

Comparison On Area Of Adjustment Level Between Post Graduate Physical Education Male And Female Students

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Abstract

Abstract: The purpose of this study is to see the Adjustment level of Physical Education students in four areas i.e. home, health, social, and emotional who are studying in Post graduate level and also researcher would like to see the difference level between Male and female in above state four different areas. **Bell's Adjustment Inventory, DR. R.K. Ojha (2005)**, questionnaires is used for the data collection. The inventory consists of 140 questions and measures adjustment level in the areas of Home, health, social, emotional. The data are collected from 51 males and 36 females Post graduate physical education students of D.M. (Dhanamanjuri) University, Manipur University and National Sports University, Manipur for the purpose of the study. For comparison of Adjustment level between Male and female the statistical technique T-test was employed at 0.05 of significance level.

It is evident that Post graduate Physical education student of Manipur are average in home and health adjustment areas of adjustment and Unsatisfactory in Social and emotional area of adjustment level both for male and female. There is no significant difference in all the four area of adjustment between male and female were found in Post Graduate physical Education students of Manipur.

Keywords: Home, health, social, emotional, Bell's Adjustment Inventory, Post graduate physical education students, D.M. (Dhanamanjuri) University, Manipur University and National Sports University.

Introduction: In psychology, adjustment is the condition of a person who is able to adapt to changes in their physical, occupational, and social environment. In other words, adjustment refers to the behavioral process of balancing conflicting needs or needs challenged by obstacles in the environment. Humans and animals regularly adjust to their environment.

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 fulfilment of this need
3. Varied activity, or exploratory behaviour accompanied by problem-solving
4. Some response that removes or at least reduces the initiating stimulus.

Adjustment is a process by which an individual learns certain ways of behaviour to cope and adjust to the situation which he/she attains through harmony with his/her social environment. After completing school many students join different colleges and institutions for their further education. The transition to college can be a stressful experience for students. College is an exciting time of life one led by many profound transitions in preparation for an exciting and fulfilling future. They have to adjust to their own changes in personality on one side and the changing socioeconomic environment on the other side. Adjustment during the period of adolescence will determine to a large extent what they will be as a person as an adult. Adjustment implies a constant interaction between the person and their environment, each making demands on the other. Adjustment is very must important

in order to run our livelihood smoothly. In order to know the way of adjustment done by people in their day-to-day life, the researcher will consider four areas of adjustment i.e. home, health, social, and emotional for research purposes.

Home Adjustment: The home promotes satisfaction and security. The degree of adjustment of an individual exhibits in her behaviour with others. So is the ease with home adjustment, if one is well adjusted at home, most probably she must have been well adjusted socially because the adjustments in different walks of life are related and effective to each other. So, the home adjustment of students should be a healthy one. The reaction of well- and poorly-adjusted students is clearly seen in their behaviour with their class fellows. A well-adjusted child will be more cherished and happier than a poor-adjusted child.

Health Adjustment: Health also plays a prime role in the development of one's personality. Sound health is the source of satisfaction and adjustment. The person should be physically as well as mentally healthy. A physically and mentally healthy person always feels well-adjusted in society than an unhealthy one. An unhealthy person always cries for her weakness and cannot participate fully with others. Physically and mentally healthy people will be less guided by emotions. This is known as the roof of personality. Such physically and mentally healthy person feels secure and content in their life.

Social Adjustment: It is generally said that humans are social animals. In reference to this, we may say that a person develops their personality in their social environment. They try to mold themselves according to their society's social values and ideals and to achieve these values and ideals, their activities and behaviours will be the same as other members of the society, in which they live and where their social needs and desires are satisfied. And then they feel themselves socially adjusted. The area of social adjustment is influenced by the social maturity of the person. Maturity in social relationships means establishing good relations with family, neighbours, playmates, classmates, teachers, and other members of society.

Emotional Adjustment: A person is emotionally adjusted if she expresses emotion in a proper situation in a proper form. An emotionally stable person may be well adjusted and emotionally unstable conditions cause mental disorders and maladjustment. Emotional adjustment is essential for creating a sound personality. It is the roof of personality adjustment and physical, intellectual mental and esthetical adjustments are possible when emotional adjustment is made.

Background of study: The purpose of the study is to see the Adjustment level of Physical Education students in four areas i.e. home, health, social, and emotional who are studying in Post graduate level and also researcher would like to see the difference level between Male and female in above state four different areas. The researcher used **Bell's Adjustment Inventory** questionnaires for the study which consist of 140 questions and measures adjustment level in the areas of Home, health, social, emotional. Total 87 Post graduate physical education students 51 males and 36 females of D.M. (Dhanamanjuri) University, Manipur University and National Sports University, Manipur are taken as the subject of the study and data were collected.

The primary method of data collection was adopted in the study. Each subject was contacted and a questionnaire booklet containing all the areas used in this study was given and requested to answer the question in the booklet according to the instructions furnished at the beginning of the questionnaire. The students were assured of the confidentiality of their responses and encouraged to express their ideas and opinions freely and frankly. Precautions were also taken to obtain good results. On average, it took 30minutes for the respondents to fill in the questionnaire that was collected by the investigator personally. The responses were scored according to the method, of the respective scales and the results were tabulated for further analysis.

Objective of the Study

1. To determine the difference in areas of adjustment between Post-Graduate Physical Education male and female students of Manipur.
2. To determine the major problems of adjustment of Post-Graduate Physical Education male and female students.
3. To find out the relationship of different four areas of adjustment i.e. Home, Health, Social, and Emotional for both Physical Education male and female students.

Significance of the Study

1. The study may highlight the differences that exist in the problems of adjustment faced by physical education Male and Female students.
2. The study may highlight the differences that exist in the areas of adjustment faced by physical education Male and Female students.
3. The study tries to determine the need for a more dynamic type of guidance and counselling service to aid the process of student adjustment.
4. The study may highlight the relationship between the four areas of adjustment variables i.e. home, health, social and emotional faced by the Physical Education Male and Female students.

REVIEW OF RELATED LITERATURE

Alam Md. Mahmood (2017). conducted to investigate the impact of family on the adjustment of adolescents. Descriptive survey method of research was used for collecting the data using Personal information schedule developed by investigator and Adjustment Inventory developed by Sinha and Singh. (1971). The sample comprised of randomly selected 120 adolescents (Nuclear Families: 60 and Joint Families: 60) studying in X class in Darbhanga town (Bihar). Descriptive and inferential statistics were used to compare the means between the groups. Findings of the study revealed that (i) there is significant difference between adolescents from nuclear and joint families on the measure of emotional adjustment (ii) there is significant difference between adolescents from nuclear and joint families on the measure of social adjustment (iii) there is significant difference between adolescents from nuclear and joint families on the measure of educational adjustment.

Basu, S. (2012). conducted to examine the effect of adjustment on the senior secondary school students of Aligarh district. The sample of 220 11th class students was selected from government and private 10+2 schools located in the located in rural and urban areas of district. Tool for collecting the data included Adjustment Inventory for School Students constructed and standardized by A.K.P. Sinha and R.P. Singh (1971). The data were analyzed using descriptive and inferential statistics. The findings of the study revealed that there is significant difference in adjustment of senior secondary school students across gender (male and female), locale (rural and urban), academic stream (science and social sciences) and types of school (government and private). The findings of the study may be used in devising skill training programme to develop a harmony between need and circumstances of the individual.

Enochs, W. K. R., Catherine, B. (2006). The relationship between living environment, gender and both overall adjustment to college and social adjustment in freshmen students was examined in this study. The College Adjustment Scales were administered to 511 freshmen students living in on-campus housing. There were 259 students living in Freshmen Year Experience (FYE) Halls verses 252 students living in traditional residence halls that participated in the research. The overall adjustment level and social adjustment scale was utilized to compare overall and social adjustment levels based on gender and type of living environment. Males were found to have a significantly higher overall adjustment levels than females regardless of living environment. However, when freshmen males and females in the FYE halls were compared there was no significant difference in their levels of overall adjustment. There was a significant difference in social based on type of residence hall with students in the FYE halls having a significantly better level of social adjustment than students in the traditional residence hall group. This manuscript addresses the relationship between gender and living environment on the social adjustment of college students.

Kaur Jaspreet, Pushkrit Gupta(2019), conducted to assess the influence of home environment on adjustment of the secondary school students of Sangrur district in Punjab. The sample of 200 students of 10+1 class was selected from government sec schools located in the located in rural and urban areas of district. Tool for collecting the data included Bell Adjustment Inventory (1962) for School Students and Home Environment Inventory (HEI) by Mishra (1989). The data were analysed using descriptive and inferential statistics. The findings of the study revealed that many home environment dimensions (Control, Protectiveness, Conformity, Social isolation, Reward, Deprivation of privilege and Permissiveness) were significantly correlated with various adjustments (Home, Health, Social and Emotional) of secondary school students.

Hypothesis

1. It is hypothesized that there might be no significant difference in the four areas of adjustment faced between Physical Education Male and Female students.
2. It is hypothesized that there might be no significant relationship in four adjustment variables i.e. home, health, social and emotional adjustment face by the Physical Education Male and Female students.

METHODOLOGY

Selection of subject(participant/samples):

The subject of this study was chosen from the student population of Manipur. They were all adolescent students studying at Manipur University (M.U.), Dhanamanjuri University (D.M. University) and National Sports University (N.S.U) in Manipur. The research Scholar had selected 51 male and 36 female Physical Education Master students from Dhanamanjuri University, Manipur University and National Sports University.

Selection of variables:

1. Bell's Adjustment Inventory, DR. R.K. Ojha(2005)

The inventory consists of 140 items. It measures adjustment on the lines of Bell's Adjustment Inventory in the areas of:

- (i) home

- (ii) health
- (iii) social
- (iv) emotional

Sample size:

The subject of the study had selected 87 Post Graduate students of Manipur i.e. 51 male and 36 female Physical Education Master students from Dhanamanjuri University, Manipur University and National Sports University.

Selection of questionnaire:

This study is aimed at finding out the problems of adjustment faced by the students of Manipur.

The selected questionnaire is:

1. Bell's Adjustment Inventory (BAI-o), Dr. R.K. Ojha, Dt.13.5.05, ISBN: 978-93-89489-58-3, National Psychological Corporation, Agra

Test Administration:

The primary method of data collection was adopted in the study. Each subject was contacted and a questionnaire booklet containing all the areas used in this study was given and requested to answer the question in the booklet according to the instructions furnished at the beginning of the questionnaire. The students were assured of the confidentiality of their responses and encouraged to express their ideas and opinions freely and frankly. Precautions were also taken to obtain good results. On average, it took 30 minutes for the respondents to fill in the questionnaire that was collected by the investigator personally. The responses were scored according to the method, of the respective scales and the results were tabulated for further analysis.

Statistical procedure:

To determine problems of adjustment in the different areas of physical education male and female students and to find out the mean and standard deviation by using descriptive statistics. To see the relationship between the four areas of adjustment variables i.e. home, health, social and emotional faced by Physical Education male and female students the researcher was employed correlation coefficient and to find out the significant difference between Physical Education male and female students in four different areas of adjustment the statistical technique T-test was employed at 0.05 of significance level.

Analysis of date: For the purpose of the data selected descriptive statistics like mean, median, mode, standard deviation, minimum and maximum and range were used. **Bell's Adjustment Inventory** is totally negative inventory. When an individual answers in 'Yes', it indicates his difficulties. If he answers in 'No', it indicates that the individual has no such difficulties. His answer is neither affirmative nor negative towards difficulties. Therefore, only 'Yes' responses are scored to measure adjustment difficulty.

The adjustment level score for both Male and female physical education Post graduate student of Manipur will be interpreted by using The Bell's Adjustment Inventory for Post-Graduate students for four Areas of the Inventory norms below table no. 1,

Table no. 1

General norms of Adjustment for Post Graduate Students

INTERPRETATION	RANGE OF SCORES			
	Home	Health	Social	Emotional
Excellent	4 & below	1	6 & below	2
Good	5-7	2-3	7-9	2-3
Average	8-14	4-10	10-16	4-12
Unsatisfactory	15-17	11-13	17-19	13-16
Very Unsatisfactory	18 & above	14 & above	20 & above	17 & above

Further for comparison of Adjustment level between Male and female Post graduated Physical Education students in four different areas of adjustment the statistical technique T-test was employed at 0.05 of significance level.

Finding:

Table no. 2
Home adjustment among the male and female post graduated Physical education students

PG Physical Education Students	N	Mean	Median	Mode	Minimum	Maximum	Range	SD
Male	51	12.98	13	18	4	24	20	4.89
Female	36	13.722	12	20	0	23	23	5.81

Table no. 2. Reveals that 51 male physical education PG students participated in the study with mean Home adjustment of 12.98 ± 4.89 and 36 female physical education PG students who were participates of this study with mean Home adjustment of 13.722 ± 5.81 . As we see General norms of Adjustment for Post Graduate Students both the male and female home adjustment level is in average in same.

Table no. 3
Comparison of Home adjustment between the male and female post graduated Physical education students

	Male home adjustment Score	Female home adjustment Score
Mean	12.98039216	13.72222222
Variance	23.89960784	33.80634921
Observations	51	36
df	67	
t Stat	-0.625247101	
P(T<=t) one-tail	0.266966377	
t Critical one-tail	1.667916115	
P(T<=t) two-tail	0.533932754	
t Critical two-tail	1.996008331	

Table no. 3 revealed the p value 0.533932754 is greater than 0.05. So, we accepted the null hypothesis that there is no difference of home adjustment between the male and female post graduated physical education students.

Table no. 4
Health adjustment among the male and female post graduated Physical education students

PG Physical Education Students	N	Mean	Median	Mode	Minimum	Maximum	Range	SD
Male	51	9.98039216	9	6	0	27	27	5.24781934
Female	36	9.5	11	4	0	21	21	5.56776436

Table no. 4. Reveals that 51 male physical education PG students participated in the study with mean Health adjustment of $9.98039216 (10) \pm 5.24781934$ and 36 female physical education PG students who were participates of this study with mean Health adjustment of 9.5 ± 5.56776436 . As we see General norms of Adjustment for Post Graduate Students both the male health adjustment and female health adjustment level is in average in same.

Table no. 5
Comparison of Health adjustment between the male and female post graduated Physical education students

	<i>MALE HEALTH SCORE</i>	<i>FEMALE HEALTH SCORE</i>
Mean	9.980392157	9.5
Variance	27.53960784	31
Observations	51	36
df	73	
t Stat	0.405845572	
P(T<=t) one-tail	0.343021612	
t Critical one-tail	1.665996224	
P(T<=t) two-tail	0.686043224	
t Critical two-tail	1.992997097	

Table no. 5 revealed the p value 0.686043224 is greater than 0.05. So, we accepted the null hypothesis that there is no difference of health adjustment between the male and female post graduated physical education students.

Table no. 6
Social adjustment among the male and female post graduated Physical education students

PG Physical Education Students	N	Mean	Median	Mode	Minimum	Maximum	Range	SD
Male	51	18.2352941	19	21	7	29	22	4.78994044
Female	36	18.5	19	20	0	35	35	7.18927773

Table no. 6. Reveals that 51 male physical education PG students participated in the study with mean Social adjustment of $18.2352941 \pm 4.78994044$ and 36 female physical education PG students who were participates of this study with mean Health adjustment of 18.5 ± 7.18927773 . As we see General norms of Adjustment for Post Graduate Students both the male and female Social adjustment level is in Unsatisfactory in same.

Table no. 7
Comparison of Social adjustment between the male and female post graduated Physical education students

	<i>Male social score</i>	<i>Female social score</i>
Mean	18.23529412	18.5
Variance	22.94352941	51.68571429
Observations	51	36
df	56	
t Stat	-0.19277036	
P(T<=t) one-tail	0.423918116	
t Critical one-tail	1.672522304	
P(T<=t) two-tail	0.847836233	
t Critical two-tail	2.003240704	

Table no. 7 revealed the p value 0.847836233 is greater than 0.05. So, we accepted the null hypothesis that there

is no difference of Social adjustment between the male and female post graduated physical education students but both social adjustment levels is unsatisfactory.

Table no. 8
Emotional adjustment among the male and female post graduated Physical education students

PG Physical Education Students	N	Mean	Median	Mode	Minimum	Maximum	Range	SD
Male	51	13.7058824	15	11	0	28	28	6.43519733
Female	36	16.0555556	14	24	0	31	31	8.8960487

Table no. 8. Reveals that 51 male physical education PG students participated in the study with mean Emotional adjustment of $13.7058824 \pm 6.43519733$ and 36 female physical education PG students who were participates of this study with mean Health adjustment of 16.0555556 ± 8.8960487 . As we see General norms of Adjustment for Post Graduate Students both the male and female Emotional adjustment level is in Unsatisfactory in same.

Table no. 9
Comparison of Emotional adjustment between the male and female post graduated Physical education students

	<i>EMOTIONAL SCORE</i>	<i>EMOTIONAL SCORE</i>
Mean	13.70588235	16.05555556
Variance	41.41176471	79.13968254
Observations	51	36
df	60	
t Stat	-1.354257156	
P(T<=t) one-tail	0.09036644	
t Critical one-tail	1.670648865	
P(T<=t) two-tail	0.18073288	
t Critical two-tail	2.000297804	

Table no. 9 revealed that the p value 0.18073288 is greater than 0.05. So, we accepted the null hypothesis that there is no difference of Emotional adjustment between the male and female post graduated physical education students but both Emotional adjustment levels is unsatisfactory.

Discussion of findings: Using The Bell's Adjustment Inventory for Post-Graduate students the adjustment level score for both Male and female physical education Post graduate student of Manipur were interpreted for four Areas Home, health, social and Emotional both the male and female.

The mean score of Home adjustment of male and female are 12.98 ± 4.89 and 13.722 ± 5.81 respective. Both have the average level categories class of home adjustment as we see General norms of Adjustment and there is no significant difference found as the p value 0.533932754 is greater than 0.05. So, we accepted the null hypothesis that there is no difference of home adjustment between the male and female post graduated physical education students.

Similarly, for health adjustment male and female mean Health adjustment score is $9.98039216 \pm 5.24781934$ and 9.5 ± 5.56776436 respectively. Both the male health adjustment and female health adjustment level is in average in same. The p value 0.686043224 is greater than 0.05. So, we accepted the null hypothesis that there is no difference of health adjustment between the male and female post graduated physical education students.

For Social adjustment male and female mean score is $18.2352941 \pm 4.78994044$ and 18.5 ± 7.18927773 . Unsatisfactory level of categories for both male and female on social adjustment has seen on this study. The p

value 0.847836233 is greater than 0.05. So, there is no significant difference on Social adjustment between the male and female post graduated physical education students.

Similarly, male and female Emotional adjustment means score is $13.7058824 \pm 6.43519733$ and 16.0555556 ± 8.8960487 respectively. Emotional adjustment level is in Unsatisfactory in same. The p value 0.18073288 is greater than 0.05. So, we accepted the null hypothesis that there is no difference of Emotional adjustment between the male and female post graduated physical education students.

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