INTRODUCTION:

Psychology and Sports Psychology: The word psychology refers to the study of human behaviour, and sports psychology denotes a sub category of psychology that deals with the behaviour of athletes and teams engaged in competitive sports. Sports psychology is that branch of psychology that is intimately connected with human behaviour on the play field, both under practice and competitive situations, with a view to bring about qualitative improvement in performance and maintain the same even during the stresses of competition. It is the study of human behaviour in sports settings with an emphasis on the mental aspect of behaviour. According to Browne and Mahoney, “sports psychologist the application of psychological principles to sports and physical activity at all levels of skill improvement”.

Adjustment: Adjustment can be defined as a process of making suitable responses to inner and outer stimuli. It is the relationship between an individual’s needs and his environment. Adjustment is the process by which the individual attempts to maintain a level of psychological and physiological equilibrium or more simply, adjustment refers to behaviour directed toward tension reduction. It is also true that the personality of a individual consists of his persistent tenderness to make certain kind of adjustment between his needs and situation. A balanced personality is the result of proper adjustment of an individual to his environment.

Criteria for good adjustment: four criteria have been suggested by psychologists to judge the adequacy of adjustment. They are (1) Physical Health (2) Psychological Comfort (3) Work Efficiency and (4) Social Acceptance.

(1) Physical Health: the individual should be free from physical ailments like headache, indigestion, ulcers etc. These physical symptoms in individual have sometimes psychological origin and may impair his physical efficiency.

(2) Psychological Comfort: one of the most important facts of adjustments is that individual have no psychological diseases as anxiety, depression, phobia etc.

(3) Work Efficiency: the person who makes full use of his occupational or social capacities may be termed as well-adjusted in his social setup.

(4) Social Acceptance: Every person wants to be socially accepted by other persons. If a person obeys social norms, beliefs and set of values, we may call him well-adjusted, but if he satisfies his needs by antisocial means, then he is called maladjusted. However societies differ in deciding the universally accepted criteria of good behaviour.

Adjusting and Mal-adjusting Behaviour: In the case of adjusting behaviour the needs of the individual are satisfied and the environmental demands are also met in a constructive manner. This enables the person to meet future problems more constructively. The adaptation is successful and contributes to the further growth and development of the person. In mal-adjusting reactions, the individual tries to escape or deny the problem and as a result, he is in a state of anxiety and tension. Mal-adjusting behaviour is unrealistic and the problem continues instead of getting solved. In extreme form of mal-adjusting, the person becomes mentally ill.
**Aggression:** Aggression is usually defined as behaviour intended to injure another person (either physically or verbally) or to destroy property, the key work is intent. Any specific act can satisfy a wide range of possible motives. Power, wealth, and status are only few of the ends that can attain by aggressive means. Some psychologists distinguished between (i) hostile aggression, the sole aim of which is to inflict injury and (ii) instrumental aggression, which is aimed at obtaining rewards other than the victim suffering. Instrumental aggression would include such behaviour as assault during a robbery, battling to defend the rights of an underdog or fighting to prove one’s strength and power. But the distinction is not clear cut. What looks like a case of hostile aggression may serve other end.

Aggression as a drive- Freud viewed aggression as one of two basic instincts. The energy of the death instinct builds up within the organism until, it must be discharged, either outwardly through overt aggression or inwardly in the form of self destructive acts.

Aggression as a Learned Response- Social learning theory rejects the notion of aggression as an instinct or frustration, produced drive and proposes that aggression is no different from any other learned response.

**Volleyball:** Is an Olympic team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. The complete rules are extensive. But simply, play proceeds as follows: A player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. They may touch the ball as many as three times. Typically, the first two touches are to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court. The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body. A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, and specialized player positions and offensive and defensive structures.

**Basketball:** Is a team sport in which two teams of five active players each try to score points against one another by propelling a ball through a 10 feet (3 m) high hoop (the goal) under organized rules. Basketball is one of the most popular and widely viewed sports in the world. Points are scored by shooting the ball through the basket above; the team with more points at the end of the game wins. The ball can be advanced on the court by bouncing it (dribbling) or passing it between teammates. Disruptive physical contact (foul) is not permitted and there are restrictions on how the ball can be handled (violations). Through time, basketball has developed to involve common techniques of shooting, passing and dribbling, as well as players' positions, and offensive and defensive structures. Typically, the tallest members of a team will play center or one of two forward positions, while shorter players or those who possess the best ball handling skills and speed, play the guard positions. While competitive basketball is carefully regulated, numerous variations of basketball have developed for casual play. In some countries, basketball is also a popular spectator sport. While competitive basketball is primarily an indoor
sport, played on a basketball court, less regulated variations have become exceedingly popular as an outdoor sport among both inner city and rural groups.

**Nasik District:** Nasik District is located between 18.33 degree and 20.53 degree North latitude and between 73.16 degree and 75.16 degree East Longitude at Northwest part of the Maharashtra state, at 565 meters above mean sea level. The District has great mythological background. Lord Rama lived in Panchvati during his vanvas. Agastī Rushi also stayed in Nashik for Tapasya. The Godavari river originates from Trimbakeshwar in Nashik. One of the 12 Jyotirlingas also at Trimbakeshwar. Nashik has to its credit many well known and towering personalities like Veer Sawarkar, Anant Kanhere, Rev. Tilak, Dadasaheb Potnis, Babubhai Rathī, V.V. Shirwadkar and Vasant Kanetkar just name few. Nashik is also known as Mini Maharashtra, because the climate and soil conditions of Surgana, Peth, Igatpuri resembles with Konkan, Niphad, Sinnar, Dindori, Baglan blocks are like Western Maharashtra and yeola, Nandgaon & Chandwad blocks are like Vidarbha Region. Nashik, Malegaon, Manmad, Igatpuri are some of the big cities situated in the Nashik District. Recently two talukas are created in the District making the total talukas to 15. Out of 15 blocks in the District, as many as 8 blocks viz Surgana, Peth, Igatpuri, Kalwan, Baglan, Dindori, Trimbakeshwar & Nashik are tribal blocks. The district also identified as tribal by the State Government. Many important rivers of Maharashtra originate in the district. Godavari which is popularly known as Ganga of South India originates at holy place Trimbakeshwar. Another major river is Girna. Other rivers are Darna,Mosam, Aram, Vaitarna, Manyad and Kadwa.

The performance factor is the core of competitive sports. Various qualities are evaluated before undergoing selections to competitive sports in which physical, mental, social, etc. plays a major role. Various physical abilities inherent and can be nurtured after training are considered, but at times the deciding factor of medal is his mental setup. The sound mind and balanced psychological qualities emphasizes on adjustment and aggression in team sports. Hence a study of comparison between different sports is the need of time and so the statement of problem is A Comparative Study of Selected Psychological Variable among the Volleyball and Basketball Players is considered.