# A STUDY ON ADJUSTMENT OF INDIAN NATIONAL MEDALIST AND NON-MEDALIST FEMALE WRESTLERS

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**Abstract**

Adjustment is one of the important psychosocial dimensions, which had attracted researches in sports complexities requiring high degree of adaptability from the players warranted a probe into this important aspect of sports behavior. The adjustment is so much all encompassing that the adoptability to several, environmental and personal aspects of one's life to be looked into e.g. Home, Health, Social, Emotional and Educational. Problem in any of these segments may influence functioning of athletes.

Dictionary meaning of adjustment is to set might, to fit, to adopt or to accommodate. Thus, when we adjust to something, we change in this sense, adjustment is accommodation to fit to certain dement of environment. Therefore, the study of adjustment deals with how we make such accommodation and how successful we are in solving problems. This paper is based on the adjustment of Indian national medalist and non-medalist female wrestlers.

**Keywords:**Adjustment, Psychosocial dimensions, Health, Social, Emotional, Educational.

Adjustment thus may be defined as a continual process by which a person varies his behavior to produce a more harmonious relationship between himself and his environment to better his performance. Taken in this sense, adjustment is dynamic rather than static in quality, when we change, our environment too changes and our relationship with the environment also changes. The well adjusted person seems to live smoothly, taking ink his stride, even when conditions are difficult. An unadjusted person becomes upset easily and requires considerable time to get back stride again. Each society has some values, which set standards of conduct and behavior for its members. However, because of personal inadequacies some individuals can't live up to the standards and ideas they are expected to conform to. In that case they do not fit themselves to the society and their actions do not conform to the expectation of the same society: They became maladjusted. Thus adjustment can be defined as a process of affecting a satisfactory adaptation to environment. Adjustment attempts to satisfy needs by cover coming both inner and outer obstacles and by adapting to circumstances. Learning about adjustment means analyzing two things: Internal make up and internal personal or social behavior. Adjustment is the dynamic process by which organism meets their needs, physical education and related activities satisfy many of these needs.

The behavior of human being is difficult to investigate because of the complexity of the subject matter. This complexity of human behavior is best illustrated by the fact that the adjustment process involves a number of basic and applied fields of knowledge such as psychology genetics, sociology, anthropometry, medicine and even religion.

The achievement of desirable life adjustment is dependent upon the recognition of the significance of inherited potential environmental conditions as those affect one's life. Adjustment may be referred to as the continuous process of maintaining harmony among attributes of individual and the environmental conditions which surround him. The individual's potentials and characteristics are inborn but are also modified through experiences. The effective adjustment

will involve both personal and social criteria and value judgments.

Physical ability and participation in athletic activities is important for popularity. Strength is important since underlies favorable traits such as physical ability and the functional traits of aggressiveness and leadership. Participation in sports helps in the development of leadership qualities and improvement of leadership qualities.

According to Harre and Lamb (1986) men adjust with reality by moving towards, by moving against, and by moving away, from it. A person characterized by healthy or integrative adjustment may use any or all of the above techniques in an electric manner. Where as a maladjusted person may use any one method exclusively at the cost of the other two.

Dutt (1974) after analyzing various criteria of normality or integrative adjustment, concluded:

"In summary, they indicate that the well-adjusted individual has integrated ……… basic needs with the demands of social living and has high frustration-tolerance. He is capable of experiencing severely frustrating situations without being seriously disorganized. He views problems as challenges and meets stress-producing situations with reasonably appropriate intelligent action. He tries to modify or destroy the undesirable environment around him and also is ever willing to bring in change within his own perceptions, attitudes and ideas. He faces reality with a certain amount of confidence and courage. He works with vigour and enthusiasm, to attain both his immediate and his more distant goals."

Some physicians, psychologists and educationists have long supported the contention that physical Education and sports encourage healthy emotional functioning and acquisition of Acceptable social values.

Biduplh (1954) reported that superior athletes showed higher level of personal and social adjustment than the less skilled athletes. Therefore, adjustment is positively related to sports performance.

Adjustment Inventory by A.K.P. Sinha and R.P Singh (1980) was used to measure all the dimensions of adjustment that is home, health, social, emotional, educational and total adjustment of subject.

The adjustment inventory used for present study is a well known tool for measuring all the dimensions of adjustment and the total adjustment for college students. The five areas of adjustment covered by this inventory are: Home, Health, Social, Emotional and Educational, Reliability coefficient of the inventory are presented in the following table:

### Reliability coefficient inventory by using different methods

| Method used | Home (a) | Health (b) | Social (c) | Emotional (d) | Educational (e) | Total |
|---|---|---|---|---|---|---|
| Split half | .87 | .83 | .96 | .95 | .97 | .94 |
| Test retest | .85 | .82 | .95 | .94 | .96 | .93 |
| Hoyt's Method | .86 | .85 | .95 | .95 | .94 | .94 |
| K-R Formual-20 | .84 | .82 | .92 | .94 | .93 | .92 |

The above listed areas of inventory are inter-independent. Validity coefficient for each item obtained through bi-serial correlation method was significant at .001 levels. The subjects can be classified into five categories in accordance with the raw score obtained by them on the inventory. The five different categories for adjustment are: 'a' which stands for excellent, 'b' which stands for good 'c' which stands for average 'd' which stands for unsatisfactory, and 'e'

which stands for very unsatisfactory, separate classification of adjustment with respect to home, health, social emotional and educational is also done against the five different categories of inventory. Classification tables are given in the manual of the inventory.

The area wise description of trend on the basis of raw score is as follows:

**Home Adjustment: -** Low scores indicates satisfactory adjustment. Individuals scoring high tend to be unsatisfactory adjusted towards their home.

**Health Adjustment: -** Low scores indicate satisfactory health adjustment and high score show unsatisfactory adjustment.

**Social Adjustment: -** Individuals scoring high are submissive and retiring sorts. Low scores indicate aggressive behavior.

**Emotional Adjustment: -** High score indicate unstable emotions individuals with low scores tend to be emotionally stable.

**Educational Adjustment: -** Individual scoring high are poorly adjusted towards their curricular and co-curricular programmes. Persons with low scores are interested in the education activities.

**SIGNIFICANCE OF DIFFERENCE IN MEAN SCORES OF NATIONAL MEDALIST AND NON-MEDALIST FEMALE WRESTLERS ON ADJUSTMENT**

| S. No. | Variable | National Medalist | | National Non-Medalist | | MD | SED M | t |
|--------|----------|-------------------|----|-----------------------|----|-----|-------|----|
| | | Mean | SD | Mean | SD | | | |
| 1 | Home Adjustment | 2.82 | 0.86 | 3.82 | 1.02 | -1.00* | 0.25 | 4.60 |
| 2 | Health Adjustment | 3.21 | 4.43 | 4.43 | 1.07 | -1.21* | 0.3 | 4.03 |
| 3 | Social Adjustment | 5.5 | 6.5 | 6.5 | 1.04 | -1.00* | 0.28 | 3.57 |
| 4 | Emotional Adjustment | 7.29 | 8.29 | 8.29 | 1.41 | -1.00* | 0.38 | 2.69 |
| 5 | Educational Adjustment | 4.29 | 5.29 | 5.29 | 1.01 | -1.00* | 0.27 | 3.70 |
| 6 | Total Adjustment | 23.10 | 28.32 | 28.32 | 2.40 | -5.21* | 0.63 | 8.27 |

*P< .05
** P<.01

In this table the comparative results of National Medalist wrestlers and Non-Medalist wrestlers have been presented on Home Adjustment, health Adjustment, Social Adjustment, Emotional Adjustment and Educational Adjustment. On Home adjustment the National Medalist wrestlers have registered 2.82 as mean score and Non- Medalist wrestlers have recorded 3.82 as means score. On Health Adjustment National Medalist female wrestlers have scored 3.21 as mean score and Non-Medalist female wrestler shave recorded 4.43 as mean score. On Social Adjustment the National Medalist female wrestler scored 5.5 as mean score and Non-Medalist female wrestlers have recorded 6.5 as means core, On Emotional Adjustment the National Medalist wrestler have registered 7.29 as mean score and National Non-Medalist wrestlers have recorded 8.29 as mean score. On Educational Adjustment the National Medalist female wrestlers have registered 4.29 as mean score and national Non- Medalist wrestlers have recorded 5.29 as means score. On total Adjustment National Medalist female wrestler recorded 23.10 as mean score and national Non-Medalist female wrestler have measured 28.32 as mean score.

The Statistically significant difference has been found between National Medalist and Non-Medalist female wrestler at .01 level of confidence and .05 level of confidence. At .01 level of confidence Home Adjustment and Total Adjustment with t=3.96, 4.06, 3.55, 8.21 has been found

significant. At .05 level of confidence the statistical significant difference has been found between National Medalist and Non-Medalist female wrestler on Emotional Adjustment with t=2.62.

## Conclusion

National Medalist female wrestlers with low score as compared to national Non-Medalist female wrestlers on adjustment registered better levels of adjustment. The statistically significant difference has been found between National Medalist and Non-Medalist female wrestlers. Higher score signifies lower level of adjustment. The National Medalist female wrestlers registering better levels of adjustment than National Non-Medalist female wrestler's shows that better the achievement better the adjustment.

One of the main reasons given for India's lack of sport growth is a persistent problem with the implementation of sport policies. As probable major contributors to the persistent problems with policy implementation, a lack of financial assistance, a lack of up-to-date information, and an inadequate assessment of the policy's viability were identified. Furthermore, it was noted that one likely factor contributing to the problems with policy implementation was a lack of awareness of the effects of earlier policies.

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