



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIF): 5.38
IJPESH 2022; 9(5): 60-62
© 2022 IJPESH
www.kheljournal.com
Received: 01-05-2022
Accepted: 09-06-2022

Dr. Surendra Kumar
Assistant Professor, Department
of Physical Education, G.G.V.,
Bilaspur, Chhattisgarh, India

Krishna Gopal Rai
Research Scholar, Department of
Physical Education, GGV,
Bilaspur, Chhattisgarh, India

A comparative study of family adjustment among the physical education professionals of Chhattisgarh and Uttar Pradesh

Dr. Surendra Kumar and Krishna Gopal Rai

Abstract

The purpose of the study is to compare the family adjustment among the physical education professionals of Chhattisgarh and Uttar Pradesh. The main sources of data for the present study are Physical education professionals of Chhattisgarh and Uttar Pradesh. Total sample was 200 (100 each state). Purpose of the study descriptive statistics i.e. Mean, Standard Deviation, Independent t-test were computed to compare the psychological parameter i.e. Family Adjustment between Government colleges Physical Education professionals of Uttar Pradesh & Chhattisgarh.

Keywords: Physical education professionals, Uttar Pradesh & Chhattisgarh

Introduction

Physical education teachers are confronted with problems regarding their school, home life, school experiences, interaction with colleagues and social relationships. But these roles and responsibilities often developed several kinds of stresses, mal-adjustment and affect their psychic well-being which is responsible for mental conflicts. A person with least mental conflict will be in a better position to concentrate and perform whole heartedly in other pursuit of his life. Indirectly it can be inferred that in physical education and sports, a person with less family problems will perform his professional responsibility more efficiently than a person who is suffering from mental conflicts. Therefore this variable has been considered to one of the important parameter to be included in this study.

Almost every physical education teacher is in charge of housework. It is difficult to find a physical education teacher of either gender who is not involved in housework. However, in addition to their household responsibilities, they work in various institutions as a coach or physical trainer, which puts them under additional stress and makes it difficult for them to adjust to different aspects of life.

Family Adjustment

Family is where we all belong to and from where our identity comes from. A person is valued based on his family and upbringing. Family is a bond, a long-lasting relationship that holds a bond with each other. It all forms when man and women become one and from there a family is born. Hence it is important to understand the relationships between a man and women in marriage. It involves emotional and legal commitment that is quite important in any adult life. According to Erikson, the young adult, emerging from the search for and insistence on identity, is eager and willing to fuse their identity with that of others. He [or she] is ready for intimacy, that is, the capacity to commit... to concrete affiliations and partnerships. To do so means the ability to face the fear of ego loss in situations which call for self-abandon: in the solidarity of close affiliations, in orgasms and sexual unions, in close friendships and in physical combat'. Avoidance of such experiences because of a fear of ego-loss may lead to a deep sense of isolation and consequent self-absorption.

Corresponding Author:
Dr. Surendra Kumar
Assistant Professor, Department
of Physical Education, G.G.V.,
Bilaspur, Chhattisgarh, India

Where isolation is avoided, the young adult may find instead that satisfactory sex relations... in some way take the edge off the hostilities and potential rages caused by the oppositeness of male and female, of fact and fancy, of love and hate and may grow into the ability to exchange intimacy, love and compassion.

Marital satisfaction is the subjective evaluation of one's experience in their marriage. By subjective evaluation, we mean that marital satisfaction can only be rated by each person in response to the question, "How satisfied are you?" The level of a person's satisfaction cannot be determined by anyone else. Marital satisfaction is not a property of a relationship; it is a subjective experience and opinion. Marital satisfaction is also one of the most important indicators of life satisfaction and family performance. It is associated with plenty of positive outcomes such as better quality of life, higher general life satisfaction, more happiness, better physical health, and better family well-being. Research reviews on people with marital conflicts and who had attended the marriage enrichment training through the PAIRS method can reduce marital conflicts. This method helps individuals improve their relationships and at the same time preserve the quality of these relationships over time. This approach is training. Model to teach skills for the improvement of satisfaction and stability of couple relationship.

Family life education is concerned with the study of attitudes and skills related to dating, marriage, parenting, family health and life of the family as a socio-cultural and economic unit in the society. Therefore, to understand the effectiveness of family life education the current study aimed in helping married couple with varied problems such as social, emotional, interpersonal and sexual.

The concept of adjustment originated in biology and was a cornerstone in theory of evolution. The biological concept of adaptation has been borrowed and changed somewhat by the psychologists and renamed 'adjustment' to emphasize the individual's struggle to get along or survive in his or her social and physical environments. Adjustment consists of two kinds of processes: Fitting oneself into given circumstances and changing the circumstances to fit one's needs. Marital adjustment is different in several important respects from other aspects of human adjustment. There is the peculiar circumstance that marriage requires the adjustment of a person to one other person. Marital adjustment is a continuous never-ending process where two persons work out a common way of life in order to achieve continuing happiness. There is tolerance of each others' faults and respect for each others' virtues. Marital adjustment depends upon interests, objectives, values, sharing confidences and on having no complaints about their marriage. It emphasizes the harmonious or mutual participation in activities. It is the adjustment of husband and wife with each other.

Marriage as socially legitimate sexual union, began with a public announcement and undertaken with some ideas of performance; it is assumed with more or less explicit marriage contract, which spells out the reciprocal rights and obligations between the spouses and future children. Marital Adjustment is very important in the field of adjustment. In marriage life the whole relation depends on adjustment of husband and wife. Sexual satisfaction is very important component in marriage life. Adjustment is a continuous process in the life of a human being; goal of adjustment is successful survival. It is the process of establishing a successful relationship between the individual and his or her environment. When an individual

makes an adjustment, he or she tries to modify or mould his or her behavior in order to meet the demands of the environment. Adjustment refers to the establishment of harmonious relationships with physical and social environment.

Sinha and Mukherjee (1990) define marital adjustment as, "the state in which there is an overall feeling between husband and wife, of happiness and satisfaction with their marriage and with each other." It, therefore, calls experiencing satisfactory relationship between spouses characterized by mutual concern, care, understanding and acceptance.

Marital adjustment and psychological wellbeing is related to each other. Psychological wellbeing is particularly viewed as a positive functioning of an individual and is described as the quality of life of a person. It includes what laypeople call "Happiness", "peace", "fulfillment" and "life satisfaction".

Family adjustment as the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other. All the marriages are aimed at happiness in one or another way. Most couples marry filled up with expectations. Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe. Therefore, in marriage two universes close together. Marital adjustment calls for maturity that accepts and understands growth and development in the spouse. If this growth is not experienced and realized fully, death in marital relationship is inevitable. A relationship between couples is not instantaneous rather a slow progress. "It is like the undetected cancer that kills silently and softly". In the present educational scenario, the whole world is changing in global village. High individuality, selfishness, family dissatisfaction, corruption, high Materialism have become the main features of the society. Since the teacher is also a part of the society. These factors also affect teacher's mental health and family adjustment. In changing times and advent of Knowledge explosion the teachers have to keep themselves abreast of the expectation of their students.

Family adjustment refers to the process undergone when a profound stressor, such as an illness, disability, or injury occurs within the family system (Ewingsman N., 2011) [6].

Objectives of the study

The major objectives of the present research will be as follows;

1. To compare Family Adjustment between the physical education professionals of Govt. Colleges of Chhattisgarh and Uttar Pradesh

Methodology

For the purpose of present study, Two Hundred (N=200) male Physical Education professionals from Government Colleges/Universities of Chhattisgarh and Eastern Uttar Pradesh were selected as subjects. In which 100 subjects from Chhattisgarh and 100 from Eastern Uttar Pradesh were selected. As the sample has been selected purposively hence, it comes under purposive sampling.

Selections of Variables.

In present research after reviewing the literature, consultation with the experts and researcher's own understanding the following variables have been selected for purpose of this study:

- Family Adjustment

Marital Satisfaction Scale

Purpose

- To measure Family Adjustment of selected Physical Education Professionals of Uttar Pradesh and Chhattisgarh.

Criterion Measures

After going through detailed discussions with the supervisor, experts and the related literature, it was decided to employ the following standardized research tools were used for the present study.

- Marital satisfaction scale developed by Barunda Amritraj and Indra Jai Prakash, (1985) was used to measure Family Adjustment.

Statistical Technique

- For purpose of the study descriptive statistics i.e. Mean, Standard Deviation, Independent t-test were computed to compare the psychological parameters i.e. Occupational Stress, Job Satisfaction between Government colleges Physical Education professionals of Uttar Pradesh &

Chhattisgarh. The level of significant will be set at 0.05 level.

Administration of Questionnaire

- The scale consists of 30 questions of three choices for each question. Maximum score possible in this scale was 60 and minimum score was 0. Content wise, the scale sampled social, emotional, interpersonal and sexual sources of satisfaction in the marriage. The split half reliability correlating odd even items was 0.94. Test-retest reliability was found to be 0.96. Validity of the test was found to be .77.
- The data were collected from 200 college level physical education professionals of different Government Colleges or Universities of any stream such as General, Medical, Law, Dental etc. The data were collected by administering the questionnaire by the investigator himself. The purpose of the study was clearly explained to them so that there will be no doubt among the subjects regarding the efforts which they had to put for the successful completion of the investigation.

Table 1: Descriptive statistics of college level PE Professionals of CG and UP in relation to Family Adjustment (FA)

Variables	State	N	Mean	Std. Deviation	Min.	Max.
Family Adjustment	CG	100	40.32	9.221	11.00	52.00
	UP	100	41.42	9.041	16.00	53.00

According to table 1, that the mean and standard deviation of Family Adjustment for PE Professionals of CG and UP are 40.32 ± 9.221 and 41.42 ± 9.041 respectively. Minimum and maximum values range from 11 to 52 for CG and 16 to 53 for

UP.

The above table also shows that the PE Professionals of CG and UP falls under same category of Family Adjustment.

Table 2: Comparative statistics of Family Adjustment (FA) between college level PE Professional of Chhattisgarh and Uttar Pradesh

Variables	State	N	T	Df	Sig. (2-tailed)	Mean Difference
Family Adjustment	CG	100	-.852	198	.395	1.10
	UP	100				

From table 2, it reveals that no significant difference in the score of Family Adjustment between PE Professional of Chhattisgarh and Uttar Pradesh as the obtained p-value 0.395 is greater than the 0.05.

Results and Discussion

- According to the findings of this study, there was a no significant difference was found between college level Physical Education professionals of Uttar Pradesh and Chhattisgarh in term of Family Adjustment.
- The result of study revealed that no significant difference was found between college level PE professionals of Uttar Pradesh & Chhattisgarh in term of Family Adjustment.

References

- Anand A, Annadurai R. Adjustment Pattern of B.Ed., Trainees in Ramanathapuram District. *Scholarly Research Journal for Humanity Science and English Language*. 2017;4(20):4473-80.
- Ansari H, Hasan B. A Study of Frustration Tolerance of Marital Adjustment of Dual Career Couples with Special Reference to Higher Secondary Teachers of Chhattisgarh. *International Journal of Scientific & Engineering Research*. 2016;7(12):345-351.
- Anyamene A, Nwokolo C, Muojeke EN. Self-Esteem as Correlate of Marital Adjustment of Married Secondary School Teachers in Anambra State, Nigeria. *European*

- Journal of Education Studies*. 2021;8(5):294-304.
- Armstrong M. A Handbook of Human Resource Management Practice, Tenth Edition, Kogan Page Publishing, London, 2006, 1- 264.
- Asghari E, Aparnak FS, Asgarloo Z, Rasti P. Marital adjustment as a predictor of quality of life in infertile couples. *Asian J Soc Health Behav*. 2021;4:105-9.
- Ewigman N. Family Adjustment. In: Kreutzer J.S., DeLuca J., Caplan B. (Eds) *Encyclopedia of Clinical Neuropsychology*. Springer, New York, NY, 2011.
- Fatima H. Marital Adjustment among Urban and Rural Women. *International Journal of Interdisciplinary and Multidisciplinary Studies (IJIMS)*. 2014;1(8):108-111.
- Eghtedar S, Rachel, Yisrael. Work-family conflict among female teachers *Teaching and Teacher Education*. 2005;21(4):365-378.
- Malik SA. Emotional Competence and Marital Adjustment among Childless Women. *International Journal of Behavioral Sciences*, 2021;15(1):73-78.