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## COMPARISON OF ADJUSTMENT ABILITY BETWEEN INDIVIDUAL AND TEAM SPORTS PERSONS

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### ABSTRACT

The purpose of the study was to analysis of adjustment ability between individual and team sportspersons. Total 200 male players, 100 from individual sports and 100 from team sports were selected as subjects for the purpose of the study. The selected sportspersons were from different universities. Assessment of adjustment ability was done with the help of Vyaktitva Parikh Prashnavali develop by M.S.L. Sexena. There was significant (calculated  $t=20.88 > 1.65$  the tabulated value) difference found between the individual and team sports in relation to adjustment ability. The data was analyzed by applying independent t-test to find out difference between the individual and team sports in relation to adjustment ability at the 0.05 level of significance.

**INDEX TERMS-** adjustment, individual sports, team sports.



### INTRODUCTION :

Sports are psycho-social activity. It has both psychological and social dimensions besides physical physiological and technical aspects. Man's interest in sports is found among all the society of the world. Most of the nations share a common interest in sports is found among all the society of the world where interest in sport competition, especially during Olympic games, the people from all nations focus their attention on the drama of competition. But the quality of participation of the athletes and sportsmen is determined by their psychological factors.

In contrast in individual sports, athletes are depends on to their abilities. In individual sports, performance criteria is one dimensional while in group sports performance depends on the teammates performance, but in team sports, athletes are involved with teammates and spending many amount of practicing with teammates and have more interaction with others and cooperating with peers, in contrast individual sports, spending many amount of time alone in practicing.

Systematic emergence of the concept of "Adjustment" starts from Darwin. In those days the concept was purely biological and he used the term adaptation. The adaptability to environment hazards goes on increasing as we proceed on the Photogenic Scale from the lower extreme to the higher. If we examine the various activities of the individual life, we will find that most of them involve adjustment of the individual to his vocational, social and economical problems. The process of adjustment starts from the birth of the child and continues till full span of life.

Now a days the problems of adjustment has become so vital in our complex and civilized society that psychologists have turned their deep interest in understanding it. Just as individual may have different views on the nature of psychological adjustment, so also do psychologists. Some

psychologists view adjustment as a process by which individuals are continually growing and meeting life's challenges. Other psychologists view adjustment as a fixed state or goal that involves certain desirable characteristics (such as satisfaction in social relationship, in marriage, in a career, or goal achievement) that must be achieved.

### **Objective**

The purpose of the study was to find out difference between Individual and Team sports person in relation to adjustment ability. .

### **METHODOLOGY**

#### **Selection of subject**

The present study was conducted on 200 male college sportspersons (100 individual and 100 from team sports) who have participated in interuniversity tournaments. Age of the subject was ranged between 18 -25 years.

#### **Selection of variables**

Adjustment ability was selected as dependent variable for the purpose of this study.

#### **Criterion Measure**

Vyaktitva Parakh Prashnavali developed by M.S.L. Sexena was used as criterion measure for the assessment of adjustment ability of team and individual sports persons.

#### **Collection of data**

Data was collected with the help of using the relevant questionnaire. Tests were conducted on 200 players, 100 each from individual and team sports. The data of adjustment ability was collected personally from the individual who had played inter-varsity level at their respective home ground. The data of sportspersons from team sports (Football, Volleyball, Kabaddi, Handball and Hockey) as well as from individual sports (Badminton, Judo, Athletics, Table Tennis and Gymnastics) were collected.

#### **Statistical procedure**

The data was analyzed by applying independent t-test to find out the difference between individual and team sports. The level of significance was set at 0.05 levels.

### **RESULTS OF THE STUDY**

The obtained results after statistically analysis of data in relation to the aggressive behavior of team and individual sportspersons are presented in table I to IV.

Table I

Kind of Sports	Sports	Descriptive Statistics of Team & Individual sportspersons adjustment ability							
		mean	SE	SD.	Min	Max	range	Sk	Ku
Team	Football	305.20	2.20	9.84	291	327	36	.61	-.35
	Volleyball	300.55	1.87	8.38	291	320	29	.63	-.27
	Kabaddi	300.60	1.72	7.22	290	320	30	.76	.36
	Handball	301.75	2.65	11.85	289	326	37	.85	-.23
	Hockey	303.40	2.40	10.74	289	320	31	.30	-1.40
Individual	Badminton	276	1.17	5.27	269	287	18	.56	-.067
	Judo	276.70	1.57	7.04	262	290	28	-.02	-.39
	Athletics	277.20	1.44	6.44	268	287	19	-.04	-1.38
	Table Tennis	278.25	1.43	6.41	268	287	19	.33	-1.17
	Gymnastics	278.10	2.27	10.16	268	312	44	2.04	5.81

Table II

## Comparison of Adjustment Between Individual and Team Sports Persons

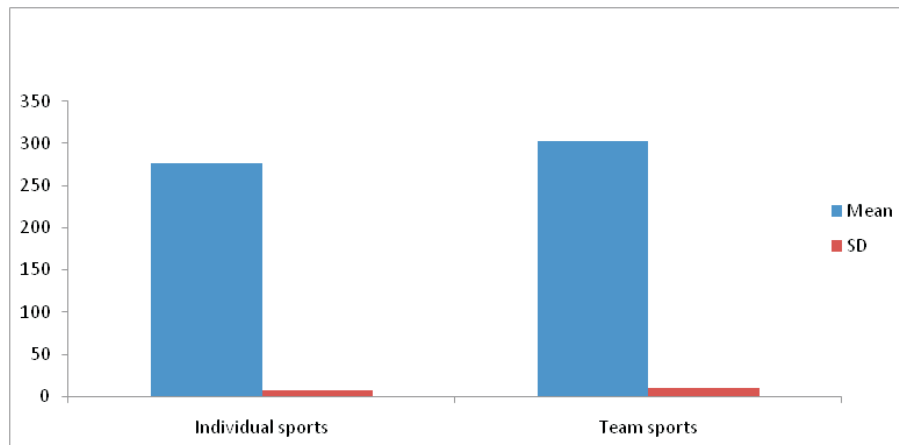
Group	Mean	SD	MD	t- ratio	Sig.(two tailed)
Individual sports	276.99	7.13	25.31	20.88*	.000
Team sports	302.30	9.79			

\*Significant at 0.05 level

t 0.05 (198) = 1.653

Table- II reveals that the calculated value of t (20.88) was higher than tabulated value of (1.65) t (20.88) > t (1.65), the tabulated value of t at the 0.05 level of significance.

**Graph -I**  
**Comparison of Adjustment Between Individual and Team Sports Persons**



### DISCUSSION OF FINDING

Results of the study revealed that significant difference was found between individual and team sportspersons in relation to Adjustment Ability. It is well known fact that being familiar with surroundings and playing condition may an assurance of success to some extent and as nature of both the sports demands entirely different type of adjustment. In individual sports an athlete need 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 own team mates there strong and weak points as well as with opponents.

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