

Comparative Analysis of Adjustment of Team Sports of Inter-University Level Individuals

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ABSTRACT

The purpose of the study was to compare the level of adjustment among team sportspersons who had the experience of participating in the Indian inter-university competition. Twenty male players of each sport who had previously participated in the inter-university tournaments and were 17 to 25 years old were randomly selected for the present study. The data was collected using Vyaktivva Parakh Prashnavali developed by M.S.L. Saxena. To compare the various team sports in terms of adjustment, one way ANOVA was used. The result revealed that the means of 'adjustment' for various team sports included in the study are equal ($F(4, 95) = 0.82, p=0.515$). The obtained F-value (0.82) was lower than the tabulated value (2.46) which was required value for the result to be significant at 5% level of confidence. In conclusion, the various team sports players were not significantly different from each other in terms of adjustment.

Introduction

The definition of "Adjustment" begins with the systematic advent of Darwin Simonet, (2010). The notion was solely biological in those days, and he used the term adaptation. To a layman, "adjustment" is the balanced mutual satisfaction between needs and aspirations of an individual to the life situations or it was the better interpersonal relationships between his needs and expectations and situations. Boering et al. (1960) defined adjustment as a process by which a living organism maintains the balance between its needs and the circumstances that influence the satisfaction level of these needs.

According to Webster's Eleventh New Collegiate dictionary (2020), Adjustment is "to adapt or conform oneself (as to climate food or new working hours)" or "to achieve the mental and behavioural balance between one's own needs and demands of others". In other dictionaries adjustment is a means "to fit", "to make correspondent", "to adapt", or to "accommodate". If we investigate the different activities of individual life, we will discover that most of them include the individual's adaptation/adjustment to his or her professional, social, and economic problems Kazdin, A. E. (2009).

A team sport encompasses any sport in which people are divided into opposing teams that compete to win. Members of the team act together for a common purpose. This can be done in a variety of ways, such as the winning team getting outscored (Gilbert & Trudel, 2004). In a welcoming, trusting environment, team members set goals, make decisions, collaborate, resolve disputes and solve problems to achieve their goals. During practice and the competition, individuals belonging to various teams come into contact with others, interact with each other; they learn and teach under the same strain under the same situations. In the process of “give” and “take”, modification of behaviour takes place automatically. Play not only reflects the direction of personality development but also acts as an agent in bringing about social adjustment.

There are various aspects of adjustment such as health adjustment, emotional adjustment, social adjustment, home adjustment, and school or occupational adjustment (Ross & Mirowsky, 1988).

Material and Methods

Selection of subject

For this research, a total of 100 male players, 20 from each game (Volleyball, Football, Handball, Kabaddi, and Hockey) were randomly selected from five north Indian universities, namely Banaras Hindu University, Allahabad University, Dr Rammanohar Lohia Avadh University, Ayodhya, University of Lucknow, and Lakshmbai National Institute of Physical Education (Deemed University). All these players were male and between 17 and 25 years of age. Only those players were eligible for inclusion who had represented their university in inter-university games in the last one year from the date of the survey. Team lists for all the above-mentioned games were obtained from the university sports boards/associations. Subsequently, four players for each game were randomly selected from these lists. Thus a sample of 20 players was achieved for each game.

Tools

There are different types of adjustment inventories/questionnaires available. The adjustment inventories developed by D. A. Weinberger, M.S.L. Saxena, and A. K. P. Sinha and R. P. Singh are the most widely used inventories by the researchers (Saxena, 2012; Sinha & Singh, 2007; Weinberger & Schwartz, 1990). For measuring the adjustment level of subjects in this study, the questionnaire Vyaktitva Parakh Prashnavali developed by M.S.L. Saxena has been used (Saxena, 2012). It is a widely used tool among sports psychologists for measuring adjustment level. This questionnaire consists of 90 items related to various aspects of adjustment such as home adjustment, emotional adjustment, school/college adjustment, health adjustment, and social adjustment. Each item had two potential responses – yes or no.

Procedure

The next step is data collection from the sampled players. In this process, the researcher visited all the universities included in the research and contacted all the sampled players. These players were asked to assemble in a particular place e.g. the department of physical education.

Instructions related to the questionnaire were carefully explained to all the sampled players. All players gave their consent to participate in the study. The adjustment questionnaire based on MSL Saxena Inventory was provided to all the players. The responses were obtained on an answer sheet. Approximately forty to sixty minutes were given to each player for completion of the questionnaire.

Data Analysis

Descriptive statistics (mean and standard deviation) for the variable 'adjustment' has been provided. Since the objective of the paper was to find out whether there were any significant differences in adjustment among the players of selected team games, a one-way analysis of variance (ANOVA) has been used. A one way ANOVA is used to compare two means from two or more independent (unrelated) groups using the F-distribution. The null hypothesis for this study is that the means of 'adjustment' for selected team games are equal. A post hoc test will be conducted in case the null hypothesis is rejected. The level of significance used is 5%. Data analysis was performed with Statistical Package for the Social Sciences (SPSS) for Windows 7.

Results

Table 1 presents the descriptive statistics (mean and standard deviation) of the dependent variable 'adjustment' for various team sports persons included in this study, namely football, volleyball, kabaddi, handball, and hockey. The mean adjustment varies only slightly across the sports, ranging between 300.55 for Volleyball and 305.20 for Football. The SD ranges between 8.38 for Volleyball and 11.85 for Handball.

Table 1: Descriptive statistics of team sports in adjustment

Team sports	Subjects	Mean	SD
Football	20	305.20	9.81
Volleyball	20	300.55	8.38
Kabaddi	20	300.60	7.72
Handball	20	301.75	11.85
Hockey	20	303.40	10.74

Table 2 presents the results of the analysis of variance (ANOVA) which was employed to examine whether the mean adjustment varies across different team sports included in this study. The analysis was insignificant, $F(4, 95) = 0.82, p=0.515$. The calculated F value (0.82) was lower than the tabulated value (2.46) which means the means of 'adjustment' for selected team sports are equal. In other words, the various team sports players were not significantly different from each other in terms of adjustment.

Table 2: Comparison of means of different team sports persons in adjustment

	Sum of Squares	Degrees Freedom	of Mean Square	F- ratio	Sig. tailed)	(two-
Between- group	317.50	4	79.37	0.82	0.515	
Within-group	9181.50	95	96.64			
Total	9499.00	99				

Note: F value required to be significant at 4, 95 df = 2.46

Discussion

Based on findings, there was no significant difference was found among team game persons of university level in adjustment. This finding may be attributed to the fact that the players of different games included in this study were highly trained athletes and they are exposed to a higher level of participation due to which they probably have a balanced adjustment level. This finding may also attribute that a team which include different members are good listener, showing commitment, clear vision participating with integrity and motivating others. The players of all these team sports are highly focused on the accomplishment of their goals. This could be another reason why there is no significant difference between them in terms of their adjustment. It is supported by a study conducted by Kumar, A. (2015). A study of aggressive behaviour and adjustment in Individual and team women players in relation to their performance. In this, there was no significance found in certain adjustment variables between individual and team women players. . Another reason that could be the similarity in reinforcement, feelings, emotions, shared understanding, degree of happiness, individual values and friendliness Singh, M., & Malik, A. K. (2018).

It is important to remember that adjustment is a continuum, not a simple dichotomy; people can fluctuate and be adept at adjusting in different circumstances **Delignieres, D., & Torre, K. (2011)**. In general, a well-adjusted player will have an understanding of personal strengths and weaknesses and a tendency to play up strengths while limiting the appearance of weaknesses **Rosselet, J. G., & Stauffer, S. D. (2013)**. Personal respect and appreciation, a well-adjusted individual finds themselves to be inherently valuable. Sports Person has a Positive attitude and a tendency to find the goodness in other players, objects and activities. Flexibility to respond to and accommodate for changes in the environment. Ability to handle adverse circumstances: well-adjusted people are able to take negative life events in stride, they will be motivated to take action to remedy the problem rather than passively accept it.

To a layman, "adjustment" is the balanced mutual satisfaction between needs and aspirations of an individual to the life situations or it was the better interpersonal relationships between his needs and expectations and situations. In team sports, the nature of the game is the same like.

The nature of sports means a team consisting of more than two players. The ultimate aim of the team and every member of the team is to win.

Society in which the players are living most likely the same about various types of adjustment
Before the competition, they have attended so many training sessions together

Conclusion

A comparison of mean scores indicates that no significant difference was found between team sportspersons of the inter-university level in adjustment.

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