



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2017; 4(4): 484-485  
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www.kheljournal.com  
Received: 21-05-2017  
Accepted: 23-06-2017

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## Adjustment in medalist & non medalist players along with socio psychological condition

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### Abstract

The Definitions make adjustment as a signal of harmonious relationship between a man and his environment. When one adjusts oneself by this means one is changing in some way to adopt or accommodate oneself in order to fit himself into certain demands of one's environment. A person changes his nature in order to fit himself in the realm of nature. Thus, the process of adjustment is a continuous process. The person has to change or modify his behavior for bringing a perfect understanding between himself and his environment. A healthy organization in this sense not only services in its environment, but continues to cope adequately over the long-haul and continuously develops and extends its surviving and coping abilities. Adjustment plays a paramount role in one's life. It brings happiness and makes a person mentally and physically healthy.

**Keywords:** Adjustment of medalist and non medalist player

### Introduction

The term 'Adjustment' has been defined in so many ways. According to James Drever. "Adjustment means the modification to compensate for or meet special conditions". Webster's new collegiate dictionary defines adjustment as "the establishment of a satisfactory relationship, as representing harmony, adaptation or the like". The dictionary of education defines adjustment as: "the process of finding and adopting modes of behavior suitable to the environment or to the changes in the environment". Adjustment according to the dictionary of psychology: "any operation whereby an organism or organ becomes more favorably related to the environment or to the entire situation environmental and internal". According to Shaffer, "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".

Shaffer's definition lays stress on needs and their satisfaction. Human needs are vital, indispensable and urgently request. One feels adjusted to the extent one's needs are gratified or one is in the way of being gratified. The individual tries to bring changes in his circumstances in order to overcome the difficulties in the realization of his needs. Sometimes he reduces the quantum of his needs so that he may feel satisfied within the limited resources of his environment. In this way, he tries to maintain a balance between his needs and the capacity of realizing these needs. As long as this balance is maintained, he remains adjusted. The very moment it is disturbed he drifts towards maladjustment.

All these definitions make adjustment as a signal of harmonious relationship between a man and his environment. One has to fit oneself in the prevailing circumstances. When one adjusts oneself by this means one is changing in some way to adopt or accommodate oneself in order to fit himself 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. Thus, the process of adjustment is a continuous process. The person has to change or modify his behavior for bringing a perfect understanding between himself and his environment.

The following conclusions can be drawn on the basis of the above definitions:

1. Adjustment is a process that takes a person to lead happy and well contented life.
2. Adjustment helps in keeping balance between one's needs and the capacity to meet these needs

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3. Adjustment persuades one to change one's way of life according to the demands of the situation.

4. Adjustment gives strength and ability to bring desirable changes in the conditions of one's environment

Besides the demands of one's basic needs, society also demands a particular mode of behavior from its members. When one thinks only to fulfill one's needs by setting aside the norms, ethics and cultural traditions of one's society, one is not going to be adjusted in one's environment. Here adjustment also needs one's conformity to the requirement of one's culture and society. Accordingly, adjustment does not only cater to one's own needs but also to the demands of the society. Therefore, in understanding adjustment in its comprehensive way, it can be concluded that adjustment is a condition or state in which one feels that one's needs have been or will be fulfilled and one's behavior conforms to the requirements of the culture of the society.

Present thinking about adjustment is that it can be seen as a set of fairly durable second order system properties, which tend to transcend short-run effectiveness. A healthy organization in this sense not only services in its environment, but continues to cope adequately over the long-haul and continuously develops and extends its surviving and coping abilities. Adjustment plays a paramount role in one's life. It brings happiness and makes a person mentally and physically healthy. A satisfied, happy and healthy individual is not an only asset to himself but also to the society. The teacher, who does not live only for himself but also for the youngsters in his charge, has wide obligations to the community, the nation and the humanity at large. His adjustment is a must for himself and also for the proper development and being of his pupils.

A well-adjusted person uses his knowledge and skill to act wisely in his environment. Excessive timidity, aggressiveness or other faults of personality prevents him from making this contribution. Adjustment is the individual's ability to harmonize his or her own needs with those of the environment. Adjustment may be referred to as a continuous process of maintaining harmony among the attributes of the individual and the environmental condition which surround him. The individual potential and characteristics are in born as well as modified through experience. The effective adjustment will involve both personal and social criterion and value judgment. Adjustment is a mean to the end of the accomplishments.

Sports are a highly organized form of social institution, which helps in the socialization process through games and sports. This is one of the best means of helping an individual to gain his identity, self-image and formulate the ideal self. It is sports, which help in the development of desirable personality traits such as leadership, sociability, maturity, co-operation, personal, social and emotional adjustment. An adjusted individual is one who meets demands of society and satisfies his own drives.

The maintenance of home adjustment may be considered as general adjustment. A healthy person seems to live smoothly, taking in his stride even those conditions which, are difficult and less healthy. Unadjusted persons become upset easily and require considerable time to get back into their stride again. Each society has same values. However, because of personal inadequacies, being the member of the society, some individuals cannot live up to these standards and ideals that they are expected to conform to and finally they do not fit themselves to the society as their action do not conform to the expectations of the same society. Thus adjustment can be

defined as a process of affecting a satisfactory adaptation to one's environment. Some physicians, psychologists and educationists too have long supported the contention of physical education and sports.

Psychologists use the term adjustment for varying conditions of social or inter-personal relations in the society. Thus, we see that adjustment means re-action to the demands and pressures of social environment imposed upon an individual. The demands may be external or internal to which the individual has to react. Observe the life of a child. He is asked to do this and not to do other things. He has to follow certain beliefs and set of values, which the family follows. His personality develops in the continuous process of interactions with his family environment. There are other demands, which may be termed as internal as food, water, oxygen and sleep etc. If we do not fulfill these internal demands, we feel uncomfortable. With the development of the child, these physiological demands go on increasing and become more complex.

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