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A study of adjustment of male and female volleyball players of national level of Kendriya Vidyalay

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Abstract

Sports play a vital role in building of society and are rightly regarded as key instrument for national prosperity and welfare. All type of educational institutions; college and school have main focus to sports knowledge to develop certain skills of games. It is one of the most important of national investment. Sports is the whole learning process or not only acquiring skills but to a deeper level for a person to discover more about himself as well as the world where he is living in. Thus it is not so much about learning specific games such as hockey, cricket volleyball etc.

Keywords: adjustment, volleyball, instrument, knowledge, skills

1. Introduction

Adjustment is another parameter which is very useful for the sportsmen who are participating in the sports activities. Physical education teacher and coaches are frequently called upon to deal with people who have some physical disabilities lead to well adjustment. There are certain essential needs, motivation, conflict and emotions. Which differ from individual to individual and causes adjust mental problem.

The major issue in the present competitive world of sports is to investigate the role of psychological parameters which influence the performance of athlete considerable. This influence is sometimes positive on athletes and negative on other athletes. However the present study is an attempt to discover the relationship of some of the important psychological parameters may be positive or negative to the performance of players. The study would be significant in the sense that it will provide a comprehensive knowledge to the coaches and trainers of psychological factors which could be controlled to achieve optimum performance from their athletes^[1].

If the individual is facing temporary and psychological problem, he becomes adjusted. For such problem psychotherapy, physical therapy is used to make the proper adjustment in the society through sports. Some of the psychological problem and attitude towards life can be changed for individual to get sustains self confidence to remove frustration or improve self-image. Adjustment attempts to satisfy need by over-coming both inner and outer abstracts and by adopting circumstances. The learning about adjustment means analyzing two thin. Internal make-up and internal personal behavior. Adjustment is dynamic process by which organizers meet their needs. Physical Education and related activities provide many of these needs.

A well adjusted person uses his knowledge and skill to act wisely in his environment. Excessive timidity or other fault of personality prevents him from making this contribution. Adjustment is a mean to the end of accomplishment.

Psychologically adjustment implies a constant interaction between the person and his environment. Although most people resemble the average of the group in many characteristics, there are those who divide widely from the average in certain traits. These deviations create certain problems of adjustment. Adjustment attempts to satisfy need by overcoming both inner and outer obstruct and by adopting circumstances. The learning about adjustment means analyzing two things: internal make-up and internal personal and social behavior.

The behavior of human beings is difficult to act and investigate because of the complexity of the subject matter.

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This complexity of human behavior is best illustrated by the adjustment process it involves a number basic and applied of knowledge, such as psychology, Genetics, Sociology, Anthropometry, Medicine and even religion. "Adjustment is the process by which living organism maintains a balance between its need of the circumstances that influence the satisfaction of these needs".

Objectives of the study

1. To find out the adjustment level of male and female players of volleyball of national level of kendriya vidyalaya.
2. To compare the adjustment level of male and female players of volleyball of national level of kendriya vidyalaya.

Methodology

Design of the study: The study in hand is a survey type research where the data collection was held through the psychological questionnaires.

Sample: For the collection of data 60 players (30male and 30 female players) were selected from national Tournament of kendriya vidyalaya. These players were in the age group of 15-18 years. These subjects were selected randomly.

Tool Used: For the collection of data required for the study the investigator used the following tools "Adjustment inventory by A.K.P. Sinha".

Administration of Test and Collection of Data

1. Instruction printed on the test form was made clear by me to the subjects.
2. No time limit was fixed for completed of the test. However, usually an individually were asked to complete it with 15 to 20 minutes.
3. They were emphasized that there is no right or wrong response to the questions.
4. It is closed that each item has to respond in either positive or negative terms- yes or no and that no statement should be left out. When the subjects were responding to the questions, the researcher wants to see that subjects are giving response as per instruction. Doubts if any were cleared at the spot.

Scoring

For any response indicated at yes the players were awarded they score of one and zero was awarded for no. The sum of all the positive responses was total up for adjustment score of an individual. The scores obtained on the test are given in appendix. The investigator had personally approach to the subjects for collecting the data. The above questionnaire was distributed to the subjects.

Statistical Technique Used:

After collecting the raw data, the data was tabulated and converted into standard score for each player. For selection of variable the difference in the mean of male and female archers was tested for the significance of difference by test. The mean score, slandered deviation and t-test were tested.

Discussion and Findings

After the analysis and discussion of the data the investigator observed the following results of the present study.

1. It is found that there exists no significant difference between male and female players at home adjustment. The mean value in the case of home adjustment of male and female volleyball players 8.95 and 8.25 and SD is .55&.48 and their t-ratio is 1.66. It is prove that there is no significant difference between male and female players at home adjustment.
2. It is found that there exists a significant difference between male and female players at health adjustment. The mean value in the case of health adjustment of male and female volleyball players 5.40 and 5.90 and SD is .51&.47 and their t-ratio 3. It is prove that the male players have batter health adjusted than the female players.
3. It is found that there exists a significant difference between male and female players at social adjustment. The mean value in the case of social adjustment of male and female volleyball players 11.20 and 11.50 and SD is .54&.44 and their t-ratio is 2.35. It is prove that the male players have batter social adjusted than the female players.
4. It is found that there exists a significant difference between male and female players at emotional adjustment. The mean value in the case of emotional adjustment of male and female volleyball players 12.92 and 13.25 and SD is .52&.40 and their t-ratio is 1.74. It is also prove that the male players have batter social adjusted than the female players.
5. It is found that there exists a significant difference between male and female players at total adjustment. The mean value in the case of total adjustment of male and female volleyball players 38.47 and 39.9 and SD is .1.5&.1.3 and their t-ratio is 4.61. So the male players have batter social adjusted than the female players.

Conclusion

In the conclusion of the study it is prove that the male players have more adjustment than the female players and also prove the male achieve better performance than the female players. It is also prove that the male players have batter adjusted at health, social, emotional and total adjustment than the female players.

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