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A comparative study between adjustment among university level athlete and non-athlete of Rajasthan

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Abstract

The purpose of the study was to do the comparison of Social Adjustment level between Athlete and Non-Athlete (Athlete-50 and non-Athlete -50) from the various institutions of Rajasthan state. For measuring the social adjustment of the Athletes and Non- Athletes, revised adjustment inventory (RAI) constructed and standardized by Dr Pramod Kumar was used. The result of the study revealed that there is significant difference between the adjustment level of Athlete and Non- Athlete.

Keywords: social adjustment, athlete, non-athlete

Introduction

Sports are very important in human's day by day life. Participation in sports or Physical activity is related to bodily balance and psychological stability. Sports always have long lasting impact on mental health.

"It is the science which seeks to interpret in physical or mental terms the behaviour of living organism so far as that is physically conditioned."

-James Drever

Sports is a remarkable setting in which the psycho-physical capabilities are put to test highly demanding conditions. The most widely emphasized aspect of adjustment is achievement.

"Adjustment in the process by which a living organism maintain a balance between its needs and the circumstance that influence the satisfaction of these needs."

-Shaffer

Singh (1975) showed a study on 50 male 5000m race contributors and discovered that the higher the social adjustment, the improved the performance in the 5000m contests. He concluded that social adjustment has a major negative impact on 5000mts running results.

Antonelli and Mascellani (1973) The Bell's adjustment inventory adult form was used to conduct a report on 351 top Italian athletes. They discovered that male athletes adjusted better than female athletes. Athletic, basketball, sailing, and fencing are examples of sports where participants adapt well. Cycling, swimming, rowing, and gymnastics all have poor transition.

Methodology

Selection of sample: The subject of the study were one hundred Athlete and Non- Athlete (Athlete- 50 and Non- athlete – 50) from different institution of Rajasthan State. The Subject was age group of 20 to 24 yrs.

Description of questionnaire: To measure the psychological parameters (Adjustment) of Athletes and Non-Athletes (male and female) Revised Adjustment Inventory (RAI) constructed by Dr. Pramod Kumar was used. The inventor in its present form consists of 40 highly sensitive items belonging to 2 major areas of adjustment.

Area-wise Distribution of Items*

Sr. No.	Areas	Items	Total
1.	Social	1, 2, 5, 11, 12, 13, 22, 27, 28, 39	10
2.	Emotional	3, 4, 6, 7, 8, 9, 10, 14, 15, 16, 17, 18, 19, 20, 21, 23, 24, 25, 26, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 40	30

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Statistical analysis: To find the adjustment level of athlete and non-athlete of various universities of Rajasthan, means and SD were computed. The z- test was applied to find out the significant difference between athletes and non- athlete on the bases of adjustment, significance level was set on .05.

Result and Discussion

Mean, Standard deviation and Z-value of the Athlete and Non-Athlete Scores on Adjustment.

Table 1: Significant at .05 level of significance $z_{.05} = 1.645$

Category	Number	Mean	S.D.	z- Value
Athlete	50	7.28	2.13	2.95
Non-Athlete	50	6.69	2.72	

According to table no-01 which indicates that the mean and S.D of Athlete vs. Non-Athletes on Adjustment, i.e., Athlete are 7.28/2.13, non-Athlete are 6.69/2.72.

The data proved that there is significant difference found in all Adjustment variable and Athlete are better than non-Athlete. Results shows that there is significant difference was found in such Athlete vs. Non-Athlete group on all Adjustment variables, (2.95) is greater than the tabularized value (1.645) required for z-ratio to be significant at .05 level.

There was significant difference founded between the Adjustment level of Athlete and Non-Athlete in the study.

Recommendation

1. This study may be conducted on a particular game between male and female players.
2. This study may be conducted between team game players or individual game players.

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