

Evaluation and Comparison of Individual and Group Sports in the Social Adjustment of Students

Seyed Hossein Mousavi (M. Sc)

Department Of Physical Education, Zanjan Branch,
Islamic Azad University, Zanjan, Iran

Abstract

Due to the role of sports in youth social adjustment and social skills in their interpersonal relationships and social skills associated with academic achievement and their role in reducing mental and psychological problems ,we conducted this study to examine the role of physical activity in different sport fields. In order to compare the social skills of male students participating in the team and individual sports in Islamic Azad University of Zanjan, we chose 30 randomly as the sample size. In order to gather information, two questionnaires-i-e-demographic questionnaire and social skills questionnaire (social adjustment section) Albert J. Petitpas F (2004) with a reliability of 0.90 were used. For data analysis, descriptive statistics and T-test were used. Results showed significant differences between team and individual sports athletes with the soccer ranking higher than the rest of the field. Gymnastics athletes would have better social adjustment than the rest of athletes and the rowing athletes had less social adjustment, but this difference was not statistically significant and the results showed no significant relationship between age and marital status with the Social Adjustment. The results of this study confirm a considerable effect of team sports on levels of social adjustment compared with individual sports.

Key words: group fields, fields a team, social adjustment, social skills

Introduction

Socialization is a process of mutual communication between the individual and society. Social skills, communication with other people and social adjustment are important topics in the contemporary sociology. On the other hand ,social adjustment is skills enable a typical person to interact effectively and avoid undesirable responses and represents behavioral health of individuals in the community. These skills are rooted in social and cultural contexts and include behaviors such as tendency toward new optimistic relationships, being proactive in communication, supporting others and asking for others assistance. Consequently, implications and consequences of having inadequate social skills lead to a lack of behavioral health and social adjustment in people.

Zhang (2005) defines social adjustment as understanding others. Stansbury etal. (2004) define social adjustment as influencing others without harming others. This definition includes the expression of joy, the gratitude of others or other behaviors that are essential to strengthen interpersonal relationships. Given the fundamental role of social adjustment in interpersonal

relationships and their special acquired features ,on one hand, and their association with emotional and mental development ,on the other hand; its role in reducing learning opportunities is fully felt.

Social functions and strengthening social relations is by-product of physical exercise influencing the whole structure of society and social relations between groups and individuals and if not placed in proper context, its harmful consequences will result in weak consistency of the social and community relations and will cause chaos in society.

Schludermann research results (2001) Iwata (2000) showed that exercise increased social adjustment among youth and the role of team sports, especially, is to create better communication between people than individual sports.

Hence, the purpose of the present study is the evaluation and comparison of individual and group sports in the social adjustment of students

Research Methodology

The study was of ex-post facto type. Statistical population were the male athletes in the field of physical education in the academic year 2010-2011. 30 students were selected randomly as the sample size.

.We administered social skills questionnaire encompassing 40 items as follows:

1. Demography (9 questions).
2. Respect for others (6 questions)
3. Sense of duty (4 questions)
4. Observing regulations (4 questions)
5. Group activities (5 questions)
6. Compatibility (10 questions)
7. Making friends (5 questions)
8. Sense of Responsibility (6 questions)

eW applied descriptive(mean & S.D) and inferential statistics (correlation & T-test) using SPSS 18 software.

Results and findings

Table 1, Comparison of Social adjustment in athletes on the basis of the team and Individual sporting fields

Type of sport	Total	Mean	Standard deviation	The t	Degrees of freedom	Sig.
Single	15	7.7	1.57	16%	213	0.046
Team	15	8.69	1.29			

According to Table 1, there is a significant difference between team and individual sports and social adjustment,.

Table 2, Correlation Between Social adjustment , Marital Status And age of students

Variable	N	Correlation coefficient	Sig.
Marital Status	30	0.034	p =0.64
Age	30	0.033	p = 0.61

Results showed that gymnastics athletes were better in terms of social adjustment skills than athletes in track and field, taekwondo, karate and body building , but this difference is not statistically significant.

Discussion and conclusions

The results of this study showed a significant relationship between type of sport and social adjustment of students .Also, the role of team sports such as soccer is more conspicuous than any other group such as volleyball, basketball and handball. The Study results are consistent with results of Schludermann (2001) and Albert (2004) . Albert et al. (2004) considered the effect of individual and team sports on the ethical and social implications in high school students in third and first grades. The results indicated that collective desire to establish cooperation and social progress in the team sports pertained to the development of moral and social adjustment of students.

Stansbury (2004) states that student-athlete communication and decision making skills enhance their participation in sports. Summerfeldt (2006) noted that most believe that some of the social adjustment factors such as courage, self-sacrifice, discipline and perseverance are features available in the sport.

Also, due to an almost homogeneous population in terms of marital status and age of the sample , the relationship between two variables wasn't significant. According to the results and the positive effects of exercise on the social adjustment and learning behavioral skills, it is recommended to exercise at a young age, particularly in sports games in the group. Hence, Filling students free time appropriately and encouraging them to participate in sports competitions can be used as one of the ways to boost their social adjustment.

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