



A COMPARATIVE STUDY ON SOCIAL ADJUSTMENT BETWEEN PHYSICAL EDUCATION AND NON-PHYSICAL EDUCATION STUDENTS

KEYWORDS

Social Adjustment, Physical Education Students, Non-Physical Education Students.

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ABSTRACT *The purpose of the study was to compare Social Adjustment between Physical Education and Non-physical Education Students. Methodology: - The subjects were fifty male school students of Srinagar (U.K.). Twenty-five subjects were physical education students and remaining twenty-five subjects were non-physical education students. Social Adjustment of the subjects was gauged by using Social Assessment Index developed by Charles C. Cowell. Result:- t-test were applied to determine the significant difference on social adjustment between physical education students and non physical education students and the significant difference were found between them.*

INTRODUCTION

In today's age of automation, advanced technology and high competition, man has great dreams of a luxurious living and enjoys at the thought of experiencing it. On the other hand man also suffers a great deal when his dreams do not materialize into materialistic goals. Some take their suffering in their stride, whereas there are many who cannot face situations as they are. It is a well accepted fact that every human being is an individual with his own unique characteristics and ways of responding and behaving. There are various ways of responding and behaving. Can be either positive or negative, can make one's life a happy one or a miserable one, can make one a successful person or a failure. These facts are true of every individual in every sphere of life.

Physical Education by its very nature is concerned with the whole child who grows continuously, but not in evenly measured steady manner, in the real sense physical education is a process through which favourable adaptations and learning-organic, neuromuscular, intellectual, social, cultural, emotional and aesthetic result from and proceed through selected and fairly vigorous physical activities¹.

Adjustment is a biological phenomenon of acclimization. It is a dynamic process, where a person develops a harmonious relationship between himself and environment. In other words adjustment leads to modification of one's behaviour and attitude towards the changed environment.

Adjustment is commonly defined in terms of freedom from tensions and adapting oneself to the needs of other individuals. According to Bordin (1943) adjustment is a process by which living organism maintains a balance between its needs and circumstances that influence. You might be able to chill when the dog eats your term paper. But then, when you go to reprint it, you find that the printer is out of ink. By the time you leave the house to replace the ribbon, your shoulders are tense. You slide in to the car and turn the ignition. The engine won't start! Now you're feeling seriously stressed. Your fingers squeeze the steering wheel. Your stomach is clenched in a knot. May by you scream or

1 James A. Baley and David A. Field, Physical Education and Physical Educator (Boston : Allyn and Bacon, 1976), p.4

cry².

METHODOLOGY: -

The present investigation pertaining to 'comparison of social adjustment between physical education and non-physical education students'. The particulars of sample, tool, collection of data and statistical techniques are given as under :

Sample :

The subjects were fifty male school students of Srinagar (U.K.). Twenty-five subjects were physical education students and remaining twenty-five subjects were non-physical education students. The age of the subjects was ranging from 13 to 16 years.

Tool :

Social Adjustment of the subjects was gauged by using social assessment index developed by Charles C. Cowell. Twelve pairs of behaviour "trends" representing good and poor adjustments. As a result of a factor analysis, ten of the pairs of positive and negative behaviour trends were retained as common denominators underlying good and poor adjustment. These positive and negative scales (forms A and B, respectively) appear in Social Adjustment Questionnaire. Cowell recommends that three teachers rate each pupil on both forms at different times; a pupil's social adjustment score is the total of the ratings of the three teachers combining the two forms. Thus, a socially well-adjusted pupil would get a high positive score; a socially maladjusted pupil would receive a high negative score. Each question contain four alternatives choice to be marked by student viz. markedly, somewhat, only slightly and not at all and the point allotted was +3, +2, +1 and +0 for form A and -3,-2,-1 and 0 for form B respectively.

The total index score is the sum of the points for the 10 items in form A minus the sum of the points for the 10 items in form B.

Collection of the Data :

The questionnaire was distribute to all the subjects and they were instructed to fill the questionnaire within certain time limit. The scholars were explained orally about

2 www.mdcbowen.org/cobb

the method of answering questions. They assured that the scores obtained in the test would be kept confidential.

Scoring :

The scoring was done as prescribed in the manual of social assessment index developed by Cowell.

Statistical Technique :

To compare the social adjustment between physical education students and Non- physical education students, independent t- test was applied between the means. Further the level of significance was set at 0.05 level of confidence.

RESULT:-

In order to determine the significance of difference on social adjustment between physical education subjects and non physical education subjects, t-test were applied. The result pertaining to the social adjustment have been presented in Table 1.

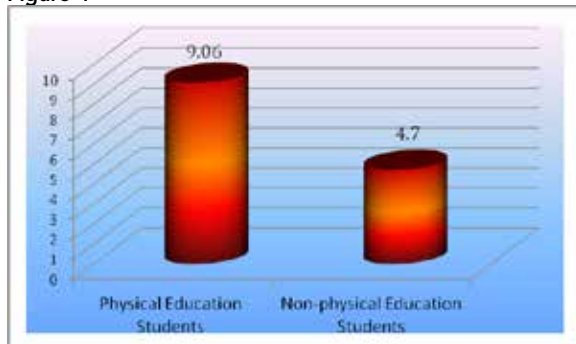
Table 1
Significant Difference between the means of Social Adjustment of Physical Education and Non-physical Education Students

Mean				
Physical Education	Non Physical Education	DM	σ_{DM}	't' ratio
9.06	4.70	4.36	0.60	7.27*

* significant, $t_{0.05}(58) = 2.00$

Table 1 reveals that the significant difference of social adjustment between physical education students and non-physical education students was 7.27, which is higher than the required value at 0.05 level of significance ($t=2.00$). It shows there is significant difference between physical education students and non-physical education students on social adjustment, which perhaps might be physical education programme has something to do with social adjustment as physical education programme involved group work, team spirit etc.

Figure 1



CONCLUSION :-

Within the limitations of the present study, the physical education students having higher ratio of social adjustment than non physical education students.

REFERENCE

➤ James A. Baley and David A, Field, Physical Education and Physical Educator (Boston : Allyn and Bacon, 1976), p.4 | ➤ Charles C. Cowell, "Validating an index of social adjustment for High School use", Research Quarterly, 29, 1 (March 1958):7 | ➤ Khan Zamirullah and Ahmed Naseem, "A comparative study on adjustment of male and female swimmers", Scientific Journal in Sport & Science, 2006, Vol.2, 1 : 14-16. | ➤ www.mdcbowen.org/cobb