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Comparative Study of Adjustment Level of Male and Female Players between Individual and Team Games

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Abstract

In the present study, an attempt has been made to compare the Adjustment Level of male and female players between Individual and Team games. The study was carried out on 100 players (**50 male and 50 female**) players of Individual and Team games of Delhi University who had minimum attended the University level camps. The age ranged between 19 to 24 years. Only (Archery and Shooting) games were selected for the Individual sports and (Volleyball and Korfball) games were selected for Team games sports. Only (**Delhi University**) Players was selected for the study. **Adjustment investigator test for college student of A.K.P. Sinha Lect. Psychology** was selected to measure the Adjustment level. The Researcher finds out that Male and Female players of Team Games having a high Adjustment level than the Male and Female Players of Individual Games of Delhi University.

Keywords: Adjustment Level, Individual Game, Team Game, Delhi University, Male, Female.

1. Introduction

Adjustment is other Parameters which is very useful for the sports activities. Physical education teachers and coaches are frequently called upon to deal with people who have some physical disability lead to Adjustment. There is essential need motivations conflict and emotions which differ from individual to individual and causes adjust mental problems. Adjustment attempts to satisfy need by over-coming both inner and outer abstract and by-adopting to circumstances learning about Adjustment means analyzing two things; internal make-up and internal personal or social behavior. Adjustment is dynamic process by which organizers meet their needs in sports.

2. Purpose of the Study

2.1 Method and Procedure

Total 100 players were selected for the study (**50 male and 50 female**) players of Individual and Team game. Only (**Archery and Shooting**) games were selected for the Individual sports and (**Volleyball and Korfball**) games were selected for the Team games sports. Only Delhi University Players was selected for the study who had minimum attended the University level camps. For the study (**Adjustment investigator test for college student of A.K.P. Sinha Lect. Psychology**) was selected to measure the Adjustment level.

3. Result and Discussion

Table 1- Comparison of Adjustment level of male players between Individual and Team Games

Game	N	M	S.D.	S.E.D.	t-ratio
Male(Individual)	25	15.61	3.06	0.39	0.38
Male(Team Game)	25	14.72	3.20		

Significance at 0.05 levels

According to Table 4.1 mean score of individual Male players for Adjustment level test was 15.61 and 14.72 for male team Games. The S.D in Male Players of Individual games is 3.06 and Male players of Team Games is 3.20. The SED in Male players of individual and Team Games was 0.39 and The 't-ratio' in Male Individual and Team Games was 0.38. It means that

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the Male players of Team Games having high Adjustment level than the Male Players of Individual Games.

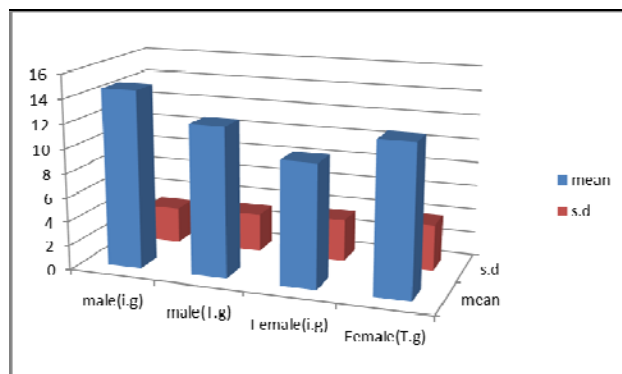
Table 2: Comparison of Adjustment Level of Female players between Individual and Team Game

Game	N	Mean	S.D.	S.E.D.	t-value
Female (Individual)	25	10.09	3.47	0.74	2.24
Female (Team Games)	25	12.5	3.86		

Significance at 0.05 levels

According to Table 4.1 mean score of individual Female players for Adjustment level test was 10.09 and 12.5 for male team Games. The S.D in Female players of individual sports is 3.47 and Female players of Team Games is 3.86. The SED in Female players of individual and Team Games players was 0.74 and the 't-ratio' in Female Individual and Team Games was 2.24. It means that the Female Team Games sports person having high Adjustment level than the Male Individual Games.

Graph-1



Graphical Presentation of Adjustment level of Male and Female players between Individual and Team Games

4. Conclusion

The Researcher finds out from the study that Male and Female Players of Team Games having high Adjustment Level than the Male and Female Players of Individual Games.

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