International Journal of Physical Education, Sports and Health

Dr. Vineet Verma
Assistant Professor, Jaspal Rana
Institute of Education and
Technology, Dehradun,
Uttarakhand, India

Comparative study of adjustment variable on school sports persons in Lucknow zone

Dr. Vineet Verma

Abstract
The study aimed to investigate the Adjustment of different sports persons. For the present study, 90 male sports persons were randomly selected as a sample from the school games federation of India (SGFI). All samples were selected from the Lucknow zone. The age of the subjects ranged from 15 to 17 years. Data was collected through a questionnaire. The data was analyzed by One-Way analysis (ANOVA) test to determine the difference in the Adjustment among 15th, 16th, and 17th age group sports persons. The F-Value calculated is much higher than the required value to be significant. Farther, the mean difference among 15th, 16th, and 17th year age players for studying in Lucknow zones school concerning their adjustment level through post hoc test was computed. The post hoc test was used to compare the Adjustment among the means of 15th, 16th, and 17th year's age players studying in government schools in the Lucknow region. It has revealed the significant difference between 15th-year- and 16th-year players, where the calculated mean difference was 5.23. The score shows a significant difference between 15th-year- and 17th-year players. The calculated mean difference was e score reveals a significant difference between 16th-year- and 17th-year players. Where the calculated mean difference was 2.84, the required value was higher than the calculated value at a .05 significance level

Keywords: Adjustment, SGFI, sports, sport psychology, sportspersons

Introduction
Sports have become an integral part of school life for many students worldwide, although sports participation most often occurs in physical education classes. Sports is a permanent human activity (Dr. Kavita Sharma, 2014) [1]. The strength of the human body depends on its physical fitness. As a result, he can deal with unexpected changes in his life. Adjustment plays a major role in physical education and sports. The sports person, who doesn't have an average level of Adjustment, can't face the competition successfully. If an athlete is psychologically fit, desired goals can be achieved better in sports performance. The average person needs regular physical activity simply because the human body was designed to move. To keep it healthy, you need to move. You choose a variety of activities to benefit your body and your mind. Sports psychology is a science in which the principles are applied in sports settings to enhance performance. Sports psychology can improve their ability to remain in control under pressure, increase consistency, and help athletes perform at their highest ability level. It involves studying how psychological factors affect performance and how participation in sports and exercise affects mental and physical characteristics.

The Adjustment consists of a psychological process using which an individual manages to cope with various demands and pressures of life (Lazarus 1976) [2]. According to Coleman (1969) [3], Adjustment is the "outcome of the individual's effects to deal with stress and meet his needs.

Shaffer and Shoeben (1956) [4] defined Adjustment as a process involving mental and behavioral responses by which an individual strives to cope with inner needs, tensions, and frustrations and to bring harmony between these internal demands and those imposed upon him by the external worlds." Adjustment is a relationship that is established between the person and the environment. Every person plays some position in their social relationships. They are trained to play their role to their maximum satisfaction. If he does not perform his

Corresponding Author:
Dr. Vineet Verma
Assistant Professor, Jaspal Rana
Institute of Education and
Technology, Dehradun,
Uttarakhand, India

role according to the standard and the training house receives the environment, his needs cannot be fulfilled, and he may be disappointed. An Individual active in individual sports and team games and whose behavior and attitude demonstrate sportsmanship is called a sports person. (The American Heritage Dictionary)

Purpose of the study
The study's primary goal was to compare Adjustment among 15th, 16th, and 17th age groups of school sports persons in the Lucknow zone.

The Hypothesis of the Study
1. There would be no significant difference in Adjustment among the 15th, 16th, and 17th age groups of school sports persons in the Lucknow Zone.

The objective of the study
1. To investigate the Adjustment among the 15th, 16th, and 17th years age groups of school sports persons in the Lucknow zone.
2. The importance of Adjustment according to their individual and team games will be found.
3. According to different age groups of sports person Adjustment levels, coaches can also place the players in better positions.

Research process and methodology
The sample for the present study was randomly selected: 30 male school sports persons of each age group who won medals or places in SGFI (School Games Federation of India). The ages of the subjects ranged from the 15th, 16th, and 17th years.

Tools and techniques
The adjustment Inventory used in the present research was developed by A. K. P. Sinha and R. P. Singh. Adjustment Inventory for School Students. (This inventory consists of 60 items. It measures Adjustment in three areas-I. emotional, II. Social, and III. Educational. It was administered to a sample of 1950 students of both sexes. Age group 14 to 18 years)

Statistical Method
The obtained data were analyzed using one-way ANOVA to determine the Adjustment among different sports persons' 15th, 16th, and 17th age groups. There was a significant difference, so the LSD post-hoc test was used to analyse the mean difference and their significance. The level of significance was set at 0.05.

Findings and Discussion

Table 1: Descriptive statistics of Adjustment among 15th, 16th, and 17th-year school sports persons in the Lucknow region

	15th year age players	16th year age players	17th year age players
Mean	41.33	36.10	33.26
Standard Deviation	12.90	7.10	7.90
Range	41	28	28
Minimum	20	23	23
Maximum	61	51	51

It is evident from Table no.1, which shows the mean value of Adjustment for 15th-year age group players was 41.33, the mean value of Adjustment for 16th-year age group players was 36.10, and the mean value of Adjustment for 17th-year age group players was 33.26. This table shows the standard deviation value of the Adjustment for the 15th-year age group players was 12.90, the standard deviation value for 16th-year age group players was 7.10, and the standard deviation value for 17th-year age group players was 7.90. This table shows the range value of Adjustment for 15th-year age group players was 41, the range value for 16th-year age group players was 28, and the range value for 17th-year age group players was 28. The table also shows that the minimum value of Adjustment for 15th-year age group players was 20, the minimum value for 16th-year age group players was 23 and the minimum value for 17th-year age group players was 23. This table shows the maximum value of Adjustment for 15th-year age group players was 61, the maximum value for 16th-year age group players was 51, and the maximum value for 17th-year age group players was 51.

To find out the Adjustment among 15th, 16th, and 17th-year school sports persons in the Lucknow region, an analysis of variance statistics was used and presented in Table 2.

Table 2: Analysis of variance in Adjustment among the means of 15th, 16th, and 17th-year school sports persons studying in the Lucknow region

| Source of Variance	D.F	SS	MSS	F-ratio
Between Group	2	1031.667	515.833	5.535*
Within Group	87	8107.933	93.195	

*Insignificant at .05 level
F-Value required to be significant at .05(2, 87) = 3.10

The value shown in Table 28 indicates that the F-value calculated is much higher than the required value to be significant. Furthermore, the mean difference among 15th, 16th, and 17th year age players for studying in Lucknow zones school concerning their adjustment level through post hoc test was computed, presented in the table-3 and represented by Figure 1.

Table 3: Comparison of resting heart rate among the means of 15th, 16th, and 17th-year persons in the Lucknow region

15th year age players	16th year age players	17th year age players	M.D	C.D
41.33	36.10		5.23	
41.33		33.26	8.07	4.137*
	36.10	33.26	2.84	

*Significant at .05 level
*F-Value required to be significant at .05(2, 87) =3.10

The post hoc test was used to compare the Adjustment among the means of 15th, 16th, and 17th-year age players studying in government schools in the Lucknow region. It has revealed the significant difference between 15th-year- and 16th-year players, where the calculated mean difference was 5.23. The score shows a significant difference between 15th-year- and 17th-year players. The calculated mean difference was e score reveals a significant difference between 16th-year- and 17th-year players. Where the calculated mean difference was 2.84, the required value was higher than the calculated value at a .05 significance level.

The scores are also illustrated in the figure-I
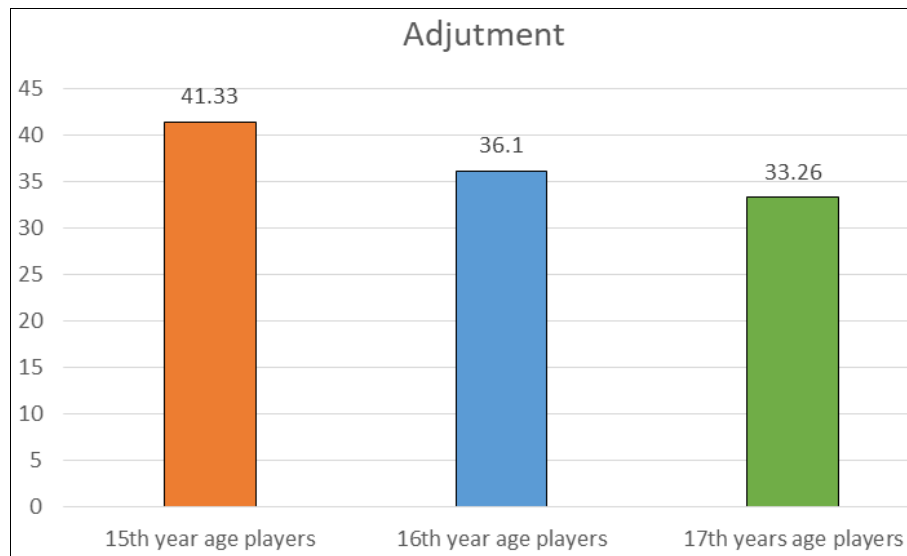
Fig 1: Adjustment

Conclusion
Based on the result obtained from the study, the following conclusions are drowning:
The data showed significance in the Adjustment of 15th-year, 16th years, and 17th-year age players. The Adjustment level of 15th-year age players is low compared to two other age groups 17th-year age players have a high adjustment level compared to 15th and 16th-year age players.

Reference
1. Sharma K. Khel Manovigyan, Sports Educational Technologies. Dariyaganj New Delhi. 2014;102:4787-23.
2. Lazarus SR. Pattern of Adjustment and human Effectiveness' Mc Graw-Hill Book Company, New York; c1969.
3. Coleman JC Abnormal Psychology and Modern Life. 3rd eds; c1969.
4. Shaffer LF, Shoeben. "The psychology of Adjustment, Boston Houghton Mifflin Company; c1956.
5. The American Heritage Dictionary of the English Language, Fourth Edition; c2004.
6. Kumar Maneesh. A Comparative study of body mass index between different games players. International Journal of Physical Education, Sports and Health. 2019;4(4):226-227.
7. Sanotra G, Rajpoot YS. A Comparative study of fitness variables among the age group of different professionals. International Journal of Physical Education, Sports, and Health. 2019;6(3):30-38