

A COMPARATIVE STUDY BETWEEN INTER-COLLEGIATE AND STATE LEVEL FOOTBALL PLAYERS IN RELATION TO ADJUSTMENT

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ABSTRACT

Aim; the purpose of study was to determine the adjustment abilities of football players. The present study is confined to conduct only on 60 male subject's age group 18-25 of Haryana state those who have played football game at different levels i.e. inter-college and state. Thirty players of inter-college and thirty of state level.

Keywords: *Football and Adjustment.*

1. INTRODUCTION

Football

Football is a popular sport in the world by any other sport. A game that started life over 2000 years ago is now played by millions all over the world. In this game involves constantly changing possession, a team game in which each player is nevertheless clearly an individual with a style and skill of his own. Each team has 11 players who try to get the ball into their opponent goal. In football skill is a relative quality. Performance by a player at one level may be outstandingly good, at the next be considered moderate, while the same player may be out of his depth at the next level. Football is a team game, in which players should be need to

adjustment to each other.

2. ADJUSTMENT

Adjustment plays a significant role in one's life. It brings happiness and makes a person mentally and physically healthy. A satisfied, happy and healthy individual is not only an asset to himself but a boon to the society as well. According to **Drever (1952)**, "Adjustment means the modification of behavior to compensate for or meet special condition. In other words adjustment can be define as the establishment of satisfactory relationship, as representing harmony conference adaptation or the like. It means the adjustment as the process of the finding and adopting models of behavior suitable to the environment or to the changes in the

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environment. Adjustment as a signal of harmonious relationship between man and his environment, one has to fit oneself in the prevailing circumstances. When one adjusts to oneself this means one is changing in the same way to adapt or accommodate oneself in order to fit him into certain demands of one's environment. The conditions in the environment are in a continuous chain of changes. A person changes his nature in order to fit himself in the realm of nature. Adjustment helps in keeping balance between one's needs and the capacity to meet their needs. It not only persuades one to change one's ways of life according to the demands of the situation but also gives strength and ability to bring desirable changes in the conditions of one's behavior.

Adjustment plays an active role in shaping and molding human behavior. Adjustment consists of psychological processes by means of which the individual manages or copes with various demands of pressures (*Lazarus, 1966*). *Scymonn (2001)* studied the emotional health of Baseball players and reported that boys participating in little league competitions maintained their emotional health better than the non-participants.

Sharma, Anu (2006) conducted a study on comparative study on

psychological and kinanthropometric variables of Handball players at different levels of competitions. 280 handball players were selected as subjects of various levels age group of 18 to 25 years. To assess the adjustment of subjects, adjustment Inventory, by Prof. A.K.P. Sinha and Dr. R.P. Singh (1980) was used. To compare there group t- test was used. The results obtained from these analyses (1) National and Inter University female players were more adjustable than those of the state and Inter college female players. (2) State and Inter college female players both have equal level of adjustment. (3) National and Inter University female players both have equal level of adjustment.

Satyander Pal (2007) Conducted a study on 200 football players age group of 18-25 years. To assess the adjustment of subjects Bell adjustment Inventory was used. The results of the study show significant differences in home, health, social and emotional adjustment of football players at different playing positions. It was concluded that forwards were more home, health and socially adjusted than al the other playing positions and midfielders were found more emotionally adjusted than other playing positions.

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3. METHODOLOGY

To achieve the purpose of the study 60 male subjects were selected from Haryana between 18-25 years old.

4. ADJUSTMENT INVENTORY

Author:

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Description:

1. It is a self administering inventory. The examiner should read the instructions given on the front page and the examinees should also read them silently along with examiner.
2. There is no time limit for answering it. Ordinarily an individual takes 10 minutes in completing the test.
3. Examiners should interpret the meaning of the sentences themselves. However, meaning of different words, if any should be given by the examiner.
4. Co-operation of the examinees in answering the inventory is very essential. The examiner should assure them that their answers and

scores will be treated with strictest confidence.

5. The examiners should indicate frankly and honestly the purpose of the test, if and when any question regarding this is raised by the examinees.
6. There is no need of telling why letters and numbers are placed before the questions. If a question is asked about these the examiners should tell meaning of the letters.

Scoring:

The inventory is reusable with answer sheet for responses given by the examinee. It contained 102 items. Each item was provided with two alternatives, 'yes' indicated lack of adjustment and 'No' indicated well adjusted. One number was provided for 'Yes' and 'No' was provided with zero. Low scores indicated good adjustment and high score indicated poor adjustment.

5. RESULTS

The following section of the report presents tables given a view of outcome of the study. The value of paired statistic of adjustment is given below in table.1

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TABLE NO-1
DESCRIPTIVE STATISTICS OF INTER-COLLEGIATE AND STATE LEVEL
FOOTBAL PLAYERS IN RELATION TO ADJUSTMENT
(AGE GROUP 18-25)

Group	N	Mean	S.D.	SEDm	T	d.f.
Inter-collegiate	30	11.40	1.67	0.30	4.650*	29
State	30	10.36	1.80	0.33		

*Significant 't' 0.05

The result shows that mean, standard deviation, standard error of mean with regard to Inter-collegiate were recorded 11.40, 1.67 and 0.30 respectively where in case of State the same were recorded as 10.36, 1.80 and 0.33 respectively and 't' ratio (4.650) was found significant at 0.05 level.

6. CONCLUSION

It showed that state level Football players are better than the Inter College level in relation to adjustment.

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