STUDY OF SOCIAL ADJUSTMENT BETWEEN ATHLETES AND NON ATHLETES OF ANANTNAG DISTRICT OF JAMMU & KASHMIR

Mr. Tariq Ahmad Wani
Department of Youth Services & Sports,
Jammu & Kashmir
Email: wanitariq609@gmail.com

Dr. Abid Bashir Rather
Department of Youth Services & Sports,
Jammu & Kashmir
Email : ratherabi@gmail.com

Abstract : The motivation behind this investigation was to think about Athletes and Non Athletes on their degrees of social change. Absolute quantities of 48 understudies were chosen as the examples for the examination from the 6 optional schools of Anantnag District of Jammu and Kashmir. In which 24 were Athletes and rest 24 were Non Athletes. The information assortment apparatus utilized in the investigation was the Dr. Mahdi Abdul Kahlq social Adjustment Questionnaire created in 2006 for the examination in University of Kurdistan Iraq. Results shows, that the mean and standard deviation scores of Athletes and Non Athletes on friendly change is 14.99 (+1.893) and 14.19 (2.727+) separately. The determined 't' of social change of Athletes and Non Athletes is 2.155 which is huge at 0.05 degree of importance. The outcome shows that there is huge contrast between the social change of Athletes and Non Athletes, in this way the examination theory was acknowledged. In the social change, we see that Athletes got great outcomes when contrasted with Non Athletes. Specialist saw that the methods scores of social change showed that Athletes have minimal significant degree of social change as contrast with Non Athletes. In the current examination we found that there is huge contrast in the social change of Athletes and Non Athletes, so we can presume that their social change isn't comparative.

Key words: Social Adjustment, Athletes and Non Athletes.

Introduction :

Social change is the interaction whereby a life form, organ, or individual substance goes into a relationship of amicability or harmony with its current circumstance and the state of having accomplished such a relationship. The absolute opposite maladjustment indicates the shortfall of such a cycle and/or the powerlessness to achieve such a condition (Gould and handle, 1964, P.4). Sperling (2000) and Signorella (2003) discovered contrasts in change among competitors and non-competitors. Sperling discovered competitors to be more outgoing and ascendant. Signorella found that distinctions in measure of athletic investment were decently identified with scores on the Cow ell Social Adjustment Index (2000). Whenever fulfilled oppositely, hypochondriac or delinquent conduct might be the outcome. Studies uncover that socially composed people will in general be more effective in sports, actual wellness, and actual instruction exercises than are people who are less balanced socially. Based on this, the current scientist needs to quantify the social change levels among

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Athletes and Non Athletes of Anantnag District of Jammu and Kashmir. Consequently the reason for the current investigation was to think about the Social change among Athletes and Non Athletes of Anantnag District of Jammu and Kashmir.

Materials and Methods :

For the current investigation Descriptive strategy was utilized. All out quantities of 48 understudies were chosen as the examples for the investigation from the 6 auxiliary schools of Anantnag District of Jammu and Kashmir. In which 24 were Athletes and rest 24 were Non Athletes. The information assortment device utilized in the examination was the Dr. Mahdi Abdul Kahlq social Adjustment Questionnaire created in 2006 for the examination in University of Kurdistan Iraq. There were a complete 30 inquiries in the Social change scale. For each question there was Yes and No reaction. After information assortment, information of social change of Athletes and Non Athletes was thought about by utilizing t-test and the outcomes were examined and understandings were drawn. The degree of importance was kept at 0.05 to test the speculation.

Results :

Table No.1

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 1, the mean of 24 Athletes was 14.99 with a standard deviation of 1.893 and a standard mistake of mean of 0.212. Also, the mean of 24 Non-Athletes was 14.19 with a standard deviation of 2.727 and a standard blunder of mean of 0.305 individually. (In the table N implies number of subjects).

Table No. 2

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 table, no 4.2, the mean distinction among Athletes and Non Athletes was 0.800 in the social change. This yielding when tried by the Independent example 't's test, determined 'to

esteem was 2.145 which was huge at 0.05 (p=0.05) level of importance for 46 level of opportunity. In this manner the exploration speculation, there is a critical contrast in friendly change among Athletes and Non Athletes is acknowledged.

Discussion of findings :

The scientist broke down the gathered information according to the goals set for the exploration study. Subsequent to carrying out the fitting factual devices to investigate the information, it was shown that there is importance contrast between the Athletes and Non Athletes in friendly change. Thus the examination theory is acknowledged. This finding is upheld by Sperling and Signorella (2003) discovered contrasts in change among competitors and non-competitors. Sperling (2011) discovered competitors to be more outgoing and ascendant. Studies uncover that socially balanced people will in general be more effective in sports, actual wellness, and actual schooling exercises than are people who are less composed socially.

In the current examination we tracked down that the mean scores of social change shows that Athletes have serious level of social change than Non Athletes. The Results showed that Athletes were all the more socially changed as contrast with Non Athletes.

Conclusion :

It was seen from the finding that there were huge contrasts among Athletes and Non Athletes in friendly change. Based on the outcome got in this examination the agent closes the scores of social change of Athletes showed that they were all the more socially changed as contrast with and Non Athletes.

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