



## A COMPARATIVE STUDY OF ADJUSTMENT OF SWIMMERS AND TRACK ATHLETES

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### ABSTRACT

Adjustment means settlement, so, adjustment may be referred to as the continuous process of maintaining harmony among the attributes of individual and the environmental conditions which surround him. The effective adjustment will involve both personal and social criteria and value adjustment. Gill (1990) studies 406 teachers (234 male and 172 females) and found that male physical education teachers were better adjusted and more original than female physical education teachers. Nirmaljit (1992) found that university athletes were found significantly different from the college athletes on social, emotional and total adjustment.

**KEYWORDS:** continuous process , female physical education teachers , social, emotional.

### INTRODUCTION:

The purpose of the study was to investigate the adjustment differences in male swimmers and male track athletes.

It was hypothesized that there would be significant differences between male swimmers and male track athletes in various adjustment dimensions.

The objective of the study was to find out difference between male swimmers and male track athletes.

### Procedure

To accomplish the objective of study 40 male subjects were randomly drawn from the colleges affiliated to the Panjab University, Chandigarh. To act as subjects sample comprised of 18 male swimmers and 22 male track athletes. It was ensured to obtain sincere responses from the subjects. Adjustment inventory for college students (AICS) by Prof. A.K.P. Sinha and Dr. R.P. Singh (1971) was applied. It provides five separate dimensions of adjustment viz home, health, social, emotional and educational adjustment. One Way ANOVA was used to find out the results.

### Results

#### ANALYSIS OF VARIANCE BETWEEN SWIMMERS AND TRACK ATHLETES IN ADJUSTMENT VARIABLES

Variables (Adjustment)	Subject	Mean	SD	SEDM	MD	t- value
Home	Swimmers	4.06	2.67	0.74	1.26	1.70
	Athletes	5.32	1.86			
Health	Swimmers	3.17	2.31	0.75	2.42	3.22*
	Athletes	5.59	2.42			
Social	Swimmers	7.72	3.62	1.16	1.73	1.49

	Athletes	9.45	1.72			
Emotional	Swimmers	9.33	4.81	1.48	4.31	2.91*
	Athletes	13.64	4.49			
Educational	Swimmers	3.78	2.73	0.89	3.02	3.39*
	Athletes	6.86	2.93			
Total	Swimmers	28.06	12.59	3.79	12.71	3.35*
	Athletes	10.77	11.08			

\* Significant at .05 level.  $t = 2.02$

Significant difference was observed between swimmers and track athletes in their health, emotional, educational and overall adjustment at .05 level of significance, as the obtained t-values were higher than the table value.

According to manual lower the mean value better the adjustment therefore swimmers were found better adjusted, track athletes as the obtained mean value (3.17) by swimmers were found less than the mean value 5.59 scored by Track athletes.

Similarly swimmers were found better adjusted in emotional, education and total adjustment as the mean value in these dimensions 9.33, 3.78, 28.06 respectively were found lower than the mean value i.e. 13.64, 6.86 and 40.77 respectively obtained by track athletes.

Since the significance difference was observed in three of the five dimensions of adjustment including overall adjustment. Hence the hypothesis partially accepted or rejected.

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