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Comparison of adjustment and their components between rural and urban players

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Abstract
The primary aim of this research was to examine and contrast the adjustment and factors of urban and rural players. The researcher put forward the hypothesis that significant differences would exist between the two groups. The research was limited to 25 male players from both urban and rural backgrounds attending Pune University, aged between 18 and 25 years old. The subjects were selected using Simple Random Sampling. The researcher utilized the "Adjustment Inventory" created by Prof. A.K.P. Sinha, Raipur and Prof. R.P. Singh, Patna to evaluate the selected subjects' adjustment. A lower score on this inventory indicates better adjustment. To compare the adjustment and its components between the rural and urban players, a 't' test was employed. The level of significance was set at 0.05 for testing the hypothesis. The results showed a significant difference between the two groups in health, social, emotional, and educational adjustment. Urban players exhibited better health and educational adjustment, while rural players exhibited better social and emotional adjustment. However, no significant difference was observed in home adjustment and total adjustment between rural and urban players. Therefore, the researcher's hypothesis was not confirmed, except for health, social, emotional, and educational adjustment.

Keywords: Rural, urban, adjustment, home, health, social, emotional, educational

Introduction
Adjustment can be a complex process that involves active and reactive efforts by both individuals and their working environments to find a better fit between the person and their job. One way in which individuals can actively adjust their working environment is by seeking to change the job's content, such as its behavior requirements, to better align with their abilities (Kristof-Brown, Zimmerman, & Johnson, 2005) [2]. For instance, an employee who is skilled at creative problem-solving may seek out job duties that allow them to use this strength more often. Alternatively, individuals may attempt to alter the job's reinforcements, such as seeking better working conditions, more variety, or greater responsibility (Hackman & Oldham, 1976) [1].

On the other hand, active adjustment by the environment may involve training individuals to improve their abilities or altering their values and expectations to better match the job's demands (Kristof-Brown *et al*., 2005) [2]. For instance, a company may offer training programs to help employees develop skills that are needed for the job, or it may attempt to shift employee values to prioritize teamwork and collaboration.

Reactive adjustment, on the other hand, may involve individuals trying to change their behavior to better suit their working environment (Kristof-Brown *et al*., 2005) [2]. For example, an employee who prefers to work independently may make an effort to collaborate more with co-workers to better fit into the organizational culture. Alternatively, individuals may adjust their personal priorities or work values to better align with the job's demands.

Similarly, the environment may make reactive adjustments by changing the responsibilities of a role to better suit the individual's natural strengths or altering the rewards offered to increase job satisfaction (Hackman & Oldham, 1976) [1]. For example, an employer may restructure a job to better fit an employee's strengths or offer additional perks, such as flexible scheduling or a generous benefits package, to improve employee satisfaction.

Adjustment involves active and reactive efforts by both individuals and their working environments to find a better fit between the person and their job.

Individuals may try to change the job's content or reinforcements, while the environment may adjust the job's responsibilities or rewards to better suit the individual's strengths and preferences.

Statement of the Problem

The problem is stated as, “Comparison of Adjustment and their components between Rural and Urban players".

Purpose of the Study

The purpose of the study is to compare the adjustment and their components between rural and urban players.

Hypothesis

It was hypothesized that there would be significant differences in adjustment and factors between rural and urban players.

Delimitations

The study was delimited to the male players only.

The age of the students ranged between 18 – 25 years.

The study was also delimited to 25 rural players and 25 urban players of inter– collegiate level from Bharati Vidyapeeth deemed university Pune.

Methodology

In this study, data were collected from rural and urban players who participated in the Intercollegiate Competition level of Bharati Vidyapeeth Deemed University, Pune. A total of 25 rural and 25 urban players were selected using Simple Random Sampling. To assess the players' adjustment, the researcher used a standard questionnaire, the "Adjustment Inventory" created by Prof. A.K.P. Sinha, Raipur, and Prof. R.P. Singh, Patna, which provides a numerical score for each response, with a low score indicating good adjustment.

Before distributing the questionnaire, the selected subjects were requested to assemble, and the researcher explained the purpose of the study and the method for filling out the questionnaire. The responses were then scored using a scoring key. To compare the adjustment and its components between rural and urban players, a 't' test was utilized. The purpose of the study was to assess the adjustment of rural and urban players and to compare the differences between them.

Statistical Analysis

To find out the significant difference 't' test was employed. To test the hypothesis, the level of significance was set at 0.05 level of confidence. The significance difference of adjustment and components between the rural and urban players has been presented.

Table 1: Comparison of Means of Adjustment and Components between Rural and Urban Players

	Players	Mean	Standard Deviation	Mean Difference	Standard Error	't' ratio
Home Adjustment	Rural	4.600	1.443	0.280	0.415	0.674@
	Urban	4.320	1.492			
Health Adjustment	Rural	4.720	1.061	0.760	0.289	2.633*
	Urban	3.960	0.978			
Social Adjustment	Rural	5.600	1.443	1.120	0.464	2.415*
	Urban	6.720	1.815			
Emotional Adjustment	Rural	7.480	2.143	1.440	0.653	2.204*
	Urban	8.920	2.465			
Educational Adjustment	Rural	5.760	1.715	1.360	0.448	3.034*
	Urban	4.400	1.443			
Total Adjustment	Rural	28.160	7.806	0.160	2.263	0.071@
	Urban	28.320	8.194			

* Significant at 0.05 @ Not significant at 0.05 Tab ‘t’ 0.05(48) = 2.010

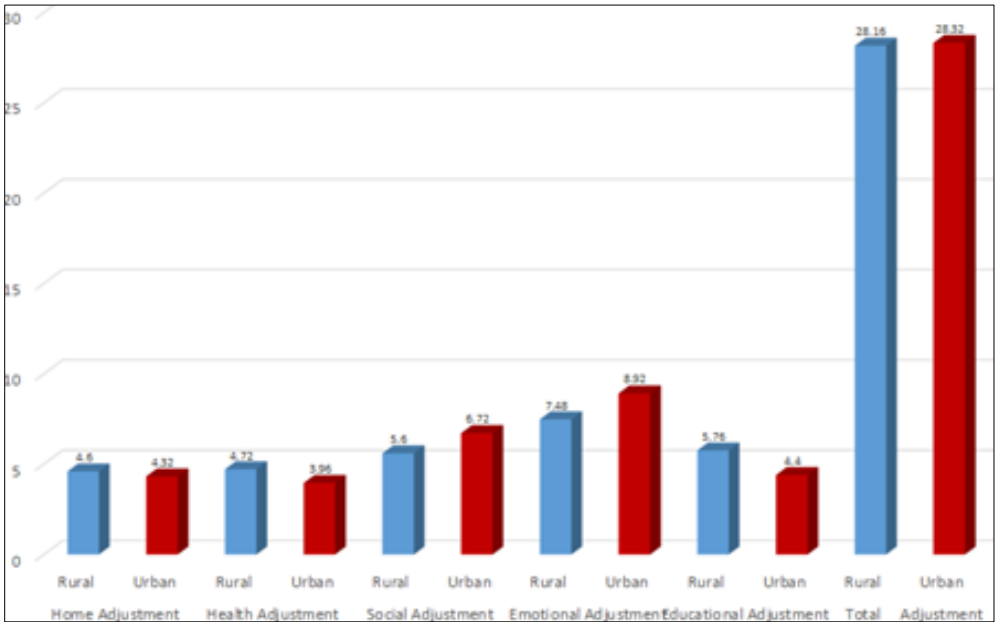

Fig 1: Showing Comparison of Means of Adjustment and Components between Rural and Urban Players

Discussion of Finding

After conducting a statistical analysis of the data collected from the rural and urban players using the Adjustment Inventory questionnaire, the researcher found that there were significant differences in health, social, emotional, and educational adjustment between the two groups (Sinha & Singh, 2014) [3]. Specifically, urban players exhibited better health and educational adjustment, while rural players exhibited better social and emotional adjustment.

The findings indicated that rural players had better social and emotional adjustment, which could be due to the social support and strong community ties commonly found in rural areas (Probst *et al*., 2016) [4]. On the other hand, urban players were found to have better health and educational adjustment, which may be due to greater access to healthcare facilities and educational opportunities in urban areas.

However, the study found no significant difference in home adjustment and total adjustment between rural and urban players. This suggests that players from both rural and urban backgrounds exhibit similar levels of adjustment in their home lives and overall adjustment.

In conclusion, the statistical analysis revealed that there were significant differences in some aspects of adjustment between rural and urban players, with each group exhibiting strengths in different areas. However, there was no significant difference in total adjustment, indicating that both groups of players have comparable levels of overall adjustment.

Conclusion

It was concluded that the urban players are good in health and educational adjustment, rural players are good in social and emotional adjustment. But insignificant difference observed in home and total adjustment.

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