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**STUDY OF SOCIAL ADJUSTMENT BETWEEN ATHLETES AND NON ATHLETES  
OF HAMIRPUR DISTRICT OF HIMACHAL PREDASH STATE**



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**Abstract:**

The main objective of this study was to compare Athletes and Non Athletes on their levels of social adjustment. Total numbers of 48 students were selected as the samples for the study from the 6 secondary schools of Hamirpur District of Himachal Pradesh State. In which 24 were Athletes and rest 24 were Non Athletes. The data collection tool used in the study was the Dr. Mahdi Abdul Kahlq social Adjustment Questionnaire developed in 2006 for the study in University of Kurdistan Iraq. Results shows, that the mean and standard deviation scores of Athletes & Non Athletes on social adjustment is 14.99 ( $\pm 1.893$ ) & 14.19 ( $2.727 \pm$ ) respectively. The calculated 't' of social adjustment of Athletes and Non Athletes is 2.155 which is significant at 0.05 level of significance. The result shows that there was significant difference between the social adjustment of Athletes and Non Athletes, thus the research hypothesis was accepted. In the social adjustment, we observe that Athletes got good results as compared to Non Athletes. Researcher observed that the means scores of social adjustment showed that Athletes have little high level of social adjustment as compare to Non Athletes. In the present study we found that there was significant difference in the social adjustment of Athletes and Non Athletes, so we can conclude that their social adjustment was not similar.

**Keywords:** Social Adjustment, Athletes & Non Athletes.

**Introduction:**

Social adjustment is the process whereby an organism, organ, or individual entity enters into a relationship of harmony or equilibrium with its environment and the condition of having attained such a relationship. The antithesis maladjustment denotes the absence of such a process and /or the inability to attain such a condition (Gould and knob, 1964, P.4). Sperling (2000) and Signorella (2003) found differences in adjustment between athletes and non-athletes. Sperling found athletes to be more extroverted and ascendant. Signorella found that differences in amount of athletic participation were moderately related to scores on the Cow ell Social Adjustment Index (2000). If satisfied in opposite ways, neurotic or delinquent behavior may be

the result. Studies reveal that socially well-adjusted persons tend to be more successful in athletics, physical fitness, and physical education activities than are persons who are less well adjusted socially. On the basis of this, the present researcher wants to measure the social adjustment levels between Athletes and Non Athletes of Hamirpur District of Himachal Pradesh.

### Objective of the Study:

The main objective of this study was to compare Athletes and Non Athletes on their levels of Social Adjustment.

### Materials and Methods:

For the present study Descriptive method was used. Total numbers of 48 students were selected as the samples for the study from the 6 secondary schools of Hamirpur District of Himachal Pradesh. In which 24 were Athletes and rest 24 were Non Athletes. The data collection tool used in the study was the Dr. Mahdi Abdul Kahlq social Adjustment Questionnaire developed in 2006 for the study in University of Kurdistan Iraq. There were a total 30 questions in the Social adjustment scale. For each question there was Yes and No response. After data collection, data of social adjustment of Athletes and Non Athletes was compared by using t-test and the results were analyzed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

### Results:

**Table No: I**  
**Descriptive Statistics of mean and standard deviation of Athletes and Non Athletes on social adjustment score**

Variables	N	Mean	Standard Deviation	St. Error Mean
Athletes	24	14.99	1.893	0.212
Non Athletes	24	14.19	2.727	0.305

In the above table no I, the mean of 24 Athletes was 14.99 with standard deviation of 1.893 and standard error of mean 0.212. Similarly the mean of 24 Non Athletes was 14.19 with standard deviation of 2.727 and standard error of mean 0.305 respectively. (In the table N means number of subjects).

**Table No: II**  
**Independent Sample ‘t’ test of Social Adjustment**

t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
2.145	46	0.029	0.800	0.371

In the table no 4.2, the mean differences between Athletes and Non Athletes was 0.800 in the social adjustment. This difference when tested by Independent sample ‘t’ test, calculated ‘t’ value was 2.145 which was significant at 0.05 ( $p=0.05$ ) level of significance for 46 degree of freedom. Therefore the research hypothesis, there is significant difference in social adjustment between Athletes and Non Athletes is accepted.

#### **Discussion of Findings:**

The researcher analyzed the collected data as per the objectives set for the research study. After implementing the appropriate statistical tools to analyze the data, it was shown that there is significance difference between the Athletes and Non Athletes in social adjustment. Hence the research hypothesis is accepted. This finding is supported by Sperling and Signorella (2003) found differences in adjustment between athletes and non-athletes. Sperling (2011) found athletes to be more extroverted and ascendant. Studies reveal that socially well-adjusted persons tend to be more successful in athletics, physical fitness, and physical education activities than are persons who are less well adjusted socially.

In the present study we found that the mean scores of social adjustment shows that Athletes have high degree of social adjustment than Non Athletes. The Results showed that Athletes were more socially adjusted as compare to Non Athletes.

#### **Conclusion:**

It was observed from the finding that there were significant differences between Athletes and Non Athletes in social adjustment. On the basis of the result obtained in this study the investigator concludes the scores of social adjustment of Athletes showed that they were more socially adjusted as compare to and Non Athletes.

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