



# A study of Adjustment of Sports Students of Ahmedabad in Relation to certain variables

DR. RESHAMA BALOCH MEHTA  
M.P.Ed., Ph. D. (Physical Education)

## 1. Introduction

To change oneself and adjust with environment to establish harmonious relation is adjustment. The process of adjustment starts right from the birth of the child and continues till ones death. The concept of adjustment is as old as human race on earth, systematic emergence of this concept starts from Darwin. In those days the concept was purely biological and used the term adaptation.

Insects and germs, in comparison to human beings, cannot with stand the hazards of changing conditions in the environment and as the season changes, Insects die. Hundreds of species of insects and germs perish as soon as the winter, begins. Man among the living beings, has the highest capacities to adopt to new situations. Man as a social animal not only adapts to physical demands but he also adjust to social pressures in the society. Biologists used the term adaptation strictly for physical demands of the environment but psychologists use the term adjustment for varying Conditions of social or interpersonal relations in the society. Thus one can say that adjustment means reaction to the demands and pressures of social environment imposed upon the individual. The demands may be external or internal to whom the individual has to react: observe the life of a child, he is asked to do this and not to do other things. Child has to follow to certain beliefs and set of values which the family follows. Ones personality develops in the continuous process of interaction with his family and environment. There are other demands which may be termed as internal as hunger, water, oxygen, and sleep etc. If one do not fulfil the internal demands one feel uncomfortable with the development of the child, these physiological demand go on increasing and become more complex. Thus, well adjusted person is like water which changes shape according to circumstances and find its own way. To study adjustment problems and procedure researcher has selected the problem as slated in statement of a problem.

## 2 Objectives of the Study

Objectives of present study are

1. To study level of adjustment of students.
2. To study the effect of gender on the adjustment of sports Students of Ahmedabad.
3. To study the effect of type of school on the adjustment of sports students of Ahmedabad.
4. To study the effect of type of family on the adjustment of sports students of Ahmedabad.

## 3. Variables of the Study

In the present study variables are adjustment, gender, type of school, type of family. Out of which adjustment is dependent Variable where as type of School, gender, type of family are independent Variable.

## 4. Hypothesis of the Study

Hypothesis of the present study are as follows

- Ho<sub>1</sub>** There will be no significant difference between mean scores of adjustment of boys and girls of Sports students of Ahmedabad.
- Ho<sub>2</sub>** There will be no significant difference between mean scores of adjustment of Sports students of the granted and non-granted school of Ahmedabad.

**Ho<sub>3</sub>** There will be no significant difference between mean scores of adjustment of Sports students belonging to joint family and nuclear family of Ahmedabad.

### 5. Importance of the Study

Adjustment is necessary in every stage of life. In childhood child is dependent totally on parents, but slowly and gradually as child grow and learn to share. But as the desire for need increases feeling of jealousy, hatred, complex feeling are developed Thus to explain the importance of adjustment becomes necessary and person can get well adjusted with the present situations. Expectations are the main problems

### 6. Population

The Population of the present study consist of all Sports Students of Ahmedabad.

### 7. Sample

In the present Study the probability Sampling technique are used to select 320 students as the Sample subjects from the given Population by Multistage sampling method.\

### 8. Tool of the Research

In the present, study the tool selected by the researcher for measuring level of adjustment of sports students is prepared and standardized by Dr. R. S. Patel.

### 9. Method of Research

There are Various kinds of research methods in Education. The method of the present study will be the descriptive method of which Descriptive Survey method is used for this research.

### 10. Techniques of Analysis

The statistics such as mean, standard deviation, t - value will be used.

**Table 1: Study of adjustment of sports students**

Sr.	Score Level of adjustment	No. of students
1	40 or more	A 227
2	23 to 40	B 84
3	23 or less	C 9

Students in “A” category are 227 with high level of adjustment. There are 84 students in ‘B’ category with medium adjustment level and only 9 students with very low adjustment which falls in ‘C’ category.

**Ho<sub>1</sub>** There will be no significant difference between mean scores of adjustment of boys and girls of Sports of Ahmedabad.

**Table 2: Analysis of adjustment among Boys and girls of sports**

Group	Number	Mean	s.d.	T value	remarks
Boys	160	42.48	8.85	0.91	Not significant
Girls	160	43.46	8.58		

From the table it is evident that the  $t = 0.91$  is less than  $t_{0.05} = 1.96$  which indicates that the difference is not significant at 0.05 level of significance. Thus, the hypothesis that “There will be no significant difference between the mean scores of adjustment of boys and girls of Sports of Ahmedabad” will not be rejected at 0.05 level. It means that there is no significant difference in the adjustment among the boys and girls of sports.

**H<sub>02</sub>** There will be no significant difference between mean scores of adjustment of Sports students of the granted and non, granted Schools of Ahmedabad

**Table 3: Analysis of the Adjustment among Sports students belonging to granted and Non granted Schools**

Group	Number	Mean	S.D.	t value	remarks
Granted	160	44.52	9.78	3.36	significant
Non granted	160	41.32	7.18		

From the table it is evident that  $t_{cal} = 3.36$  is more than  $t_{0.05} = 1.96$  and  $t_{0.01} = 2.58$  which indicates that the difference is significant at 0.05 level and 0.01 level of significance. Thus the hypothesis that “There will be no significant difference between mean scores of adjustment of Sports students of the granted and non granted Schools of Ahmedabad” will be rejected at 0.05 level and 0.01 level. It means that there is significant difference in the adjustment among Secondary Schools students of granted and non granted of Ahmedabad.

**H<sub>03</sub>** There will be no significant difference between mean scores of adjustment of Sports students belonging to joint family and nuclear family of Ahmedabad.

**Table 4: Analysis of Adjustment among Sports students belonging to joint and nuclear family**

Group	Number	Mean	S.D.	t value	remarks
Joint family	194	43.20	7.70	0.07	significant
Nuclear family	127	42.54	9.32		

From the table it is evident that  $t_{cal} = 0.7$  is less than  $t_{0.05} = 1.96$  which indicates that the difference is not significant at 0.05 level. Thus the hypothesis that “There will be no significant difference between mean scores of adjustment of Sports students belonging to joint family and nuclear family of Ahmedabad will not be rejected at 0.05 levels. It means that there is no significant difference in the adjustment among the secondary students belonging to joint-and nuclear family.

### 11. Findings of the Study

The major findings of the study are as follows:

1. There is no significant difference between adjustment of girls and boys of sports of Ahmedabad. Thus, it can be said that the adjustment of boys and girls of Sports students are almost similar.
2. There is significant difference between the adjustment of sports students of urban and rural areas of Ahmedabad. Thus, it can be said that adjustment of students of rural and urban area is not similar. Moreover mean of students of rural areas is higher which suggests that they face more adjustment problems.
3. There is significant difference between adjustment of granted and non granted sports students of Ahmedabad. Thus, it can be said that adjustment of granted and non-granted sports students are not similar. Moreover mean of students of granted school is higher which suggests that they face more adjustment problems.
4. There is no significant difference between the adjustment of joint family and nuclear family of sports students of Ahmedabad. Thus, it can be said that adjustment of sports students of joint and nuclear family is almost similar.

### 12. Suggestions of the Study

- Special adjustment training programmes should be conducted for sports children of rural area.
- Teaching methods should be improved like Audio Visual aids can be used.
- Education should be based on field trip or visit.
- Special adjustment training programmes should be conducted for children of granted schools.
- Teacher should see that the student is accepted in the class

- Teacher should create interest in the respective subject
- Teacher should have no bias and prejudice for any child.
- Teacher should develop positive attitude in the sports students.
- Parents should devote time for their children.
- Parents should allow their child to develop interpersonal relationship with other children.
- Parents should also provide entertainment devices like T.V. radio, computer games etc. along with academics.

### References

1. Agrawal, J. C., (1996). Educational Research an Introduction, New Delhi : Anya Book Depot
2. \_\_\_\_\_. (2004). Psychology of Learning and Development, I-E. D., New Delhi : Shipra Publication
3. Best, John W., (1996). Research Educational. New Delhi : Prentice Hall of India Pvt. Ltd.
4. Bhatia, K. K., (2004). Psychological Foundation of Education, New Delhi : Kalyani Pulbisher
5. Brog, Walter R. and Others (1983). Education Research and Introduction, New York : Longman Green and Co.
6. Buch, M. B., (1983-88). Fourth Survey of Research in Education, New Delhi : NCERT Vol.1
7. \_\_\_\_\_. (1983-88). Fourth Survey of Research in Education, New Delhi : NCERT Vol. 2
8. Chaube, S. P., (2007). Philosophical and Sociological Foundations of Education, Seventh Ed. Agra : Vinod Pustak Mandir
9. Jha, Avdhesh and Bhatt Dipti, (2010). Education Psychology, New Delhi : APH Publishing Corporation
10. Jha, Avdhesh, (2010). Educational Research, Rajkot: Ravi Prakashan and Co.
11. \_\_\_\_\_. (2011). Research Methodology, New Delhi : APH publishing Corporation
12. Jhon, W. Best, James V. Kahn, (2007), Research in Education, Nineth Ed., New Delhi : Prentice-Hall of India Pvt. Ltd.
13. Khan, S. R., (2007). Personality Development. First Ed.. New Delhi : Readers Delight
14. Koul, Lokesh, Methodology of Education Research, Third Revised and
15. Mangal, S. K., (2007). Advanced Educational Psychology. Second Ed., New Delhi: Prentice Hall of India Pvt. Ltd.
16. Mathur, S.S. (2007). Education Psychology, Sixteenth Ed., Agra : Vinod Pustak