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Comparison of Social adjustment, Self Concept and Stress Level among Sports Person and Non Sports Person

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ABSTRACT: Aim of present study was to find out and compare social adjustment, self-concept and stress level among sports person and non-sports person. A sample of 60 male subjects was selected from colleges and universities of Hisar on purposive selections basis consisting 30 sports person and 30 non-sports person. Standard questionnaire were applied for collection of data and scoring was recorded calculated as per their manuals. To find out differences among both the groups t-test was applied between the mean of variable and further the level of significance was set at 0.5 level of confidence. On basis of results discussion of study it is safely concluded that there is significant difference on social adjustment and insignificant difference on self-concept and stress level among sports person and non-sports persons.

KEYWORDS: Social Adjustment, Social Concept, Stress.

I. INTRODUCTION

The aim of the modern sports competition is to defeat and diagnose the human ability at an early stage of life and canalize it in the right direction to realize achievements aimed at a particular game. The question arise why two runner with identical physical capabilities (i.e. % of fast and slow muscle reaction time, lime size, aerobic capacity etc.) one become world champion while other a mediocre runner, How and why it happen? The answer lies in using one full capacity. The greatest barriers we comfort in our pursuit of excellence are Psychological barriers which we impose yourself knowingly or unknowingly. It consisted psychological make up with physiological and systematic training SOCIO-PSYCHOLOGICAL aspects phenomena's and physical fitness training with modern techniques and techniques fitness is an primary need of the day for performance in sports at higher level.(GILL,2000)

The involvement of these areas in sports has largely arisen from interest such as self concept, stress and social adjustment which may differ from person to person and sports to spots. Positive changes in these areas can enhancement the required achievement in sports. Keeping these facts at the back ground the investigators have tried to find out self concept, stress-out and social adjustment of sports person students and non sports person students, because of to knowlevel of difference. The investigators are exerts of physical education, sociology and psychology in GOVERNMENT COLLEGE, Hisar.

II. METHOD AND PROCEDURE

Method and procedure of the study was designed as per requirement of the study. The present investigation was a wastmulti disciplinary investigation for comparison of said variables among sports persons and non sportsperson. Sixty male students from colleges and universities of Hisar were selected on purposive selection basis, viz 30 sports person and 30 non sports person for the subject of present study. Social adjustment assed by applying questionnaire of assistant index of cowbells: Self concept by Dr.Raj Kumar Sarawaswat questionnaire and stress was found out by applying Allen questionnaire. Administration and scoring was done as per instructions in the manuals of applied tests. Environmental factors and place of administering the test can affect the result of present investigation; investigation was completed in a very short of time. Comparison of difference among both the groups of investigation subjects was asked by applying t-test between the means and further the level of significance was set at 0.05 level of confidence.

III. OBJECTIVE OF THE STUDY

The objective of study were to determine the social adjustment, Self concept and Stress level among Sports persons and non Sports persons Students of Hisar. **ANALYSIS OF DATA AND RESULT OF STUUDY**

Results pertaining to the Social Adjustment of subjects have been presented in Table No.1.

Table No.1.					
Group	Mean	DM	6DM	t-ratio	
Sports Persons	9.06	4.36	0.60	7.27	
Non sports persons	4.70				
Significant to, $\alpha = 0.05$ (58)=2-00.					

Table no.1. shows significant difference among both the groups on social adjustment was 7.27 which is higher than the required value of significance ($\alpha = 0.05$) Perhaps it may be due to the involvement of sports persons in team work, group work and spirit of belongingness, virtually which helps improved social adjustment.

Results of significant difference on Self concept presented in table no.2.

Table No.2.					
Group	Mean	DM	6DM	t-ratio	
Sports Persons	2.80	1.37	0.73	1.88	
Non sports persons	1.43				
Significant to, $\alpha = 0.05$ (58)=2-00.					

Table no.2. Shows no significant difference among self concept of sports person, non sports students person the required value of significance at 0.05 level. The self concept level of sports persons and non sports persons was found at the same level.

Significant difference of Stress level among both the groups of student's presented in table No.3.

Table.3.					
Group	Mean	DM	6DM	t-ratio	
Sports Persons	2.80	1.37	0.73	1.88	
Non sports persons	1.43				
Significant to, $\alpha = 0.05$ (58)=2-00.					
Sports Person					

Table no.3. Revels that mean of difference among both the groups was 1.88 which is less than significant value of ($\alpha = 0.05$). Thus it can be said that investigation found no difference in stress level among sports person and non sports person.

IV. DISCUSSION ON FINDINGS

Comparative analysis of results findings show that there is significant difference on social adjustment level of sports person and non sports persons students, where as no significant difference was found among self concept and stress level of the both groups. It may be due to sports persons programmers involve team work, group effort etc, therefore significant difference is found, while sports persons program me has nothing to influence on self concept and stress. Therefore it shows insignificant difference on self concept and stress level. The results of study are supported by Nirmaljit(1992), Gill(1990), on social adjustment Czemiakowski(1996), Cumming E.A.(1995) Margot A.V.(1994) Smelter L.R. (1987) on stress level and Jacks Hanna (1982) Yong Mary (1981) and Mason W.I.(1979) ON Self Concept level.

V. CONCLUSION

Results of study confirmed significant difference in Social Adjustment where as non significant difference in self concept and stress level among sports person and sports person of Hissar.



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