

# Adjustment Ability of Sports Persons in Context to Contact, Semi-Contact and Non-Contact Games

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**Abstract:** A study was undertaken with an objective to assess the adjustment capacity among sportspersons about different games. The study concluded that the female players have better adjustment level as compared to their male counterparts. It was also discovered that the semi contact game players have better adjustment levels as compared to the players of contact and non-contact games.

**Keywords:** Adjustment, Sportspersons, Contact, Semi-Contact and Non-Contact games.

## 1. Introduction

Now a days the problem of adjustment has become so vital in our complex, civilized society that psychologists have turned their deep interest in understanding it. Just as individuals may have different views on the nature of psychological adjustments, so also do psychologists. Some psychologists view adjustment as a process by which individuals are continually growing and meeting life's challenges. Other psychologists view adjustments as a fix state or goal that involves certain desirable characteristics that must be achieved.

The systemic emergence of the concept of "Adjustment" starts from Darwin. In those days the concept was purely biological and the term used to mean adaptation. The adaptability of environmental hazards goes on increasing as we proceed on the photogenic scale from the lower extreme to the higher. If we examine the various activities of the individual life, we will find that most of them involve adjustment of the individual to his vocational, social and economical problems. The process of adjustment starts from the birth of the child and continues till his death.

It is clear that adjustment is a continuous process rather than a static goal: by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. To a layman adjustment is the balance mutual satisfaction between the needs and aspirations of an individual to the life situation or the better interpersonal relationship between his needs, expectations and situations. Boring et al. (1960) defined adjustment as a process by which a living organism maintains balance between its needs and the circumstances that influence the satisfaction level of these needs. Personal development competitive attitude does not by definition exclude the desire to win, but operates in contrast to "hypercompetitiveness," or a win-at-all cost attitude that has been associated with neuroticism and poor adjustment (Ryckman, Libby, van den Borne, Gold, & Lindner, 1997; Ryckman, Thornton, & Butler, 1994). In addition to competitiveness, factors such as gender and concern about evaluation issues (i.e., perfectionism) may be related to adjustment among students who value athletics.

Researches have consistently reported that participating in sports has been more important to boys than to girls in

childhood (Eccles, Wigfield, Harold, & Blumenfeld, 1993; Fredricks and Eccles, 2005; Wigfield, Eccles, Yoon, Harold, Arbretton, Freedman-Doan, & Blumenfeld, 1997) and adolescence (Eccles & Harold, 1991). Yet, it has been shown that women report more competitive anxiety than men (Lorimer, 2006; Wong, Lox & Clark, 1993) and often underestimate their abilities in competitive situations (Corbin, 1981). Explored in the current study is the issue of whether male and female sportsperson who value athletics show different associations adjustment.

Additionally, there is little information addressing how gender may differentially influence the relationship between perfectionistic attitudes and psychological adjustment. In the perfectionism literature, perfectionistic attitudes are described as either self or socially oriented. Self oriented perfectionism involves setting stringent self standards and evaluations to attain perfection; such individuals work hard to achieve goals. In contrast, socially oriented perfectionism involves individuals' perceived need to meet standards set by others and has strong associations with maladjustment and fear of negative evaluation (Blankstein & Dunkley, 2002; Flett & Hewitt, 2002a, 2002b; Hewitt and Flett, 1991).

In the modern era of cut throat competition in the field of sports one cannot afford to remain immune to competition with adjustment, but a review of available literature among the wide variety of psychological variables which directly or indirectly influences the sports performance may conclude that there is a need to conduct a study to investigate the adjustment level of sportspersons of different games. So, to assess the effect of adjustment level on the sportsperson of different games the present study was carried out with these two objectives:

1. To find out whether there was any difference in adjustment among the sports persons of different games
2. To find out whether there was any difference in adjustment between male and female players of different games

## 2. Material and Methods

### a. Sampling

In the present study, multistage sampling plan in which stratified random sampling technique and simple random sampling technique were used for selecting the samples. The

present investigation was conducted on a total of 600 sportspersons of Haryana State, who had participated at National and Inter University level tournaments on contact, semi-contact and non-contact games. The subjects were in the age-group of 18-25 years. Out of total sample of 600 students 200 players were of contact games, whereas, 200 players were from semi-contact games and rest 200 players were non-contact games. These three groups were further divided into two sub-categories have 100 males and 100 females each. The selection of tools was governed by the consideration of their (i) availability (ii) suitability to the sample (iii) reliability and validity. Keeping in views these considerations, (Adjustment Inventory for college students” (Sinha and Singh, 1980) has been used to measure adjustment.

**b. Collection of Data and Administration of Tests**

Keeping in view, the objectives as well as design of the study, the appropriate statistical technique (ANNOVA) were used to analyze the data.

**3. Results and Discussions**

From Table 1, it was concluded that there is significant difference between mean value of male and female players and the lower mean value of female players shows that they are more adjustable in nature as compared to male players.

**Table 1:** Analysis for the Data on Adjustment

Mean scores on adjustment in male and female players (Sports Combined)		C.D. at 0.05 level
Male	Female	
34.04	27.95	2.09

After giving a cursory look on the data in Table 2, it was found that players of semi-contact games were most adjusted as compared to the players of contact and non-contact games. It was also found that contact game players were more adjusted as compared to non-contact game players.

**Table 2:** Analysis for the Data on Adjustment

Mean scores on adjustment in male and female players of Contact, Semi-Contact and Non-Contact games	C.D. at 0.05 level			
	Contact Games	Semi-contact Games	Non-contact Games	
Sports person (Male+Female)	30.83	20.02	36.14	2.56
Male	35.10	26.69	40.34	3.63
Female	26.56	25.35	31.95	

It was found that in male section the players of semi-contact games were better adjusted than that of contact and non-contact games. It was also found that contact games players were more adjusted as compared to the non-contact game players (Table 2). Further, it was discovered that in female section the players of contact and semi-contact game have better adjustment level as compared to non-contact game players. The results of the present investigations indicate that semi-contact game players have better adjustment level than others. This may be due to the team games in this section. Because in team games all the players have to play together to be successful and the results of the games depend

upon all the players of the team, so it teaches them to make a joint effort to get the success. Therefore, the nature of game to depend on each other might have contributed on their nature of adjustment. The results are supported by the study of Antonelli and Mascellani (1973).

**4. Conclusion**

It was found that sports women were better adjusted as compared to sportsmen. Antonelli and Mascellani 91973) also reported that female players have better adjustment level. It was also found that players of semi-contact games were most adjusted as compared to contact and non-contact games players and it was concluded that the contact game players were better adjusted as compared to non-contact game players. Buck (1971), Peterson, Weber and Trousdale 91967) had also supported the study.

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