



## An analysis of adjustment among intercollegiate and state level players in relation to adjustment

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DOI: <https://doi.org/10.33545/26647559.2022.v4.i1a.65>

### Abstract

**Aim:** The purpose of the study was to determine the adjustment abilities of football players. The present study is confined to conduct only on 60 male subjects age group 18-25 of Haryana state those who have played football game at different levels i.e inter-college and state. Thirty players of inter college and thirty of state level.

**Keywords:** Football and adjustment

### Introduction

The sport of soccer (called football in most of the world) is considered to be the world's most popular sport. In soccer there are two teams of eleven players. Soccer is played on a large grass field with a goal at each end. The object of the game is to get the soccer ball into the opposing team's goal. The key to soccer is that, with the exception of the goalie, players cannot touch the ball with their hands or arms, they can only kick, knee, chest, or head the ball to advance it or score a goal. Soccer is played at all levels throughout the world from youth leagues to professional and international teams. Perhaps the most famous soccer tournament is the World Cup. Held every four years, the World Cup is a soccer competition between countries and is one of the most watched events in the world. One of the reasons soccer is so popular is that it really only takes a ball and a flat open area to play. Kids throughout the world will set up fields and goals just about anywhere and start playing the game. The game is also fun and competitive. Soccer is a great form of exercise as there is lots of running for good distances. The sport is also a good test of dexterity and a great way to learn balance. Football is a team game, in which players should be need to adjustment to each other.

### Adjustment

Adjustment plays a significant role in one's life. It brings happiness and makes a person mentally and physically healthy. A satisfied, happy and healthy individual is not only an asset to himself but a boon to the society as well. According to Drever (1952) <sup>[1]</sup>, "adjustment means the modification of behavior to compensate for or meet special condition. In other words adjustment can be defined as the establishment of satisfactory relationship, as representing harmony, confidence, adaptation or the like. It means the adjustment as the process of the finding and adopting models of behavior suitable to the environment or to the change in the environment. Adjustment as a single of harmonious relationship between man and his environment, one has to fit one self in the prevailing circumstance when one adjust or one self this means one is changing in the same way to adapt or accommodate oneself in order to fit him in to certain demands in one's environment. The condition in the environment are in a continuous chain of changes a person changes his nature in order to fit himself in the realm of nature. Adjustment help in keeping balance

between one's need and the capacity to meet their needs it not only persuades one to change one's way of life according to the demands of the solutions but also gives strength and ability to bring desirable changes in the conditions of one's behavior.

Adjustment plays an active role in shaping and molding human behavior. Adjustment consists of psychological processes by means of which the individual manages and copes with various demands of pressures (Lazarus, 1966) <sup>[2]</sup>. Scymonn (2001) <sup>[3]</sup> studies the emotional health of baseball players and reported that boys participating in little league competitions maintained their emotional health better than the known participants.

### Methodology

To achieve the purpose of the study 60 male subjects were selected from Haryana between 18-25 years old.

### Adjustment inventory

Author; Dr. A.K.P. Sinha and Dr. R. P. Singh

### Description

1. It is a self-administering inventory. The examiner should read the instructions given on the front page and the examinees should also read them silently along with examiner.
2. There is no time limit for answering it. Ordinarily an individual takes 10 min in completing the test.
3. Examiner should interpret the meaning of the sentence themselves. However, meaning of different words, if any should be given by the examiner.
4. Co-operation of the examinees in answering the inventory is very essential the examiner should assure them that their answers and scores will be treated with strictest confidence.
5. The examiners should indicate frankly and honestly the purpose of the test, if and when any question regarding this is raised are by the examinees.
6. There is no need of telling why letters and numbers are placed before the questions. If a question is asked about these the examiners should tell meaning of the letters.

### Scoring

The inventory is reusable with answer sheet for responses given by the examinee. It contained 102 items. Each item

was provided with two alternatives, “yes” indicated lack of adjustment and “NO” indicated well adjustment. One number was provided for Yes and NO was provided with Zero. Low scores indicated good adjustment and high score indicated poor adjustment.

### Results

The following section of the reports presents tables given a view of outcome of the study. The value of paired statistic of adjustment is given below in table one.

**Table 1:** Descriptive statistics of inter-collegiate and state level football players in relation to adjustment

Group	N	Mean	S.D	SEDm	T	d.f
Inter-collegiate	30	11.40	1.67	0.30	4.650*	29
State	30	10.36	1.80	0.33		

\*Significant ‘t’ 0.05

The result shows that means, standard deviation, standard error of means with regard to inter-collegiate were recorded 11.40, 1.67 and 0.30 respectively where in case of state the same were recorded as 10.36, 1.80 and 0.33 respectively and ‘t’ ratio (4.650) was found significant at 0.05 level.

### Conclusion

It showed that state level football players are better than the inter college level in relation to adjustment.

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