustment	Players	100	8.42	3.2	1.20	Not significant
		Non-players	100	8.01	1.40		
2	Educational Adjustment	Players	100	9.61	2.91	0.92	Not significant
		Non-players	100	9.42	5.86		
3	Emotional Adjustment	Players	100	11.21	3.00	2.01	Significant *
		Non-players	100	11.01	9.49		
4	Overall Adjustment	Players	100	26.48	7.21	1.99	Significant*
		Non-players	100	24.36	7.90		

\*Level of significance-0.05

1. From the above table, it is apparent that there is no significant difference between player and non-player male students on social adjustment. It revealed that player male students and non player male students are equally social adjusted. Man is a social animal and all type of students make their relationships in their schools, family and other places either they are player or non-player. They equally participated in social activities. That is why, there is no significant difference between both groups.
2. From the above table, it is obvious that there is no significant difference between player and non-player male students on educational adjustment. It revealed that the parents are aware about girls education in the present era, so they provide all types of educational facilities equally to both of the players and non-player male students.
3. From the above table, it is clear that there is a significant difference between player and non-player male students on emotional adjustment. It revealed that player students have various peer relationships and they interact with many peer groups and they act mostly according to their peer groups decisions whereas non-player students act according to their family. Personal and environmental factors work side by side in bringing about this harmony and one of other important variable which might be related to emotional adjustment is the degree of one's attachment towards family but peer relationships play

vital role in player students and they take all decisions according to their groups. So it may be the reason of finding difference between on emotional adjustment.

4. From the persual of the table, it is clear that there is significant difference between player and non-player college level male students on overall total adjustment. Adjustment of a student is based on the harmony between his personal characteristics and the demands of environments of which he or she is a part. So it is the fact that during adolescence peer relationship plays a important part in young students life and usually replace family as the centre of teen's social and leisure activities.

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