

Adjustment among Khokho and Kabaddi Players of College Students

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ABSTRACT

The present study aimed to know the adjustment among Khokho and Kabaddi Players of College Students. The Adjustment Inventory by Dr. R.K. Ojha (1994) was used. The sample constituted total 120 players of college students out of which 60 were from Khokho players of college students (30 boys and 30 girls) and 60 were from Kabaddi players of college students (30 boys and 30 girls). The data was collected from various colleges of Ahmedabad City. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that (1) There is no significant difference in the mean score of the adjustment among Khokho and Kabaddi Players of college students, (2) There is a significant difference in the mean score of the adjustment among boys and girls players of college students. Therefore could be said that the boy's college students group is having good adjustment than girls college students group and (3) There is no significant difference in the interactive effect of the mean score of the adjustment among types of players and gender.

Keywords: Adjustment, Khokho and Kabaddi Players, Boys and girls

In the complex society, a vital need for every human being is the stability in the life process. Adjustment is an important state of a person that influences the human relationship. It is fundamental for good health. Social adjustment is a state of a person when he can meet the various social situations in which he finds himself without deviating from the basic standard of conduct. (Tarandep, Supinder Kaur and Rachhpal Singh, 2016). Adjustment is the process by which a living organism maintains a balance between its need for the circumstances that influence the satisfaction of these needs. Adjustment implies a constant interaction between the person and his environment. Adjustment attempt to satisfy the need by overcoming both inner and outer obstruct and by adopting circumstances. The behavior of human beings is difficult to act and investigate because of the complexity of the subject matter. This complexity of human behavior is best illustrated by the adjustment process it involves a number of basic and applied of knowledge, such as psychology, Genetics, Sociology, Anthropometry, Medicine and even religion. (Malkeet Singh and Damanpreet Singh, 2016). The concept of adjustment was first given by Darwin, who used it as 'adaptation' to survive in the physical world. The term adjustment is often used as a synonym for accommodation and adaptation. Strictly speaking, the term denotes the results of

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equilibrium, which may be affected by either of these processes (Monroe, 1990). Shafer (1961) emphasized that adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. Kulshrestha (1979) explained that the adjustment process is a way in which the individual attempts to deal with stress, tensions, conflicts etc., and meet his or her needs. Good (1959) states that adjustment is the process of finding and adopting modes of behaviour suitable to the environment or the changes in the environment.

What is Adjustment?

Adjustment is a process that provides applicants who met and exceeded the conditions of their firm choice, an opportunity to reconsider where and what to study. Eligible applicants register to use Adjustment in Track. If they are accepted by another university or college, the new choice will replace their original choice as their unconditional firm offer. Adjustment is the relationship which comes to be established between the individual and the environment. Every individual plays certain position in his social relations. He is trained to play his role in such a way that his maximum needs will be fulfilled. So, he should play his role properly and get maximum satisfaction. If he does not play his role according to standards and training, home environment received his needs may not be fulfilled and he may get frustrated.

Definition of Adjustment

"The act of adjusting, or condition of being adjusted; act of bringing into proper relations; regulation. Success depends on the nicest and minutest adjustment of the parts concerned". – Paley.

"Settlement of claims; an equitable arrangement of conflicting claims, as in set-off, contribution, exoneration, subrogation, and marshaling". – Bispham.

"The operation of bringing all the parts of an instrument, as a microscope or telescope, into their proper relative position for use; the condition of being thus adjusted; as, to get a good adjustment; to be in or out of adjustment. Syn: Suiting; fitting; arrangement; regulation; settlement; adaptation; disposition."

Meaning of Adjustment :

The term ‘adjustment’ refers to the extent to which an individual's personality functions effectively in the world of people. It refers to the harmonious relationship between the person and the environment. In other words, it is the relationship that comes among the organisms, the environment and the personality. A well-adjusted personality is well prepared to play the roles which are expected of the status assigned to him within given environment. His needs will be satisfied in accordance with the social needs. Psychologists have interpreted adjustment from two important points of view.

Avtar Singh (2017) had studied of adjustment of male and female volleyball players of national level of Kendriya Vidyalay. The results shows 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 better adjusted at health, social, emotional and total adjustment than the female players.

Objective :

The objectives are:

1. To know whether adjustment is more among Khokho and Kabaddi Players of college students.
2. To know whether there is any difference among the adjustment among boys and girls players of college students.

METHODOLOGY

Hypothesis :

1. There will be no significant difference in the mean score of the adjustment among Khokho and Kabaddi Players of college students.
2. There will be no significant difference in the mean score of the adjustment among boys and girls players of college students.
3. There will be no significant difference in the interactive effect of the mean score of the adjustment among types of players and gender.

Sample :

The sample constituted total 120 players of college students out of which 60 were from Khokho players of college students (30 boys and 30 girls) and 60 were from Kabaddi players of college students (30 boys and 30 girls).

Research Design :

A total sample of 120 players of college students equally distributed between types of players and gender from various colleges form Ahmedabad city selected for the research study.

Showing the table of Sample Distribution :

Gender	Types of Players		Total
	Khokho	Kabaddi	
Boys	30	30	60
Girls	30	30	60
Total	60	60	120

Variable :

Independent Variable

1. **Types of Players :** Khokho and Kabaddi players
2. **Gender :** Boys and Girls

Dependent Variable : Adjustment Score.

Tools :

The Adjustment Inventory by Dr. R.K. Ojha (1994) is used. There are 140 items in It. It consists of five parts : Home, Health, Social and Emotional. Validity index was 0.72 to 0.82. The Split Half reliability is 0.81 to 0.89.

Procedure :

The permission was granted from various colleges for data collection in Ahmedabad city after the establishment of rapport, personal information and the Adjustment Inventory (AI)' was administrated the data was collected, scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table : 1 The Table showing sum of variance mean 'F' value and level of significance of types of players and gender.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	310.41	0.25	N.S.
SS _B	1	32769.07	26.03	0.01
SS _{A*B}	1	806.01	0.64	N.S.
SS _{Error}	116	146014.10	—	—
SS _{Total}	119	179899.59	—	—

Significant level 0.05 = 3.92 and 0.01= 6.84

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A = Types of players
 B = Gender
 A₁ = Khokho players. B₁ = Boys
 A₂ = Kabaddi players
 B₁ = Girls

Table : 2 The Table showing the Mean Score of adjustment of Khokho and Kabaddi players of college students.

	A (Type of players)		'F' value	Sign.
	A ₁ (Khokho)	A ₂ (Kabaddi)		
M	86.97	83.75	0.25	N.S.
N	60	60		

The above table no.2 shows the mean score of adjustment among khokho playes of college students. The mean score of khokho players group is 86.97 and kabaddi players group is 83.75. The 'F' value is 0.25, which was found to be not-significant level at 0.05. The hypothesis no.1 that, "There is no significant difference in the mean score of the adjustment among Khokho and Kabaddi Players of college students" is accepted.

Table : 3 The Table showing the Mean Score of adjustment of boys and girls college students.

	B (Gender)		'F' value	Sign.
	B ₁ (Boys)	B ₂ (Girls)		
M	101.88	68.83	26.03	0.01
N	60	60		

The above table no.3 shows the mean score of adjustment among boys and girls college students. The mean score of boys college students group is 101.88 and girls college students group is 68.83. The 'F' value is 26.03, which was found to be significant level at 0.01. This means that the two groups under study differ significantly in relation to adjustment and gender. It should be remembered here that, according to scoring pattern, higher score indicate higher adjustment. Thus from the result it could be said that, the boys college students group is having good adjustment than girls college students group. Therefore the hypothesis no.2 that, "There is no significant difference in the mean score of the adjustment among boys and girls players of college students" is rejected.

Table : 4 The Table showing the interactive effect of the Mean Score of adjustment of types of players and gender.

	A			'F' value	Sign.
		A ₁	A ₂		
M	B	B ₁	100.90	102.87	0.64
N		B ₂	73.03	64.63	
			60	60	

The above table shows the interactive effect of the adjustment of the types of players and gender. The result was found to be significant from table no.4 shows that 'F' value 0.64 is not significant. This means that the two group interaction effect under study does not differ significantly in relation to adjustment. The mean score is 100.90 for the Khokho Players of boys college students group, the mean score is 73.03 for the Khokho Players of girls college students group, the mean score is 102.87 for the Kabaddi Players of boys college students

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group, the mean score is 64.63 for the Kabaddi Players of girls college students group. Therefore the hypothesis no.3 that, “There is no significant difference in the interactive effect of the mean score of the adjustment among types of players and gender” is accepted.

CONCLUSION

1. There is no significant difference in the mean score of the adjustment among Khokho and Kabaddi Players of college students.
2. There is significant difference in the mean score of the adjustment among boys and girls players of college students. Therefore could be said that the boys college students group is having good adjustment than girls college students group.
3. There is no significant difference in the interactive effect of the mean score of the adjustment among types of players and gender.

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Conflict of Interest

The authors carefully declare this paper to bear not a conflict of interests

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