
**A COMPARATIVE STUDY OF SOCIAL ADJUSTMENT AMONG ATHLETES AND
NON ATHLETES OF MANSA DISTRICT OF PUNJAB**



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Abstract:

The main objective of this study was to compare the social adjustment among Athletes and Non Athletes of Mansa district of Punjab. 48 students were selected as the samples for the present study from the 08 senior secondary schools of Mansa District. The standardized questionnaire was used in the present study: Dr. Mahdi Abdul Kahlq Social Adjustment. After statistical analysis the results shows that the mean and standard deviation scores of Athletes & Non Athletes on social adjustment is 14.99 (± 1.893) & 14.19 ($2.727\pm$) respectively. The calculated 't' of social adjustment of Athletes and Non Athletes is 2.155 which was significant at 0.05 level of significance. The result shows that there was significant difference between the social adjustment of Athletes and Non Athletes, thus the research hypothesis was accepted.

Keywords: Social Adjustment, Athletes, Non Athletes & Senior Secondary Schools.

Introduction:

Social adjustment is an effort made by an individual to cope with standards, values and needs of a society in order to be accepted. It can be defined as a psychological process. It involves coping with new standard and value. In the technical language of psychology "getting along with the members of society as best one can" is called adjustment. As Plato says 'Man is a social animal.' We live in a society and form opinion about others and others have opinions about us. We try to behave according to the norms of the society so that we can adjust with others. But it is not an easy talk because the personality of each individual is a unique organization.

This organization has to make special efforts to adjust with other unique organization which well society. Social adjustment is the direction, we, the teacher try to instill adjustment skill in our students: Teacher should emphasize on the adjustment of the student in the school. They should help the student cope with the existing situations of the school. They should contribute to improving the social environment of the school. Psychologists use the term adjustment of varying conditions of social and interpersonal relation in the society. Thus adjustment can be called the reaction to the demands and pressures of the social environment imposed upon the individual.

Objective of the Study:

The main objective of this study was to compare the social adjustment among Athletes and Non Athletes of Mansa district of Punjab.

Methodology:

48 students were selected as the samples for the present study from the 08 senior secondary schools of Mansa District. The standardized questionnaire was used in the present study: Dr. Mahdi Abdul Kahlq Social Adjustment. There were a total 30 questions in the Social adjustment scale. For each question there was Yes and No response. After data collection, data of social adjustment of Athletes and Non Athletes was compared by using t-test and the results were analyzed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Statistical Analysis:

Table No: I
Descriptive Statistics of mean and standard deviation of Athletes and Non Athletes on social adjustment score

Variables	N	Mean	Standard Deviation	St. Error Mean
Athletes	24	14.99	1.893	0.212
Non Athletes	24	14.19	2.727	0.305

In the above Table No-I, the mean of 24 Athletes was 14.99 with standard deviation of 1.893 and standard error of mean 0.212. Similarly the mean of 24 Non Athletes was 14.19 with standard deviation of 2.727 and standard error of mean 0.305 respectively. (In the table N means number of subjects).

Table No: II
Independent sample 't' test of Social Adjustment

t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
2.145	46	0.029	0.800	0.371

In the Table No-II, the mean differences between Athletes and Non Athletes were 0.800 in the social adjustment. This difference when tested by Independent sample 't' test, calculated 't' value was 2.145 which was significant at 0.05 ($p=0.05$) level of significance for 46 degree of freedom. Therefore the research hypothesis, there is significant difference in social adjustment between Athletes and Non Athletes is accepted.

Discussion of findings:

After implementing the appropriate statistical tools to analyze the data, it was showed that there is significant difference between the Athletes and Non Athletes in social adjustment. Hence the research hypothesis is accepted. This finding is supported by Sperling and Signorella (2003) found differences in adjustment between athletes and non-athletes. Sperling (2011) found athletes to be more extroverted and ascendant. The Results showed that Athletes were more socially adjusted as compare to Non Athletes.

Conclusion:

It was observed from the finding that there were significant differences between Athletes and Non Athletes in social adjustment. On the basis of the result obtained in this study the researcher concludes the scores of social adjustment of Athletes showed that they were more socially adjusted as compare to Non Athletes.

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