



ISSN: 2456-4419  
 Impact Factor: (RJIF): 5.18  
 Yoga 2018; 3(1): 445-446  
 © 2018 Yoga  
 www.theyogicjournal.com  
 Received: 25-11-2017  
 Accepted: 28-12-2017

**Dr. Sandeep Kumar**  
 Assistant Professor,  
 Department of Physical  
 Education, D.A.V. College,  
 Amritsar, Punjab, India

## A comparative analysis of adjustment level in handball players: A key to success

**Dr. Sandeep Kumar**

### Abstract

The present study was aimed to identify the level of Adjustment Level in Handball Players. A group of 30 subjects (15 district and 15 state) aged 17-25 years participated in the study. The purposive sampling technique was used to attain the objectives of the study. To determine the significant differences between district players and state handball players, unpaired t-test was employed for data analyses. It is concluded from the results of Adjustment between handball players of district and state. In case of Adjustment, insignificant between-group differences were found for all sub-variables.

**Keywords:** Adjustment, handball Players

### Introduction

The sportspersons have to face many challenges and demands imposed on them encompassing personal, social, emotional, and familial as well as health-related. The sports games is a comprehensive collective activities, intelligence, ability as a whole, is a kind of using your intelligence, thinking, imagination and creation and other components in one, is a complicated puzzle activities of the psychological and thinking process. Psychological variables are universally acknowledged as being foremost provider to generous success in sports <sup>[1]</sup>. One's desire to excel in a specific area in sports, or be it sport or any other endeavor is driven by one's emotions and this process is facilitated or hindered by an individual's positive or negative emotions. According Singer and Kane <sup>[2]</sup>. in recent past, researchers in physical education in general and sports psychology in particular, have repeatedly suggested and emphasized socio-psychological factors as a major area in terms of research enterprise and its important role, these factors play important role in the ultimate performance of sportsman. According to Drever <sup>[3]</sup>. Adjustment means the modification of behaviour to compensate for or meet special condition. In other words adjustment can be defined as the establishment of satisfactory relationship, as representing harmony conference adaptation or the like. It means the adjustment as the process of the finding and adopting models of behaviour suitable to the environment or to the changes in the environment <sup>[4]</sup>.

### Material and Methods

#### Participants

A group of 30 subjects (15 district and 15 state) aged 17-25 years participated in the study. The purposive sampling technique was used to attain the objectives of the study.

#### Selection of tools

Sr.no	Tools	Authors	Year
1.	Adjustment Inventory	A.K.P. Sinha & R.P. Singh	1980

#### Statistical Analysis

To determine the significant differences between district players and state Handball players, unpaired t-test was employed for data analyses.

**Correspondence**  
**Dr. Sandeep Kumar**  
 Assistant Professor,  
 Department of Physical  
 Education, D.A.V. College,  
 Amritsar, Punjab, India

**Results**

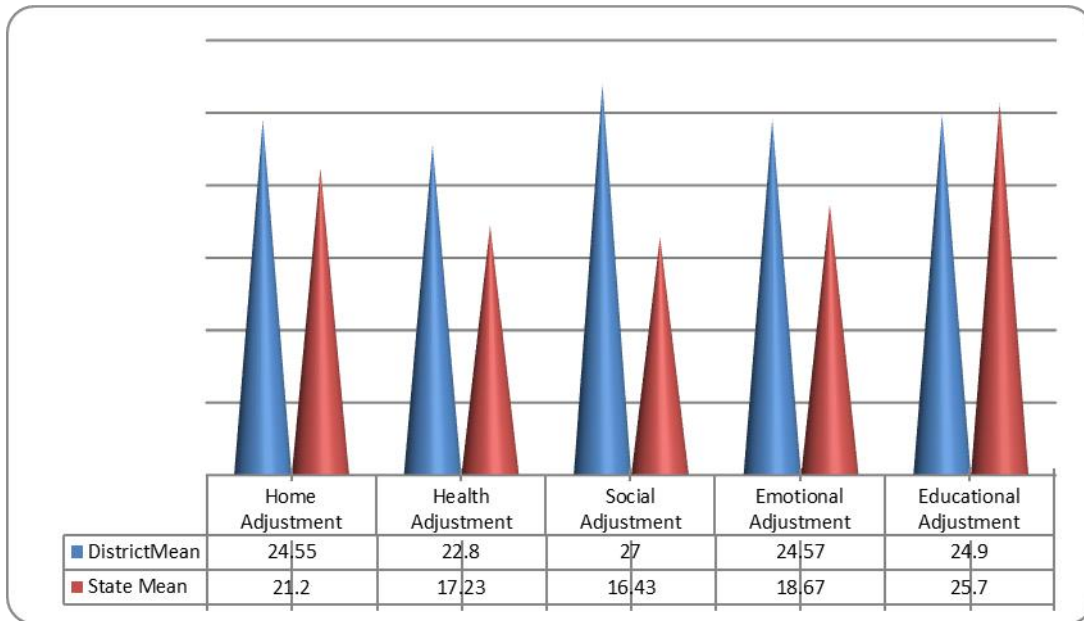
**Table 1:** Significant differences in the Mean scores of Adjustment of the District and State Handball players

Variables	District Players =18		State Players =18		t-value	Sig.
	Mean	SD	Mean	SD		
Home Adjustment	24.55	7.04	21.20	5.23	1.63	0.89
Health Adjustment	22.80	4.22	17.23	4.66	1.38	0.64
Social Adjustment	27.00	4.90	16.43	3.01	0.88	0.53
Emotional Adjustment	24.57	6.66	18.67	5.51	0.70	0.91
Educational Adjustment	24.90	4.36	25.70	2.23	0.83	0.79

\*Significant at 0.05 level Degree of freedom= 34

The results of Adjustment (i.e., Home Adjustment, Health Adjustment, Social Adjustment, Emotional Adjustment and Educational Adjustment between Handball players of district

and state are presented in table-1. In case of Adjustment, insignificant between-group differences were found for all sub-variables.



**Fig 1:** Mean scores of Adjustment of the District and State Handball players

**Practical Application**

The study will be considerably helpful to comprehend the adjustment level existing among Handball players. The sports psychologists and coaches working with these areas will drive benefit from the findings of the present research and they can integrate the and adjustment variables in their training schedule from the very initial stages.

**Conclusion**

It is concluded from the results of Adjustment between Handball players of district and state. In case of Adjustment, insignificant between-group differences were found for all sub-variables.

**References**

1. Drever. The effect of Participation in Selected Intramural Sports Upon Physical Fitness Social and Emotional Adjustment of College Fraternity Man. Dissertation Abscart International 25, July, August, 275, 1952.
2. Rathee NK, Singh J. Achievement Motivation and Adjustment Patterns among International and National Players of Different Team Sports. Journal of Social Sciences. 2011; 7(3):369-374.
3. Singh A, Singh G. Adjustment among university level individual and team athletes. Proceedings of International Forum of Physical Education and Sports Sciences, Panjab University, 2012.

4. Singh J, Singh S. Status of Emotional Maturity among Under Graduate College Students: A Comparative Analysis. Indian J. Sports Sci. Phys. Educ. 2011; 21:9-18.