

Adjustment among Volleyball Players of Arts and Commerce Faculty

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ABSTRACT

The present study aimed to know the adjustment among volleyball players of arts and commerce faculty. 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 volleyball players of arts faculty (30 boys and 30 girls) and 60 were from volleyball players of commerce faculty (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 volleyball players of arts and commerce faculty, (2) There is no significant difference in the mean score of the adjustment among boys and girls volleyball players and (3) There is significant difference in the interactive effect of the mean score of the adjustment among type of faculty and gender. Therefore could be said that the boys players of commerce faculty group is having good adjustment than boys players of arts faculty group.

1. Introduction

In the complex society, a vital need for every human being is the stability in life process. Adjustment is an important state of a person that influences the human relationship. It is a fundamental for good health. Social adjustment is a state of person when he can meet the various social situations in which he finds himself without deviating from the basic standard of conduct. (Tarandeep, Supinder Kaur and Rachhpal Singh, 2016). Adjustment is the process by which living organism maintains a balance between its need of the circumstances that influence the satisfaction of these needs. Adjustment implies a constant interaction between the person and his environment. Adjustment attempts to satisfy 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 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 equilibrium, which may be affect 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 batter adjusted at health, social, emotional and total adjustment than the female players.

Objective :

The objectives are:

1. To know whether adjustment is more among volleyball players of arts and commerce faculty.
2. To know whether there is any difference among the adjustment among boys and girls volleyball players.

2. Methodology

Hypothesis

1. There will be no significant difference in the mean score of the adjustment among volleyball players of arts and commerce faculty,
2. There will be no significant difference in the mean score of the adjustment among boys and girls volleyball players.
3. There will be no significant difference in the interactive effect of the mean score of the adjustment among type of faculty and gender.

Sample :

The sample constituted total 120 volleyball players out of which 60 were from arts faculty (30 boys and 30 girls) and 60 were from commerce faculty (30 boys and 30 girls).

Research Design :

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

Showing the table of Sample Distribution :

Gender	Types of Faculty		Total
	Arts	Commerce	
Boys	30	30	60
Girls	30	30	60
Total	60	60	120

Variable :

Independent Variable

1. **Types of Faculty** :Arts and Commerce Faculty
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.

3. Result and discussion

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

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	57.41	0.34	N.S.
SS _B	1	27.07	0.16	N.S.
SS _{A*B}	1	735.08	4.38	0.05
SS _{Error}	116	167.64	—	—
SS _{Total}	119	20266.32	—	—

Significant level 0.05 = 3.92 and 0.01=6.84

A = Types of Faculty

B = Gender

A₁ = Arts faculty.

B₁ = Boys

A₂ = Commerce faculty

B₂ = Girls

Table : 2 The Table showing the Mean Score of adjustment of volleyball players of arts and commerce faculty.

	A (Type of Faculty)		'F' value	Sign.
	A ₁ (Arts)	A ₂ (Commerce)		
M	94.63	96.02	0.34	N.S.
N	60	60		

The above table no.2 shows the mean score of adjustment among volleyball players of arts and commerce faculty. The mean score of volleyball players of arts faculty group is 94.63 and volleyball players of commerce faculty group is 96.02. The

'F' value is 0.34, 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 volleyball players of arts and commerce faculty" 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	95.80	94.85	0.16	N.S.
N	60	60		

The above table no.3 shows the mean score of adjustment among boys and girls volleyball players. The mean score of boys volleyball players group is 95.80 and girls volleyball players group is 94.85. The 'F' value is 0.16, which was found

to be not-significant level at 0.05. The hypothesis no.2 that, "There is no significant difference in the mean score of the adjustment among boys and girls volleyball players" is accepted.

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

			A		'F' value	Sign.
			A ₁	A ₂		
M	B	B ₁	92.63	98.97	4.38	0.05
		B ₂	96.62	93.07		
N			60	60		

The above table shows the interactive effect of the adjustment of the types of faculty and gender. The result was found to be significant from table no.4 shows that 'F' value 4.38 which was found to be not-significant level at 0.05. This means that the two group interaction effect under study does not differ significantly in relation to adjustment, type of faculty and gender. It should be remembered here that, according to scoring pattern, higher score indicate higher adjustment. The mean score is 92.63 for the boys players of arts faculty group, the mean score is 96.62 for the girls players of arts faculty group, the mean score is 98.97 for the boys players of commerce faculty group, and the mean score is 93.07 for the girls players of commerce faculty group. Thus from the result it could be said that, the boys players of commerce faculty group is having good adjustment than boys players of arts faculty 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 faculty and gender" is rejected.

4. Conclusion

1. There is no significant difference in the mean score of the adjustment among volleyball players of arts and commerce faculty.
2. There is no significant difference in the mean score of the adjustment among boys and girls volleyball players.
3. There is significant difference in the interactive effect of the mean score of the adjustment among type of faculty and gender. Therefore could be said that the boys players of commerce faculty group is having good adjustment than boys players of arts faculty group.

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