



ADJUSTMENT AND SELF CONCEPT AMONG MALE AND FEMALE BASKETBALL PLAYERS

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Abstract

The purpose of the study was to find out the level of adjustment and self concept of among male and female basketball players of Chhattisgarh. The sample of 100 players (50 male and 50 female) having the age group of 18-28 years, were randomly selected. To analyze the data, 'Adjustment Inventory for College Students' (AICS) by Dr. AKP Sinha and Dr. R.P. Singh (1962) were used. Findings revealed that male basketball players were having significantly better level of adjustment as compare to female players but in the case of self concept, female players have shown greater degree of self concept as compare to male.

Keywords: Self Concept, Adjustment, SCQ, and AICS.

Introduction

The term adjustment refers to the extent to which an individual's personality functions effectively in the world of people. It refers to the harmonious relationship between the person and the environment. In other words, it is the relationship that comes among the organisms, the environment and the personality. Psychologists have interpreted adjustment from two important points of view. (1) Adjustment as an Achievement and (2) Adjustment as a process. Adjustment as an achievement means how effectively an

individual could perform his duties in different circumstances.

Adjustment in psychology is the behavioral process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. Hungry people, for example, are stimulated by their physiological state to seek food. When they eat, they reduce the stimulating condition that impelled them to activity, and they are thereby adjusted to this particular need.

In general, the adjustment process involves four parts: (1) a need or motive in the form of a strong persistent stimulus, (2) the thwarting or non fulfillment of this need, (3) varied activity, or exploratory behavior accompanied by problem solving, and (4) some response that removes or at least reduces the initiating stimulus and completes the adjustment.

The self concept is how we think about and evaluate ourselves. To be aware of oneself is to have a concept of oneself. The term self-concept is a general term used to refer to how someone thinks about or perceives themselves. In early childhood the categories children apply to themselves are very concrete (e.g. hair color, height and favorite things). Later, self-description also begins to include reference to internal psychological



traits, comparative evaluations and to how others see them.

Adolescence is a period of life with its own peculiar characteristics and problems. Hence for deep penetration into their perceptions their own physical, social, temperamental, educational moral and intellectual spheres of self concept need to be explored.

Methodology

One hundred male and female basketball players from Chhattisgarh State (Bilaspur, Raipur and Bhillai) were randomly selected. All the selected (50 male and 50 female) players were voluntarily given their consent to participate in the study. To collect the relevant information the following questionnaire were used Adjustment Inventory for College Students' (AICS) by Dr. AKP Sinha and Dr. R.P Singh (1992) used to measure the adjustment and Self Concept Questionnaire' (SCQ) by Dr. Raj Kumar Saraswat (1992) used to measure the self concept. To analyze the data mean, S.D and t-test was employed.

Results

TABLE NO.01
MEAN AND SD VALUE OF ADJUSTMENT

Variable	Basketball Players (100)					
	Male			Female		
	Mean	SD	SDE	Mean	SD	SDE
Adj.	184.35	22.51	0.154	112.22	15.78	0.132

Table no.01 indicates difference between male and female basketball players on adjustment. Table reveals that male shows favorable results on adjustment score (M=184.35) in comparison to female (M=112.22).

TABLE NO.02
MEAN AND SD VALUE OF SELF CONCEPT

Variable	Basketball Players (100)					
	Male			Female		
	Mean	SD	SDE	Mean	SD	SDE
Self Concept	145.12	13.36	0.142	147.44	13.89	0.144

Table no.02 shows the difference between male and female Basketball players on self concept. This table reveals that female shows greater score (M=147.44) in comparison to male (M=145.12).

TABLE NO.03
'T' VALUE OF ADJUSTMENT

Variable	Basketball Players (100)				't' value
	Male players		Female players		
	Mean	SD	Mean	SD	
Adjustment	184.35	22.51	112.22	15.78	4.60*

*Significance at $t_{(0.05)(98)} = 1.98$

Table no.3 indicates difference between male and female basketball players on adjustment. The table reveals that male shows favorable adjustment score (M=184.35) in compare to female (M=112.22). The 't' value 4.60 shows that male are significantly better in terms of adjustment with their counterparts.

TABLE NO.04
'T' VALUE OF SELF CONCEPT

Variable	Basketball Players (100)				't' value
	Male players		Female players		
	Mean	SD	Mean	SD	
Adjustment	145.12	13.36	147.44	13.89	4.60*

*Significance at $t_{(0.05)(98)} = 1.98$

Table no.4 indicates difference between male and female basketball players on self concept. The score of the table reveals that



female shows favorable score (M=147.44) in comparison to male (M=145.12). The 't' value of 4.60 shows that female are significantly better in comparison to male in terms of self concept.

Conclusion

After the analysis of the data it is concluded that male basketball players were having significantly better level of adjustment as compare to female players but in the analysis of self concept, female players have shown greater degree of self concept as compare to male basketball players of different places of Chhatisgrah State.

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