WORK PLAN AND METHODOLOGY:

Sample: The samples of this study will be selected from Nashik District those who have represented in the recognized official competition at district, state or All India in Volleyball and Basketball from 2006-2007 till 2010-2011. The selected subjects will then be provided with the adjustment and aggression questionnaire for administration and they will be instructed for the faithful response towards the questionnaire for appropriate interpretation and judgment. Total 300 subjects will be assessed for their adjustment qualities and aggression among the 150 Volleyball players and 150 Basketball players of Nashik District. The selected subjects will be only boys’ teams.

Variables: Independent Variables:
1. Bell’s Adjustment Inventor;
2. The Aggression Questionnaire (AQ), Authors: Arnold H. Buss and W. L. Warren

Interweaving Variables:
1. Age: 19 to 25 years.
2. Sex: Boys

Dependent Variables:
1. Performance of the Volleyball players due to their adjustment qualities
2. Performance of the Volleyball players due to their aggression
3. Performance of the Basketball players due to their adjustment qualities
4. Performance of the Basketball players due to their aggression

Tools and Means: There is lot of psychological qualities which are responsible for the sports performance. Few qualities play a vital role to be stable and act maturely in the competition to keep up the motives clear. The few of them as the research scholar selected is the adjustment quality and the aggression, which are major contributors of the sports performance. The following are the few tests which are selected to observe the psychological qualities prerequisites for the optimum performance and achievement.

Personal data bank: It will be used to collect the information of an individual. Personal data bank will consist of the following aspect: Full name, name and address of the college, date of birth and age, training age.

Adjustment Inventory: This inventory has been devised by Bell. This inventory is self administering. It has no fix time limit it may take out thirty minutes to answer.

Aggression Questionnaire: This test is constructed and standardized by Buss, A. H., & Warren, W. L. (2000). The test consists of 34 questions, this highly reliable and valid tool, used for measuring aggression and its complex form.

All these questionnaires and tests are standardized and may be utilized on the selected samples from various colleges but are part and parcel of the Volleyball and Basketball teams of Nashik District. These tests are useful for determining the specified qualities of adjustment and aggression.

Procedure: The subjects will be selected from different colleges representing the Volleyball and Basketball boys’ teams of Nashik District. In all two testes will be selected for evaluating
the adjustment qualities and aggression of the subjects between 18 to 28 years. The subjects will be tested initially for their adjustment qualities and then for aggression. While organizing the tests the following things will be observed strictly for objectivity, reliability and validity of the findings:

1. The sequence of tests will not cultivate fatigue in the subjects.
2. The condition of the subject before undergoing / performing the test is normal and motivated.
3. Proper and comfortable kit while administering the test.
4. Sufficient time was allotted for instructions.
5. Instructions regarding the performance of the specific tests are passed before the test.

In each group 150 subjects will be tested in 02 variables in adjustment qualities and aggression, 2 hours will be allotted in a day for two tests on a team.

Collection of Data: The subjects will be selected from different colleges those who have been selected for different official recognized competitions to represent Nashik District. The boys selected will be between the age group of 18 to 28 years approximately. The subjects will be tested in adjustment quality questionnaire and aggression questionnaire. Much of the samples will be collected from the regions of Nashik District. The scores will then be entered individually in the forms provided accordingly. For identification of variables different codes will be used.

Statistical Methods: To analyze the collected data the scores will be arranged according to the sequential order so as to find out the statistical values. The percentage will be computed for this non-parametric data for comparing, analyzing and interpretation of values and basing on which the findings will be discussed.