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Comparative study of adjustment between kabaddi and volleyball players

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Abstract

The objective of the study was to compare Adjustment quality between Kabaddi players and Volleyball players. The total sample were comprised of fifty (25 Kabaddi Players + 25 Volleyball Players) subjects who were selected from District- Sangrur, Punjab (India). The age of the subjects ranged between 18 to 25 years. With regard to purpose of the study, descriptive statistics and Independent t-test statistical technique was applied for selected psychological variables between Kabaddi and Volleyball players. The level of significance was set at 0.05 level. The results showed that there was significant difference of adjustment qualities between Kabaddi players and Volleyball players.

Keywords: Kabaddi, volleyball, adjustment

Introduction

Sports Psychology is the investigation of the mental components that influence interest and execution in games. It is additionally a specialization inside the mind brain science and kinesiology that tries to comprehend mental/mental variables that influence execution in games, physical action, and practice and apply these to upgrade individual and group execution. It manages expanding execution by overseeing feelings and limiting the mental impacts of damage and poor execution.

Adjustment is the interaction between a person and his environment. How one adjusts in a particular situation depends upon one's characteristics as also the circumstances of the situation. Adjustment is the establishment of a satisfactory relationship as representing harmony, conformance, adaptation or the like ^[1]. Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs ^[2]. It is a two-way procedure and it includes not just the way toward fitting oneself in to accessible conditions yet additionally the way toward changing conditions to meet one's requirements.

Methodology

Selection of Subjects: For the purpose of the study total fifty samples, twenty-five Kabaddi players and twenty-five Volleyball players were selected from District Sangrur, Punjab (India). The age of the subjects ranged between 18 to 25 years. All subjects were selected by purposive sampling technique.

Selection of Variables: The Adjustment variable was taken in this study and it was measured by the questionnaire "Revised Adjustment Inventory" developed by Dr. Pramod Kumar.

Statistical Technique

Descriptive statistics and Independent t-test technique was employed by the software "Statistical Package for Social Sciences (SPSS) version 23". Level of significance was set at 0.05.

Results and Findings

Different types of descriptive statistic such as mean and standard deviation was computed to describe each variable statistically. Its results have been depicted in the following table.

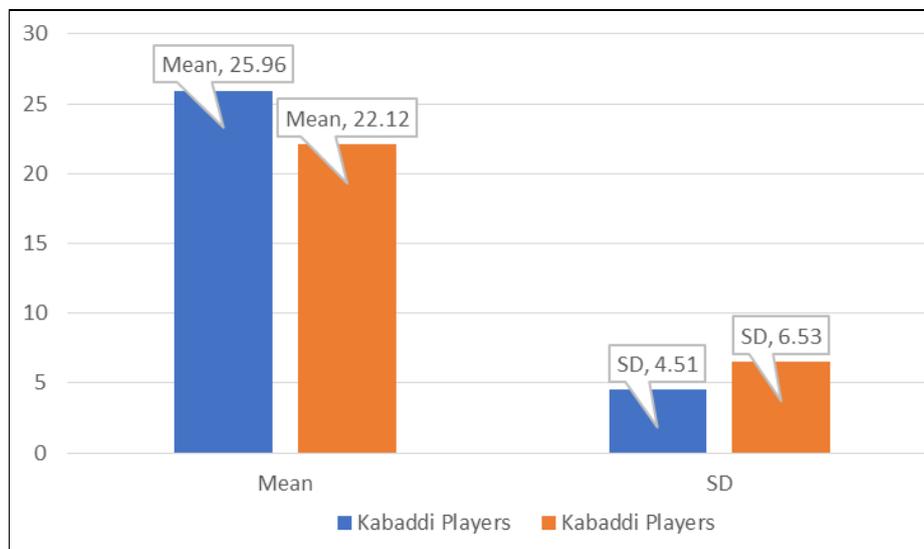
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Table 1: The difference for Adjustment quality between Kabaddi players and Volleyball players.

Group	N	Mean	SD	t-value
Kabaddi Players	25	25.96	4.51	2.418*
Kabaddi Players	25	22.12	6.53	

Tabulated value at DF 48 = 1.671 *significant at 0.05 level

Table-I shows the mean and standard deviation values with regard to Kabaddi players is 25.96 ± 4.51 whereas in the case of Volleyball players is 22.12 ± 6.53 respectively. The calculated value of 't' (2.418) which is more than the tabulated value of 't' (1.671) at .05 level. So, it demonstrates that there is a significant difference for adjustment quality between Kabaddi players and Volleyball players.

**Fig 1:** The Difference between Adjustment quality between Kabaddi players and Volleyball players

Discussion

There was significant difference found in adjustment quality between Kabaddi players and volleyball players. It may be probably due to the reason that, Kabaddi players need more adjustment according to the game situation and availability of the players on the mat.

Yildirim *et al.* (2018) [3] conducted a study to look at the mental adjustment and identity dimensions of the understudies learning at Faculty of Education and understudies learning at Faculty of Sports Sciences. The outcomes demonstrate that the mental adjustment dimensions of the individuals who don't play sports are lower than the individuals who do any of the individual game branches or group activities.

Conclusion

It was observed that there was significant difference between Kabaddi Players and Volleyball Players for their selected variable-Adjustment quality. Kabaddi players had higher Adjustment qualities than Volleyball players.

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