



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2015; 1(4): 85-86
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www.kheljournal.com
Received: 02-01-2015
Accepted: 09-02-2015

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International Journal of Physical Education, Sports and Health

A comparative study of adjustment variables between judo and wrestling male players of Hisar District in Haryana

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Abstract

The purpose of the study was to compare the adjustment variables between Judo and Wrestling male players of Hisar District in Haryana. The samples of the study were conducted on 60 male players (30 Judo male and 30 Wrestling males) players who had participated at least in the national level tournaments of the Judo and Wrestling games. **Adjustment** means analyzing two things interval make-up and internal personal or social behavior. Adjustment is a dynamic process by which organizes mart their needs. The age ranged between 17-24 years. Only Social adjustment and Emotional adjustment was measured for the study. To carry out any type of research **Bell adjustment inventory by (S.M. Mohsin Hindi version) 1934** was used to measured total adjustment and data was analysis by 't' test.

Keywords: Adjustment Variables, male, Hisar, Haryana.

1. Introduction

The problem of adjustment has become so vital in our complex and civilized society that psychologists have turned their deep interest in understanding it just as individuals may have different views on the nature of psychological adjustment, so also do psychologists. Some psychologist's views adjustment as a process by which individual are continually growing and meeting life's challenges. Other psychologists vies adjustment as a fixed state or goal that involves certain desirable characteristics (such as satisfaction in social relationship: in a career, or goal achievement that must be achieved. The most widely emphasized aspect of adjustment is achievement this makes sense of businessman who must hire personnel who will be most effective at the job, often under adverse circumstances; to a coach or physical education who must select men who can adjust to the stressful conditions of competition combat and to the psychological deprivations that are sometimes associated with competition as well as training: to educators because educations opportunities can be wasted by a person who is failing to make a satisfaction school adjustment; to society in general which must pay the cost of widespread made adjustment men.

2. Purpose of the Study

A comparative study of Adjustment variables between Judo and Wrestling male players of Hisar District in Haryana.

3. Objective of the study

The main objective of the study and sub objective which are listed below:

- To compare the Social adjustment Variables between Judo and Wrestling male players of Hisar district in Haryana.
- To compare the Emotional adjustment Variables between Judo and Wrestling male players of Hisar district in Haryana.

Hypothesis of the study

- Null hypothesis was framed for the study.

4. Methodology

4.1 Selection of the subjects

In this study 60 male players (30 Judo male players) and 30 (Wrestling male players) were selected from Hisar district in Haryana.

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4.2 Selection of Variables

The Variables selected for this study were as follows:

- Social adjustment
- Emotional adjustment

4.3 Tool used to measure the Aggression behavior

The following tests were selected and scores were considered as the criterion measure for the study

- Bell adjustment inventory by (S.M. Mohsin Hindi version 1934)

4.4 Statistical Technique

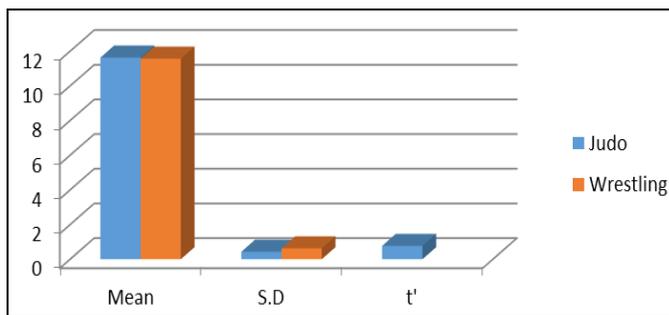
To analysis the study ‘t’-test was used.

Table 5.1 Comparison of Social adjustment between Judo and Wrestling female players of Hisar District in Haryana

Game	N	Mean	S.D.	S.E.D.	t-value
Judo (F.P)	30	12.37	.698	.177	.609
Wrestling (F.P)	30	12.26	.599		

Significant at 0.01 level

The mean value in case of Judo and Wrestling female players is 12.37 & 12.26 respectively and S.D is .698 & .599 and there S.E.D is .177 The ‘t’ value obtain was .609 There exist no significant difference at 0.01 level.



Significant at 0.01 level

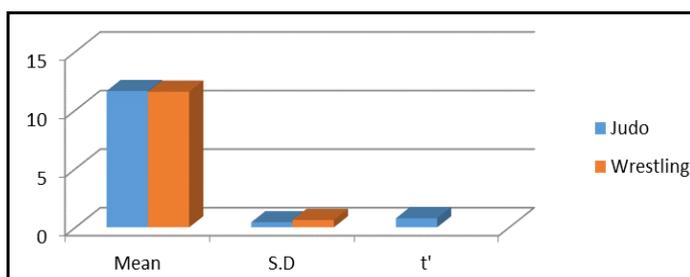
Graph 5.1: Graphical Representation of Social adjustment between Judo and Wrestling female players of Hisar District in Haryana

Table 5.2: Comparison of Emotional adjustment between Judo and Wrestling male players of Hisar District in Haryana

Game	N	Mean	S.D.	S.E.D.	t-value
Basketball(F.P)	30	11.63	.429	.771	.426
Handball (F.P)	30	11.57	.624		

Significant at 0.01 level

The mean value in case of Judo and Wrestling male players is 11.63 & 11.57 respectively and S.D is .429 & .624 and there S.E.D is .771 The ‘t’ value obtain was .426, There exist no significant difference at 0.01 level.



Significant difference at 0.01 level

Graph 5.2: Graphical presentation of Emotional adjustment between Judo and Wrestling male players of Jind District in Haryana

5. Conclusion of the study

- Significant difference was found between the mean score of Judo and Wrestling male players of Hisar district in Haryana.
- Judo male players were significantly more adjustable in social adjustment and Emotional adjustment male players of Hisar district were significantly more adjustable in emotional adjustment.

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