A comparative study of adjustment variables between basketball and handball female players of Sirsa district in Haryana

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Abstract
The purpose of the study was to compare the adjustment variables between Basketball and Handball female players of Sirsa District in Haryana. The sample of the study was conducted on 60 female players (30 Basketball female and 30 Handball female) players who had participated at least in the state level tournaments of the Basketball and Handball games. The age ranged between 18-25 years. Only health adjustment and home adjustment was measured for the study. Adjustment consists of psychological process by means of which individual manage to cope with various demands and processes of life. To carry out any type of research Bell adjustment inventory by (S.M. Mohsin Hindi version) 1934 was used to measured total adjustment and data was analysis by ‘t’ test.

Keywords: Adjustment Variables, Basketball and Handball female

1. Introduction
Adjustment attempts to satisfy needs by over-coming both inner and outer abstracts and by adopting circumstances. The learning about adjustment means analyzing two things interval make-up and internal personal or social behavior. Adjustment is dynamic process by which organizes mart their needs. Physical education and related activities satisfy many of these needs.

2. Objective of the study
The main objective of the study and sub objective which are listed below:
- To compare the Home adjustment Variables between Basketball and Handball female players of Sirsa District in Haryana.
- To compare the health adjustment Variables between Basketball and Handball female players of Sirsa District in Haryana.

3. Hypothesis of the study
- Null hypothesis was framed for the study.

4. Methodology
4.1 Selection of the subjects
In this study 60 female players (30 Basketball female players) sports and 30 (Handball female players) were selected from Sirsa District in Haryana.

4.2 Selection of Variables
The Variables selected for this study were as follows:
- Home adjustment
- Health adjustment

4.3 Tool used to measure the Aggression behavior
The following tests were selected and scores were considered as criterion measure for the study
- Bell adjustment inventory by (S.M. Mohsin Hindi version 1934)
4.4 Statistical Technique
To analysis the study T-test was used.

Table 5.1: Comparison of Home adjustment between Basketball and Handball female players of Sirsa District in Haryana

<table>
<thead>
<tr>
<th>Game</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>S.E.D.</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (F.P)</td>
<td>30</td>
<td>8.92</td>
<td>.82</td>
<td>.190</td>
<td>3.961</td>
</tr>
<tr>
<td>Handball (F.P)</td>
<td>30</td>
<td>8.16</td>
<td>.52</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at 0.01 level

The mean value in case of Basketball and Handball female players is 8.92 & 8.16 respectively and S.D is .82 & .52 and there S.E.D is .190 The ‘t’ value obtain was 3.961, There exist no significant difference at 0.01 level.

Graph 5.1: Graphical presentation of Home adjustment between Basketball and Handball female players of Sirsa District in Haryana

Table 5.2: Comparison of Health adjustment between Basketball and Handball female players of Sirsa District in Haryana

<table>
<thead>
<tr>
<th>Game</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>S.E.D.</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball (F.P)</td>
<td>30</td>
<td>5.36</td>
<td>.67</td>
<td>.161</td>
<td>.796</td>
</tr>
<tr>
<td>Handball (F.P)</td>
<td>30</td>
<td>5.23</td>
<td>.48</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at 0.01 level

The mean value in case of Basketball and Handball female players is 5.36 & 5.23 respectively and S.D is .67 & .48 and there S.E.D is .161 The ‘t’ value obtain was .796, There exist no significant difference at 0.01 level.

Graph 5.1: Graphical presentation of Home adjustment between Basketball and Handball female players of Sirsa District in Haryana

5. Conclusion of the study
- Significant difference was found between the mean score of Basketball and Handball female players of Sirsa district in Haryana.
- Basketball female players were significantly more adjustable than the Handball female players of Sirsa district in Haryana.

6. Reference
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