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Adjustment distinction between individual and team sports players

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Abstract

This study assessed the difference in adjustment between individual and team sportspersons by the questionnaire *Vyaktitva Parakh Prashnavali* developed by M.S.L. (Saxena, 2012). The study involved a total of 100 team game male players, 20 from each game (Volleyball, Football, Handball, Kabaddi, and Hockey) and 100 from the individual game male players, 20 from each game (Badminton, Judo, Athletics, Table Tennis and Gymnastics). These sportspersons were selected from different Universities namely Banaras Hindu University, Allahabad University, Ram Manohar Lohiya Avadh University, University of Lucknow, and Lakshmbai National Institute of Physical Education (Deemed University). The researcher visited all the universities included in the research and contacted all the sampled players and collected data. The mean adjustment varies slightly across the individual sports ranging from 276.00 to 278.10. The median ranging 275.50 to 278.00, mode ranging 28.00 to 278.00, and mean adjustment varies slightly across the team sports ranging 300.55 to 305.20. The median ranging 298.50 to 303.50, mode ranging 293.00 to 392.00. The calculated value of t (20.88) was higher than the tabulated value of (1.65) $t(20.88) > t(1.65)$, the tabulated value of t at the 0.05 level of significance. The result of the study revealed that a significant difference was found between the team and individual sportspersons in relation to adjustment.

Keywords: individual and team sports, adjustment

Introduction

Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation Weinberg, R. (2008). Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan.

Adjustment is a behavioural process by which a person maintains balance among various needs that one encounters at a given point of time. Each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike a balance among various forces Chakradhari *et al.* (2016) [6]. Adjustment is defined as a process wherein one builds variations in the behaviour to achieve harmony with oneself, others or the environment with an aim to maintain the state of equilibrium between the individual and the environment Panth *et al.* (2015) [14].

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.

Professional sports psychologists often help athletes cope with the intense pressure that comes from competition and overcome problems with focus and motivation Brewer, B. W. (Ed.). (2009) [4]. They also work with athletes to improve performance and recover from injuries. But sports psychologists do not just work with elite and professional athletes. They also help regular people learn how to enjoy sports and learn to stick to an exercise program Danish *et al.* (1993) [7].

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There are certain sports, such as individual sports and team sports, the requirement of skill, training and psychological factors are both the same and different. One major advantage of competing in an individual sport is that the athlete can progress at her own pace to improve skills Durand-Bush *et al.* (2002) [8]. The skills individual sports needs are more mental than physical. They need autonomy, self-discipline, focused thinking, and passion Jowett *et al.* (2016) [12]. A team sport includes any sport where individuals are organized into opposing teams which compete to win. Team members act together towards a shared objective. This can be done in a number of ways such as outscoring the opposing team. Team members set goals, make decisions, communicate, manage conflict, and solve problems in a supportive, trusting atmosphere in order to accomplish their objectives Botterill, C. (1990) [3]. The psychology in sports includes important aspects like positive attitude, respect for the opponent is necessary but do not let this overwhelm you, Killer instinct, fear of losing, never give up attitude, optimum level of anxiety and always have a positive body language Ghildiyal, R. (2015) [10].

Adjustment is very essential in both team and individual sports. So many works were done on it. But by reviewing of literature I found that there is no work done on the difference between individual and team sports concerning adjustment. As per my problem is the concern I am dealing with the players of university-level of few years, who have represented university level tournament in previous years.

Material and Methods

Selection of subject

For this research, a total of 100 team game male players, 20 from each game (Volleyball, Football, Handball, Kabaddi, and Hockey) and 100 from the individual game players, 20 from each game (Badminton, Judo, Athletics, Table Tennis and Gymnastics). Were randomly selected from five north Indian universities, namely Banaras Hindu University, Allahabad University, Ram Manohar Lohiya Avadh University, University of Lucknow, and Lakshmi Bai National Institute of Physical Education (Deemed University). All these players were male and between 18 and 26 years of age. Only those players were eligible for inclusion who had represented their university in inter-university games in the last four years from the date of the survey. Player 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 levels. 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, median, mode, standard error and standard deviation) for the variable 'adjustment' has been provided for both individual and team sports persons. Since the objective of the paper was to find out whether there were any significant differences in adjustment between the players of selected Individual and team sports Data analysis was performed with SPSS for Window 7. Descriptive statistics and independent "t" test was employed at 0.05 level of significance.

Result

Table 1 present the descriptive statistics (mean, median, mode standard error and standard deviation) of the dependent variable of various individual sportspersons included in my study, namely Badminton, Judo, Table-Tennis, Athletics and Gymnastics. The mean adjustment varies slightly across the individual sports ranging 276.00 to 278.10. The median ranging 275.50 to 278.00, mode ranging 273.00 to 278.00, standard error ranging 1.17 to 2.27 and standard deviation ranging from 5.25 to 10.16.

Table 1: Descriptive statistics of individual sportspersons

Sports	Mean	Median	mode	SE	SD
Badminton	276.00	275.50	273	1.17	5.25
Judo	276.70	276.00	271.00	1.57	7.04
Athletics	277.20	276.00	268.00	1.44	6.44
Table tennis	278.25	276.00	268.00	1.43	6.41
Gymnastics	278.10	278.00	278.00	2.27	10.16

Table 2 present the descriptive statistics (mean, median, mode standard error and standard deviation) of the dependent variable of various team sportspersons included in my study, namely football, Volleyball, Kabaddi, Handball and Hockey. The mean adjustment varies slightly across the team sports ranging 300.55 to 305.20. The median ranging 298.50 to 303.50, mode ranging 293.00 to 392.00, standard error ranging 1.72 to 2.65 and standard deviation ranging from 7.72 to 11.85.

Table 2: Descriptive statistics of team sports person

Sports	Mean	Median	mode	SE	SD
Football	305.20	303.50	307.00	2.20	9.84
Volleyball	300.55	301.50	293.00	1.87	8.38
Kabaddi	300.60	298.50	298.00	1.72	7.72
Handball	301.75	299.50	293.00	2.65	11.85
Hockey	303.40	301.00	392.00	2.40	10.74

Table 3: Comparison of adjustment between individual and team sports persons

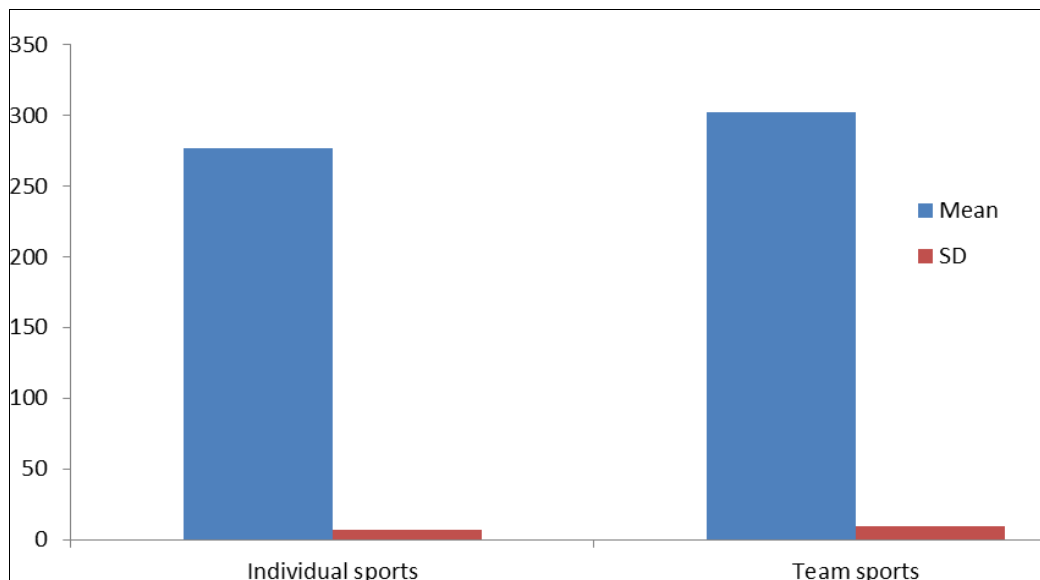
Group	Mean	SD	MD	t- ratio
Individual sports	276.99	7.13	25.31	20.88*
Team sports	302.30	9.79		

*Significant at 0.05 level

t 0.05 (198) = 1.653

Table- 3 reveals that the calculated value of t (20.88) was higher than the tabulated value of (1.65) $t(20.88) > t(1.65)$,

the tabulated value of t at the 0.05 level of significance.

**Graph 1:** Comparison of adjustment between individual and team sports persons

Discussion of findings

As it is well evident that both the sports groups were entirely different, in team sports a group of players handles a particular condition with mutual understanding while in case of individual sports condition is handled by a single player participating in match solely. As in a study, it is found that Group cohesion as an emergent state that “is reflected in the tendency for a group to stick together and remain united in the pursuit of instrumental objectives and/or for the satisfaction of member affective needs” Carron *et al.* (1998) [5]. The result of the study revealed that a significant difference was found between the team and individual sports groups with adjustment. It is a well-known fact that being familiar with surroundings and playing conditions may an assurance of success to some extent and as nature of both the demands of the sport entirely different type of adjustment the finding of a study argue that teamwork is an essential component of achieving high reliability particularly in health care organizations Baker *et al.* (2006) [2]. In individual sports, an athlete needs only to adjust with playing condition, and his opponent, while in team sports an athlete need not only to adjust with playing condition also need to adjust with his own teammates there strong and weak points as well as with opponents. Another study is supporting that individual sports are higher in conscientiousness and autonomy whereas team sports athletes are higher on agreeableness and sociotropy than individual sports athletes Nia *et al.* (2010) [13].

In general, research findings suggest that Coaches in different disciplines of sport and applied sport psychology must recognize adjustment because it will help them in selecting players for the important responsibilities. Finally, it is necessary to state that the sample of research only included male athletes thus results should not be generalized to women's.

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