



IJMIRD 2015; 2(3): 183-185
www.allsubjectjournal.com
Received: 18-02-2015
Accepted: 05-03-2015
E-ISSN: 2349-4182
P-ISSN: 2349-5979
Impact factor: 3.762

Manoj Nain
(Research Scholar)
Department of Physical Educa
tion, Bhagwant University,
Ajmer, Rajasthan.

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

Manoj Nain

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.

Purpose of the Study

A comparative study of Adjustment variables between Basketball and Handball female players of Sirsa District in Haryana.

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)

Correspondence:

Manoj Nain
(Research Scholar)
Department of Physical Educa
tion, Bhagwant University,
Ajmer, Rajasthan.

4.4 Statistical Technique

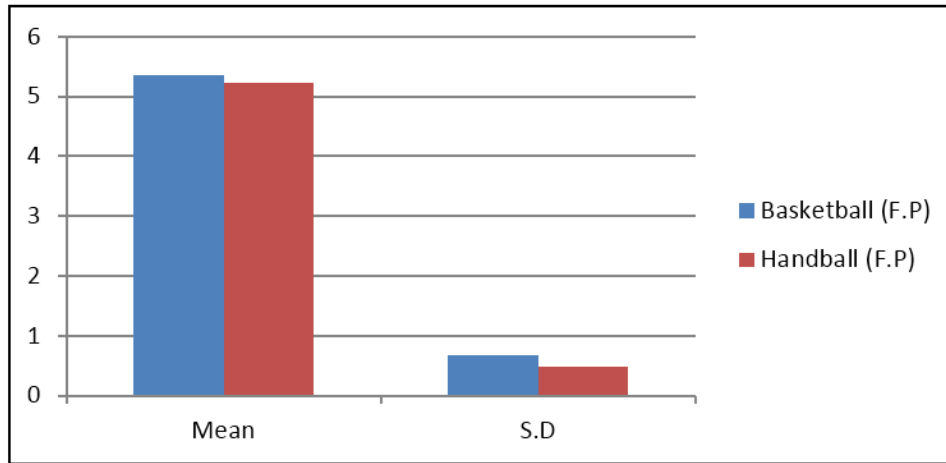
To analysis the study T-test was used.

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

Game	N	Mean	S.D.	S.E.D.	t-value
Basketball(F.P)	30	8.92	.82	.190	3.961
Handball (F.P)	30	8.16	.52		

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.



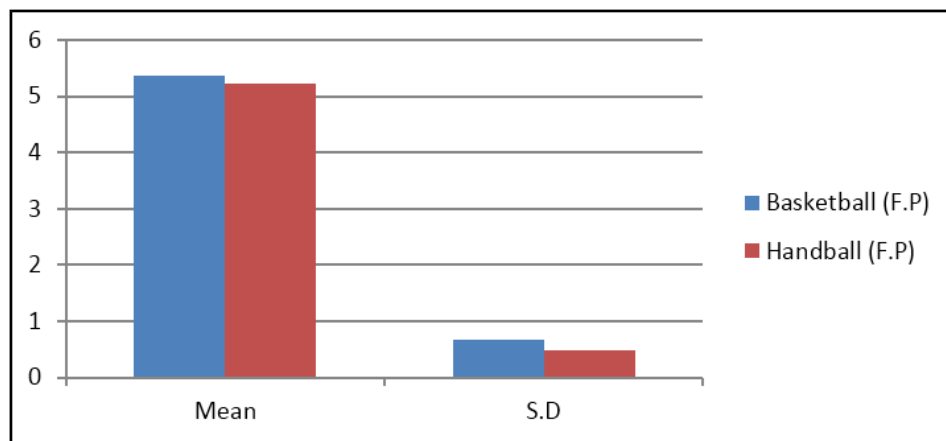
Graph 5.1: Graphical presentation of Home adjustment between Basketball and Handball female players of Sirsa District in Haryana

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

Game	N	Mean	S.D.	S.E.D.	t-value
Basketball(F.P)	30	5.36	.67	.161	.796
Handball (F.P)	30	5.23	.48		

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

- 1 Donahue Eric G, Banca Rip and valerian Robert J. (2009), when winning are everything; on passion, indentify, and aggression in sport, Psychology of sport and exercise.
- 2 Maxwell JP, Visek AJ, Moores E. (2009), Anger and perceived legitimacy of aggression in male Hong Kong Chinese athletes. Effect of type of sport and level of competition, psychology of sports and exercise volume 10, Issue 2, February 2009, Pages 289-293.
- 3 Mickey C, Melendez, (2006), the Influences of Participation on the college Adjustment of freshmen and sophomore student journal of college student retention: Research, Theory and practice, volume 8, Number 1/2006-2007, pp. 39-55.
- 4 Waqhalter, Emity H. and Govdola, Joanc (1991), Mood states of Professional Female Tennis Players, Perceptual Vol. 73 (1): 187-190.

- 5 Vallerand *et al.* (2003), *Journal of personality of social psychology*, 85, (756-767)
- 6 Waghalter, Emily H. and Govdola, Joanc (1991), *Mood states of Professional Female Tennis Players*, *Perceptual* Vol. 73(1): 187-190.
- 7 Zaichkowsky *et al.* (1980), *growth and development: the child and physical activity*, St. Louis, M., C.U. Mosby Co., P. 197.