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Study of adjustment of male and female archers during all India inter university tournament

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Abstract

The purpose of the study was to find out and compare the adjustment level of male and female archers during all India inter university tournament. For the collection of data 120 archers (60 male archers and 60 female archers) were chosen from the selected universities of Punjab and Haryana having participation in all India inter university tournament. These players were in the age group of 19-27 years. These subjects were selected randomly. On the basis of the study it is proved that both male and female archers have no significant difference level of home, social, educational and total adjustment. Male archers have better health and emotional adjustment level and they perform well than the female archers.

Keywords: Adjustment & archers

Introduction

Sports are the symbol of our culture and civilization. They are as old as our civilizations. They are deeply connected with our society. In ancient time sports were the source of pleasure as well as army training for the empires. The format of sports has been changed by that time. They have been developed as a profession from pleasure and army training. Since then, the modern Olympics as well as other sporting fairs began to be organized; their commercialization began. Each country started managing high level training for its players. New sports equipment for them started to be built. Along with this new technologies for sports were also being developed. As a result very good results started to emerge. The nineteenth century came to realize that the game could not be achieved only on the strength of new equipment and techniques. It is also very important for the player to have good psychological status. After the emergence of sports psychology various scholars have done a lot of research in this field which has given very good results. There is a wide field of sports psychology. Many scholars have done their research work on various variables of sports psychology and have helped improve the performance of athletes.

In the sports competition adjustment plays an important role for the best performance of athlete. Meaning of the word "adjustment" is, to fit, make suitable, adapt, arrange, modify, harmonize or make correspondent. Thus adjustment between two things means modify one or both of them to correspond to each other. "The struggle between the needs of the individual and external forces is a continuous struggle since time immortal theory of evolution, those Species which adapted successfully to the demands of living, survived and multiplied while others, who did not, died out. Therefore adaptation or change in oneself according to the external environment is a basic need for survival.

"Admitting by a person according to the conditions of environment is called adjustment".

An individual is not born adjusted or maladjusted, it is his physical, mental and emotional potentialities that are influenced and directed by the factors of environment in which he found himself and by which adjustment or maladjustment gradually develop. As the children start to play game they face many challenges. Personal challenges occur as children take new identity at playground. Children face the challenges to adjust to the strange building, new coaches, new physical activities, and they need to mix-up with the new and more diverse group of athletes. At playfield, daily schedule is more structured, with more formal rules athletes are faced with large groups of athletes of different ages and size especially during training and tournaments, and they are confronted with the challenges of making new friends.

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There are more buildings and bigger playgrounds. Thus an athlete confront with a totally new environment as compare to home. When athletes exhibit a range of social skills associated with cooperation, initiating interactions or assertion, and self-control, they are more likely to adjust easily to other people. Adjustment word directly relates to our society. It's directly related to the player and other society. If a player is not well adjusted his performance will be down. It has direct effect on the performance of a player. If a player has not adjustment with his team, it decreased the performance of whole team. If a player has not well adjustment with his family, can't give his best. For the good performance an athlete can adjust with his whole environment like a particular place, weather rules & regulations and facilities provided to him. Without this we can't hope of best performance from our athletes. The achievement of desirable life adjustment is dependent upon the recognition of the significance of inherited potential and environmental condition as these affects one's life. Adjustment may be referred to as the conditioned process of maintaining harmony between the attributes of individual and the environmental conditions which surround him. The individual's potentials and characteristics are inborn but are also modified through experiences. The effective adjustment will involve both personal and social criteria and value judgments. The concept of adjustment is as old as human race on earth. The adaptability to environmental hazard goes on increasing as we precede the genetic scale from the lower extreme to the higher extreme of use. In this way we see that no player can perform well without adjustment. For the good performance, players will have to make adjustment with his environment.

Objectives of the study

The following are main objectives of the study:

1. To find out the adjustment level of male and female archers during all India inter university tournament.

2. To compare the adjustment level of male and female archers during all India inter university tournament.

Hypothesis of the study

There exists no significant difference of adjustment of male and female archers during All India inter university tournament.

Materials & Methods

Design of the study

This study is a survey type research where the data collection was held through the psychological questionnaires.

Sample

For the collection of data 120 archers (60 male archers and 60 female archers) were chosen from the selected universities of Punjab and Haryana having participation in all India inter university tournament. These players were in the age group of 19-27 years. These subjects were selected randomly. The investigator had personally approach to the subjects for collecting the data. The above questionnaire was distributed to the subjects and doubt should be cleared. The subjects would complete the questionnaire very carefully.

Tool Used

For the collection of data required for the study the investigator used the following tools "Adjustment inventory by A.K.P. Sinha". (Hindi version- 2012)

Statistical Technique Used:

The mean score, standard deviation and t-test were tested.

Results & Discussion

After the analysis and discussion of the data the investigator observed the following results of the present study:-

Table 1: To compare the level of home adjustment of male and female archers, during All India Inter University tournament

Groups	N	Mean	S.D	SED	t-ratio	Level of significance
Male Archers	60	5.50	2.32	0.46	0.76	No significance
Female Archers	60	5.15	2.92			

No Significant difference at any level.

The table 1 shows that there exists no significant difference between male and female archers at home adjustment. The mean value in the case of home adjustment of male and female archers was 5.50 and 5.15 and SD was 2.32&2.92 and

their t-ratio is 0.76. It is proving that there is no significant difference between male and female archers at home adjustment. So the hypothesis is accepted.

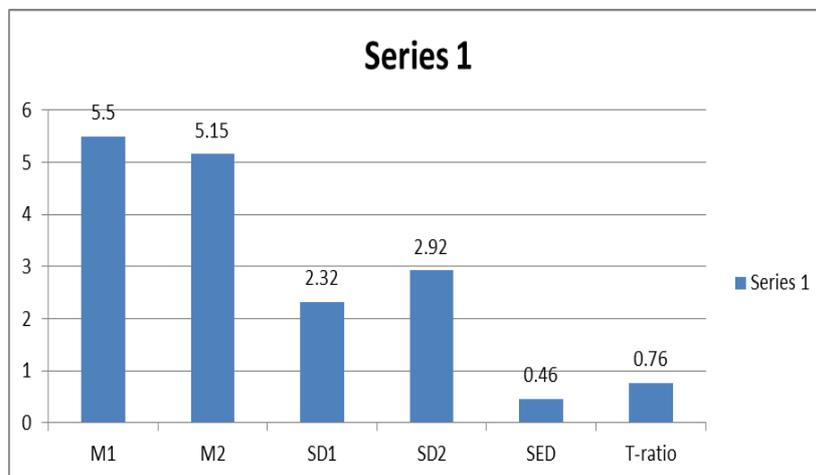


Fig 1: Graphical analyses of home adjustment level of male and female archers, during All India Inter University tournament

Table 2: To compare the level of health adjustment of male and female archers, during All India Inter University tournament

Groups	N	Mean	S.D	SED	t-ratio	Level of significance
Male Archers	60	4.50	2.00	0.36	2.52	Significance
Female Archers	60	5.41	2.05			

Significant difference at 0.01 level.

The table 2 shows that there exists a significant difference between male and female archers at health adjustment. The mean value in the case of health adjustment of male and female archers was 4.50 and 5.41 and SD was 2.00&2.05 and

their t-ratio 2.52. It is proved that the male archers have better health adjustment than the female archers. So the hypothesis is rejected.

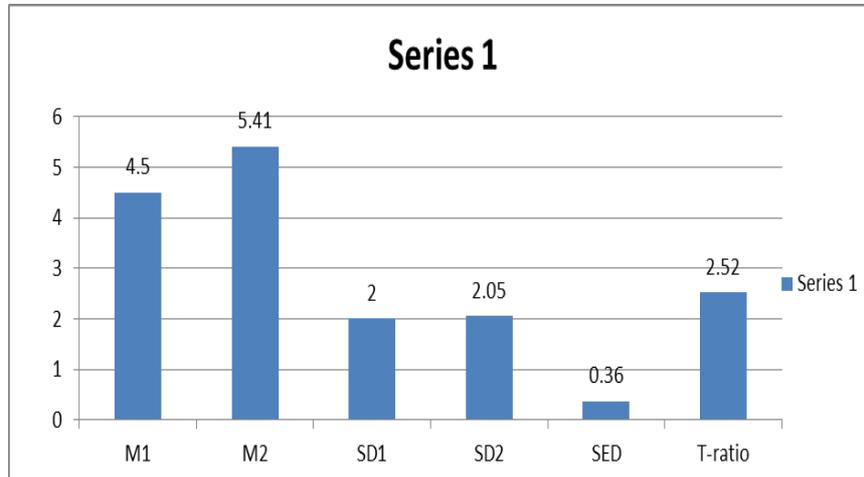


Fig 2: Graphical analyses of health adjustment level of male and female archers, during All India Inter University tournament

Table 3: To compare the level of social adjustment of male and female archers, during All India Inter University tournament

Groups	N	Mean	S.D	SED	t-ratio	Level of significance
Male Archers	60	6.61	2.01	0.37	1.75	No significance
Female Archers	60	7.26	2.24			

No Significant difference at any level.

The table 3 shows that there exists no significant difference between male and female archers at social adjustment. The mean value in the case of social adjustment of male and female archers was 6.61 and 7.26 and SD is 2.01&2.24 and

their t-ratio is 1.75. It is proving that there is no significant difference between male and female archers at social adjustment. So the hypothesis is accepted.

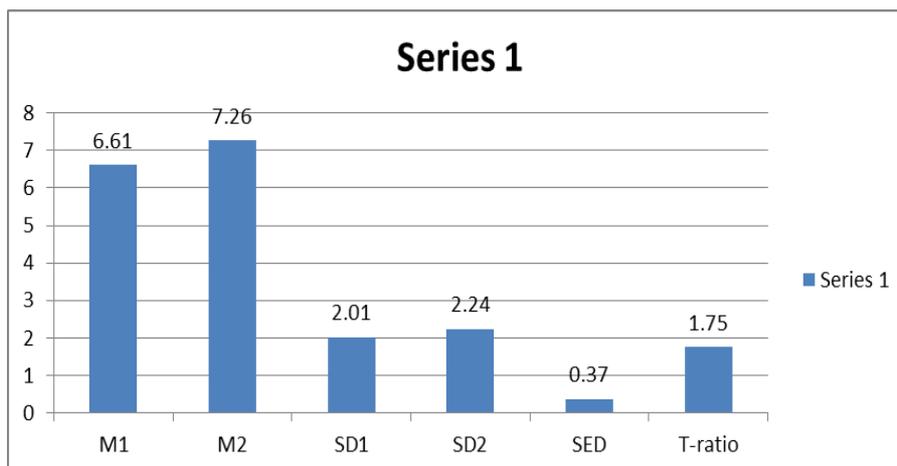


Fig 3: Graphical analyses of social adjustment level of male and female archers, during All India Inter University tournament

Table 4: To compare the level of emotional adjustment of male and female archers, during All India Inter-University tournament

Groups	N	Mean	S.D	SED	t-ratio	Level of significance
Male Archers	60	10.68	5.41	0.94	2.23	Significance
Female Archers	60	12.78	5.01			

Significant difference at 0.05 level.

The table 4 shows that there exists a significant difference between male and female archers at emotional adjustment. The mean value in the case of emotional adjustment of male and female archers was 10.68 and 12.78 and SD is 5.41&5.01

and their t-ratio is 2.23. It is also proved that the male archer's better emotionally adjusted than the female archers. So the hypothesis is rejected.

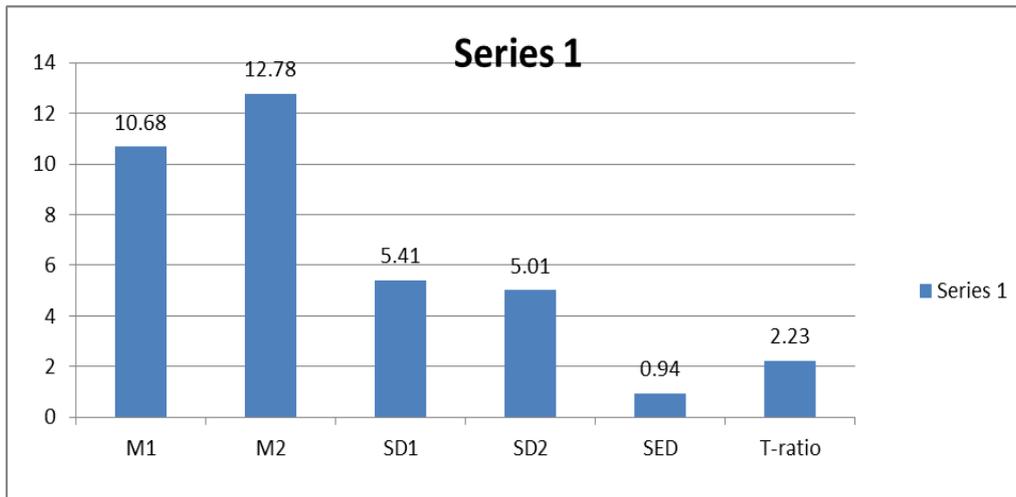


Fig 4: Graphical analyses of emotional adjustment level of male and female archers, during All India Inter University tournament

Table 5: To compare the level of educational adjustment of male and female archers, during All India Inter University tournament

Groups	N	Mean	S.D	SED	t-ratio	Level of significance
Male Archers	60	7.68	4.06	0.68	1.76	No significance
Female Archers	60	6.48	3.43			

No significant difference at any level.

The table 5 shows that there exists a significant difference between male and female archers at educational adjustment. The mean value in the case of educational adjustment of male and female archers was 7.68 and 6.48 and SD is 4.06&3.43

and their t-ratio is 1.76. It is proving that there is no significant difference between male and female archers at educational adjustment. So the hypothesis is accepted.

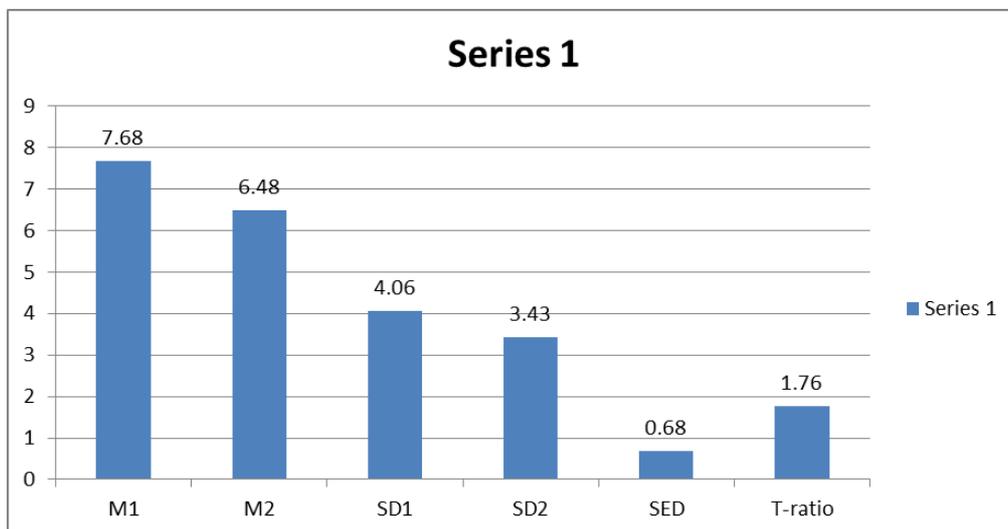


Fig 5: Graphical analyses of educational adjustment level of male and female archers, during All India Inter University tournament

Table 6: To compare the level of total adjustment of male and female archers during All India Inter University tournament

Groups	N	Mean	S.D	SED	t-ratio	Level of significance
Male Archers	60	34.98	8.46	1.57	1.35	No significance
Female Archers	60	37.1	8.78			

No significant difference at any level.

The table 6 shows that there exists a significant difference between male and female archers at total adjustment. The mean value in the case of total adjustment of male and female archers was 34.98 and 37.1 and SD was 8.46&8.78 and their t-

ratio was 1.35. It is proving that there is no significant difference between male and female archers at total adjustment. So the hypothesis is accepted.

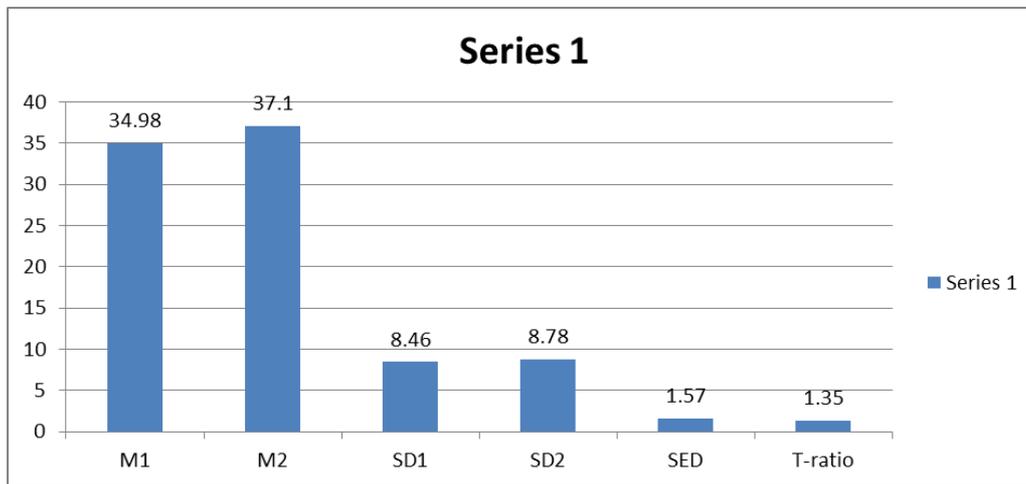


Fig 6: Graphical analyses of total adjustment level of male and female archers, during All India Inter University tournament

Conclusion

On the basis of the study it is proved that both male and female archers have no significant difference level of home, social, educational and total adjustment. Male archers have better health and emotional adjustment level and they perform well than the female archers.

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