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Making India Superpower**

21<sup>st</sup> August 2019

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## COMPARATIVE STUDY OF LEVEL OF ADJUSTMENT OF PLAYERS AND NON-PLAYERS OF AMRAVATI

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The purpose of the study was to compare level of adjustment of players and non players. The researcher has taken forty (40) subjects for the collection of data which include twenty (20) players of any game and twenty (20) non players from Amravati. The subjects were selected by using simple random sampling method. The age was ranged between 18 to 25. The data was collected by standard questionnaire of constructed by Dr. D. N. Mahulkar and Govind Tiwari respectively. The standard questionnaire was distributed to players and non players and the data were collected and analyzed. Statistical analysis was done on the basis of 't' test to compare the adjustment level between players and non players and the significant level was kept at 0.05 level. Result shows that there is significant difference between means of adjustment level between players and non players of Amravati as the mean of players is 48.4, greater than non players 41.8, and their mean difference is 6.6. To check the difference is significant or not the 't' test was applied. After 't' test it was found that there is significant difference in adjustment level between players and non players as the calculated 't' value 3.486 is greater than tabulated 't' value at 0.05 level of significance, which indicates or shows that there is a significant difference in adjustment level between players and non players of Amravati. Concluding we can say that the difference between the players and non players of Amravati in reference to level of adjustment shows significant difference and players shows high level of adjustment as compared to non players it may attributed that players who practice regularly were always doing their work as compared to non players, players practice under the guidance of coaches and learn how to behave with others, players develop many qualities under the guidance of their coaches and adjustment is one them which develop through sports as compared to non players.

Level of Adjustment, Players, Non Players, etc.

tion

Physical and sports activities have been organized in such manner that every players have opportunity to develop their group cohesion, group consciousness and a sense of togetherness. No activity in physical education is done in isolation. Sport is a good source of social experience for the participants as well as the spectators. During practice and competition, individuals belonging to various teams come into contact with each other and they interact with each other. They learn and act in the same strain under the same conditions. In the process of "give" and "take", modification of behavior takes place naturally. Play not only reflects the direction of personality development, but also it is an agent in bringing about social adjustment.

The adaptability to environmental hazards goes on increasing as we proceed on the social 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 takes a place right from the birth of the child and continues till his death.

Now a day the problem of adjustment has become so vital in our complex and civilized society that psychologists have turned their deep interest in understanding it. Just as individuals may have different views on the nature of psychological adjustment, so also do psychologists. So psychologists view adjustment as a process by which individuals are continually growing and meeting life's challenges. Other psychologists stated 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.

As well adjusted athlete uses his skills and tactics to perform wisely on his environment excessive timidity, aggressiveness or other faults of personality prevent him from making this contribution. Some psychologist reported that superior athletes showed higher level of personal and adjustments than that of less skilled athletes, therefore, adjustment is positively related with sports performance. Almost no study has reported a negative correlation between adjustment and sports performance. Some stated that an athlete can adjust well for higher performance by certain objectives like security and confidence, improving one's own adjustments, maintain good physical health, do satisfying work, rest and recreation, participate in society, have a confidential relationship with another person, plan can do something about every problem, be objective, seek insight.

Adjustment is the parameter which is very useful for the sports activities. In high level competition it is very essential need of motivations, conflict and emotions which differ from individual to individual and causes adjust mental problems. Adjustment attempts to satisfy individual need by overcoming both inner as well as outer abstract and by adapting to circumstances learning about Adjustment can be classified in two circumstances; Internal

ke-up and internal personal or social behavior. Adjustment is dynamic process by which persons meet their needs in sports. Hence the researcher has taken the study of Adjustment level of Players and Non Players of Amravati.

#### Methodology

The researcher has taken forty (40) subjects for the collection of data which include twenty (20) players of any game and twenty (20) non players from Amravati. The subjects were selected by using simple random sampling method. The age was ranged between 18 to 35 years. The data was collected by standard questionnaire of constructed by Dr. D. N. Patil and Govind Tiwari respectively. The standard questionnaire was distributed to the players and non players and the data were collected and analyzed.

#### Statistical Analysis

Statistical analysis was done on the basis of 't' test to compare the adjustment level of players and non players and the significant level was kept at 0.05 level.

Table  
Adjustment level between players and non players

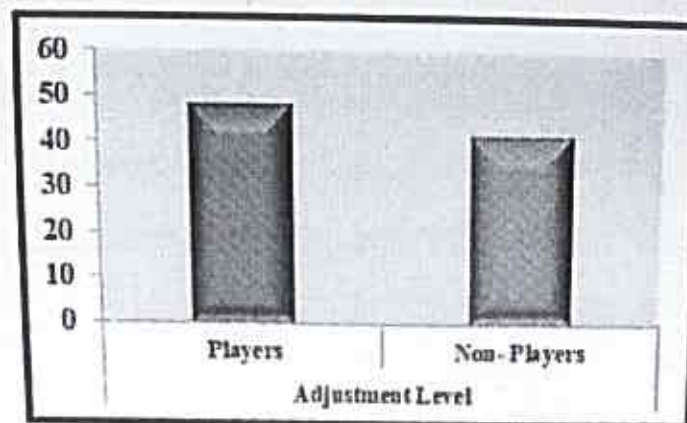
Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Players	48.4	6.35	6.6	38	3.486*	2.021
Non-Players	41.8	5.6				

\*Significant at 0.05 (38) tabulated 't' = 2.021

Above table reveals that there is difference between means of adjustment level of players and non players of Amravati, as the mean of players is 48.4, greater than non players 41.8, and their mean difference is 6.6. To check the difference is significant or not 't' test was applied. After applying 't' test it was found that there is significant difference in adjustment level between players and non players as the calculated 't' value is greater than tabulated 't' value 2.021 at 0.05 level of significance, which indicates or shows that there is a significant difference in adjustment level between players and non players of Amravati.

## Graph

Mean comparison of adjustment level between players and non players



## Conclusion

Including we can say that the difference between the players and non players of adjustment level in reference to adjustment level shows significant difference and players shows higher level of adjustment as compared to non players it may attributed that players who practice regularly were always punctual in their work as compared to non players, players practice under the guidance of coaches learn how to behave with others, players develop various abilities under the guidance of his coaches and adjustment is one them which help through sports as compared to non players.

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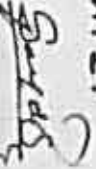
This is to certify that Dr./Prof./Mr./Ms./Mx. DR. SHRIRKANT S. MAHULKAR

of LATE DATTATRAYA PUSADKAR ARTS COLLEGE, NANDGAON PETH has participated in the One Day Inter-Disciplinary National Conference On "Role of Higher Education In Making India Superpower". He/She has participated as Resource Person / Chairperson/ Co-Chairperson/ Delegate / Research Scholar. He/She has presented / published a paper Entitled COMPARATIVE STUDY OF LEVEL OF ADJUSTMENT OF PLAYERS AND NON PLAYERS OF AMRAVATI.

  
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