One of the most beautiful, valuable and immeasurable things that God has created on earth is human life. Hence as we are part of that amazing creation, it is the responsibility of the humans to protect and maintain human life in order to achieve higher goals and objectives, to live a happy and meaningful life. This can be made possible by paying attention towards wellness that includes health and fitness. For the purpose scientists, researches and health experts have devoted their precious time to the field of health and fitness. In the modern society, life has become so complex due to various reasons. The modern way of life has lowered people's biological fitness levels. They lead sedentary life, as machines have made their life easy and comfortable. Without adequate physical exertion man has become a storehouse of unreleased tensions. Modern man in the electronic and computer age tends to become self-satisfied and forget the need of physical training, for his survival. The modern man due to his luxurious, easy and comfortable life has become an easy prey to various fatal diseases.

Many people think that physical activity and physical fitness is the same thing and often uses the terms physical activity and physical fitness interchangeably, assuming that they are directly related. Physical activity and physical fitness are related but are actually two very different concepts. Physical activity is a behaviour (something that you do) while physical fitness is a biological or physical trait or characteristic (something that you have). The concept of fitness has a long and involved history. The word fitness suggests ability of a human being to work and play with maximum degree of physical efficiency and be prepared to meet unforeseen dangers or destruction. Physical fitness is the
capacity to prolong hard work and recover to same state of health in short duration of time. This is the result of degree of strength, speed, endurance, agility, and flexibility one possesses. Physical fitness depends on several factors such as heredity, environment, hygienic living, nutrition and body manners of an individual. The state of being fit or in condition is primary concern to any nation or people. Physical fitness as a term refers to the total dynamic physiological state of the individual, ranging on a continuum from optimal human performance to serve debilitations and death. There are a number of fitness components that need to be developed. These are agility, flexibility, muscular endurance, cardiovascular & respiratory endurance, strength, power, speed and the correct maintenance of body weight. It is possible for an athlete to have a great deal of one component and very little of another. Also, when considering a wide range of sports, certain components assume a considerable importance e.g. the necessity for flexibility in gymnastics, the importance of strength in weight-lifting, most sports require contribution from a number of components of fitness is varying degree.

Physical fitness is the fundamental necessity for any sporting activity. Motor qualities such as speed, strength, endurance, and flexibility are essential for excellence in sports. Sports trainers and coaches emphasize on improving the physical fitness and motor qualities of the players, which is also known as conditioning. A good conditioning program is backbone of over-all training of a sportsperson. Physical fitness is categorized into general and specific fitness. General fitness refers to the motor qualities required in any sportsperson irrespective of the sports discipline, such as speed, strength, flexibility, endurance and co-ordination. Each and every sport demands certain motor qualities above the ordinary. Specific fitness is the intensified level of motor qualities achieved by the sportsperson that is required by the specific sport.

Physical fitness is a set of attributes that people have or achieve. Being physically fit has been defined as the ability to carry out daily tasks with vigor
Introduction

and alertness without any undue fatigue and with ample energy to enjoy leisure
time pursuits and to meet unforeseen emergencies. Although the definition may
be conceptually sound, things such as vigor, alertness, fatigue and enjoyment
are not easily measured. On the other hand a number of measurable
components do contribute to physical fitness. The most frequently cited
components fall into two groups: one related to health and the other related to
skill that pertain more to athletic ability. ‘Physical fitness or condition is sum
total of five motor abilities namely, Strength, Speed, Endurance and
Coordinative abilities. These five variables are measurable components of

Just as the amount of physical activity ranges from low to high, so does the
level of Physical fitness. These health-related components of physical fitness
are more important to public health than athletic ability. As discussed that
‘Physical activity’, ‘Exercise’, and ‘Physical fitness’ are terms that describe
different concepts. However, they are often confused with one another, and the
terms are sometimes used interchangeably. Physical activity is defined as any
bodily movement produced by skeletal muscles that result in energy
expenditure. Physical activity in daily life can be categorized into occupational,
sports, conditioning, household, or other activities. Exercise is a subset of
physical activity that is planned, structured, and repetitive and has an objective
to achieve improvement or maintenance of physical fitness. Physical fitness is a
set of attributes that are either health or skill-related. The degree to which
people have these attributes can be measured with specific tests. Caspersen, C.J
(1985),

Many factors that affect physical fitness include nutrition, migrations, place of
residence, socio economic status and life style. The socio economic and
cultural transformations have a great impact on the kinetics and dynamics of
biological development and health state of different communities. The motor
development of children and youth depend to a large degree on the processes of
growth and pubescence. It is assumed that differences in terms of the pace of development of the basic somatic parameters generate significant difference in the levels of development of motor skills, and the development of somatic traits take place in a specific order and is correlated with puberty. A number of studies show that the basic motor skills are developed in sequence as well. Most children reach optimal level of their skills at pubescence. Movement is executed by Physique only with proper coordination among different body systems. The term used to denote the efficiency level of physical movement is Physical Fitness, as the physical Fitness is the ability to perform muscular work in full enjoyment with minimum effort and having some extra energy reserved for emergency.

Physical fitness problems such as Obesity, Overweight, IHD (Ischemic Heart Diseases) have reached truly epidemic proportion. In the last few decades obesity rates have increased 60% among adults. Well known Personalized Fitness Specialists believe that everyone should work their muscles for a body-workout regularly for half an hour daily. They recommend following tips for starting an exercise program and making it part of the life:

1. Exercise is a form of wellness. it is preventive maintenance for ageing. The healthier we are as we age, the fewer problems we will have. Of course, exercise is also relaxing.

2. The time to begin the exercising is now. Wherever you are in your fitness regime now, whether you have a routine and need to improve it or have none at all, now is the time to start an exercise program!

3. You should always consult your doctor before beginning any exercise program, of course. As long as your doctor agrees, you are never too old to start an exercise routine.

4. Starting slowly and beginning a minimum exercise program for people of any age. That fitness program includes weight training and aerobic exercise.
5. Everyone should work their muscles with weights for a total body workout at least twice a week. This should be combined with 40 minutes of cardiovascular exercise at least four times per week.

6. Cardiovascular exercise should include five minutes each of warm up and cool down plus thirty minutes of exercise at your correct aerobic heart rate. Fitness problems such as Overweight, Obesity, IHS (Ischemic Heart Diseases) have reached truly epidemic proportions. In the last ten years, Obesity rates have increased alarmingly all over the world.

Health benefits of exercise are innumerable. Some of the benefits are:

- It maintains proper body weight.
- It builds and maintains healthy muscles, Bones and Joints.
- Exercises reduce high cholesterol level.
- Reduces and maintains Blood Pressure.
- Decreases chances of Heart attack.
- Less chances of developing Diabetes.
- Reduces the risk of breast Cancer and premature death.

Today, all the events of Athletics are competitive in nature; the performance of Sports persons/athletes in different events has taken a great leap over the last twenty years. Technology has enhanced the level of performance greatly through improved equipment and nutritional product. Back in the 1980’s it was good enough to be fitter than your opponent that would secure the victory. Today, everybody is as fit, and technically, tactically advanced as their opponents. The playing fields have been leveled once again. The performance of players is influenced by many factors such as level of physical fitness, physiological and psychological abilities, technique, tactics, physique, body size, body composition and application of bio-mechanical principles. The relationship of sports performance with the physical, psychological and physiological abilities has been the thrust area for researchers from decades. There have been thousands of attempts by the researchers to develop a
consistent physical and psychological and physiological profile of athletes, to be reliably used to differentiate athletes and to predict the sports performance. Scientists and physiologists have been of the view that body composition and physical components of an athlete have a lot to do with his performance. More than the technique and tactics of a player or a team physical and physiological characteristic helps him for better performance. Prediction in human performance and sports has long been a popular topic of debate. Early researcher operated on the theory that as there were tests for assessing the innate ability of intelligence in the cognitive domain, there must also be a way to measure innate motor ability in the psychomotor domain. These early researchers concentrated from the early 1920’s to the early 1940 on determining the physical components that are basic to and necessary for a successful human performance. The results of various research studies show that motor fitness components of athletes differ from game to game position to position, male to female athletes and they affect the sports performance. Optimum physical performance is a combination of all the components of motor fitness; depending on the specific demands of the sports or activities. Some components will require more attention than other, but each should be present as an integrated part of training programme. Physical and physiological characteristics of elite athletes are different among sports. In selection of athletes for a particular sport, the focus should be on those traits and abilities which have the most significant influence on sport performance, such as physiological and anthropometric characteristics.

**Body Composition**

The non-fat component of body composition is termed fat free mass (FFM) and exists primarily as the chief structural and functional component of the human body. The FFM compartment consists in proportions of water (72%), protein (21%) and bone minerals (7%). The fat compartment of the body is termed fat mass (FM) and will vary considerably between individuals in terms of absolute
amount. Fat mass consists of 20% water and 80% adipose tissue and can, in obese persons be the largest component of the body. When people gain or lose weight they will add or reduce the amount of fat mass and to a much lesser degree, fat-free mass. There is no ‘ideal body weight’, instead health professionals look at a range of healthy weight which reflects the lowest risk of ill health. Other factors such as age, smoking status, fitness and family history determines the overall health of an individual. Body mass index (BMI) is a simple ratio of weight-for height that is commonly used to classify overweight and obesity in adults. It is calculated as the weight in kilograms divided by the square of the height in metres (kg/m2). For example, if an adult who weighs 70kg and whose height is 1.75m, will have a BMI of 22.9 (normal weight for height) wt (kg) 70 Height (m2) 1.752 BMI is age-independent and the same for both sexes.

**Body Mass Index Is a Good Gauge of Body Fat**

Almost two centuries ago Adolphe Quetelet came up with an index to characterize man which is frequently used today to make predictions about health status. We show that this body mass index is directly related to the ratio between the physical quantities metabolic rate and heat loss. Body Mass Index (BMI), is another method of estimating a person's body fat percentage based upon simple weight and height measurements. While the BMI calculation is an indirect measurement, it has been found to be a fairly reliable indicator of body fat measures in most people.

**Ideal Body Weight and Body Fat Percent**

The ideal weight and fat-lean ratio varies considerably for men and women and by age, but the minimum percent of body fat considered safe for good health is 5 percent for males and 12% for females. The average adult body fat is closer to 15 to 18% for men and 22 to 25% for women. Athletes tend to be at low end of this scale due to their increased lean weight (muscle mass). While low levels of body fat seem to be related to improved performance, body composition
alone is not a great predictor of sports success. A linebacker needs to have enough body mass (lean and fat weight) to generate high forces and avoid injury. Body fat among elite athletes varies largely by sport. 

**Adjustment**

Sports performance is not merely confined to acquisition of certain skills and motor abilities rather it is widely believed that host of variables influence it. In today’s age of automation, advanced technology and high competition, man has great dreams of a luxurious living and enjoys at the thought of experiencing it. On the other hand man also suffers a great deal when his dreams do not materialize into materialistic goals. Some take their suffering in their stride, whereas there are many who cannot face situations as they are. It is a well accepted fact that every human being is an individual with his own unique characteristics and ways of responding and behaving. There are various ways of responding and behaving. It can be either positive or negative, can make one’s life a happy or a miserable, can make one a successful person or a failure. These facts are true of every individual in every sphere of life. Physical Education by its very nature is concerned with the whole child who grows continuously, but not in evenly measured steady manner, in the real sense physical education is a process through which favorable adaptations and learning-organic, neuromuscular, intellectual, social, cultural, emotional and aesthetic result from and proceeds through selected and fairly vigorous physical activities. Adjustment is a dynamic process, where a person develops a harmonious relationship between himself and environment. In other words adjustment leads to modification of one’s behaviour and attitude towards the changed environment. Adjustment is commonly defined in terms of freedom from tensions and adapting oneself to the needs of other individuals. Adjustment is a process by which living organism maintains a balance between its needs and circumstances that influence. Adjustment and success, particularly in team sports, go hand by hand. Social and emotional adjustments
are considered to be the constant sources of inspiration to a player to adjust him/herself to the changing conditions that competitions present and to regulate his/her emotions to contribute to team’s success. A well adjusted individual can meet his needs with the resources available in his/her emotions to contribute to team’s success. A well adjusted individual can meet his needs with the resources available in his/her environment. Successful players are better adjusted ones when compared to unsuccessful and non-sports persons.

Adjustment can be defined as a person’s interaction with environment. Each person constantly strives to meet his need so as to reaches his goals. At the same time he is under pressure from the environment of behaviour in a certain way. Adjustment involves the interaction of personal and environmental demands.

Adjustment is an important component of sports performance. In team as well as individual games one has to adjust according to the exigency of situation and game plan of the team and opponents. It could easily be inferred that adjustment and success, particularly in team games, go hand in hand. Different scholars/researchers have found that successful athletes are better adjusted as compared to unsuccessful and non-athletes. It is also reported that superior athletes showed higher levels of personal and social adjustment than those of less skilled athletes.

The relationship between Physical fitness and Psychological fitness has come increasingly under the spotlight over recent few years. While the message originate from psychological research has praised the general advantage of exercise in terms of psychological literature has revealed a more complex relation. The paper outline the research evidence, focusing on the relation between physical exercise, fitness and depression, anxiety, stress responsively, mood state, self esteem and body image. Consideration is also given to the phenomena of exercise addiction and withdrawal and implications for exercise prescription are discussed.
Social and cultural adjustments are similar to physiological adjustments. People strive to be comfortable in their surroundings and to have their psychological needs (such as love or affirmation) met through the social networks they inhabit. When needs arise, especially in new or changed surroundings, they impel interpersonal activity meant to satisfy those needs. In this way, people increase their familiarity and comfort with their environments, and they come to expect that their needs will be met in the future through their social networks and sports activities. Ongoing difficulties in social and cultural adjustment may be accompanied by anxiety or depression.


Bisht (2015) found significant difference on social adjustment between physical education students and non physical education students and the significant difference were found between Physical Education and Non-physical Education Students of Srinagar (U.K.). Social Adjustment of the subjects was gauged by using Social Assessment Index developed by Charles C. Cowell. Result: - t-test was applied to determine the difference. Anu Dandona (2015), investigated the state and trait anxiety of athletes and non-athletes. Study comprised 200 adolescents and divide according to sports and non-sports personnel (100 from each group) and 50 girls and 50 boys were selected from each sports and non-sports groups. Spielberger, Gorsuch, Lushane, Vagg and Jacobs (1983) State-Trait Anxiety Inventory (STAI) was administered on them. Mainly three conclusions were drawn from the study: 1. The Sports personnel possessed less state and trait anxiety than non-sports
personnel. 2. Trait anxiety of sports girls was low as compared to non-sports girls. 3. Sports girls showed less trait anxiety than sports boys. Neeta Kumari (2014), The data was collected at the time of the training camp held at Jawahar Lal Nehru Stadium, New Delhi, from twenty four boxers, ranging in the age group between 16 – 17 years. The selected parameters such as age, body weight, standing height and skinfold measurements (Durnin and Wormsley, 1974). The result indicates that body mass index and fat percentages among the four boxers were reduced simultaneously lean body mass had increased. Neha et al, (2014) who conducted study upon 100 old aged persons both 50 male and 50 female, revealed that the calculated t-value in all the areas of adjustment, health, home, social adjustment was significant at 0.001 levels, they also showed that there was significant difference in male and female in adjustment. Men were better adjusted than women. The result of the study revealed that significant difference was found among the groups on home, health, emotional and social adjustment. Sushma & Kumar (2013), measured Physical Fitness and Adjustment of selected 180 Elite and non Elite Judo women players divided in three groups i.e. District, State and National level performers by applying standardized tools and tests. They reported significant differences in physical fitness and adjustment level of National level women judo player in comparison to state and district level women judo players. Physical fitness and adjustment level among state level and district level women judo players was also found with significant differences. Findings confirm the significant relationship between physical fitness, adjustment level and performance level of judo women players. In conclusion significant differences at 0.01 level of significance were found on physical fitness adjustment level of Elite and Non Elite and judo women players. Liao et al (2013), reported that children engaged in a greater percentage of leisure-oriented (e.g, watching TV) than productive (eg, reading, doing homework) sedentary behaviour (70% vs 30%, respectively). Most of children's sedentary activity occurred at home (85%).
Children's sedentary activity took place most often with family members (58%). Differences in physical context of sedentary behaviour were found for older vs. younger children (P < .05). Type of sedentary behaviour differed by gender, racial/ethnic group, and social context (P < .05). Children may prefer or have greater opportunities to be sedentary in some contexts than others. Research demonstrates the potential for using EMA to capture real-time information about children's sedentary behaviour during their nonschool time.

Ganai and Zargar (2012), reported that 1) Female teachers have more home problems than male. 2) Female Teachers have more health problems. 3) Male school teachers have more social problems than females. 4) Female teachers have more emotional problems than male teachers. 5) Both Male and Female teachers have similar occupational problems.

Sandhu Kiran (1988) used 16 PF Questionnaires by Cattell to measure personality factors and socio-economic status scale. The major findings she reported were 1) the sportswomen (SW) were found to more tough mined and group-dependent and less submissive, shy and sober as compared to non-sportswomen (NSW), 2) Both groups were found to be reserved, less intelligent, emotionally less stable, conscientious, suspicious, practical, shrewd, self-assured and experimenting, uncontrolled as well as relaxed, 3) in team games, SW differed significantly from NSW, in individual games, SW differed significantly from NSW on factors B,O,Q1 and Q4). No significant differences were found between the two groups on factors A,C,F,G,H,N and Q2Q4. 5) Non-sports women scored higher on all the factors of socio–economic background than of the sportswomen. 6) Representation in team games by SW was in a significantly low proportion from the upper middle class and in a high proportion from the lower class as compared to the individual games. Mary (1970) reported a significant difference between socioeconomic groups in the matter of personal-social adjustment, with the high socioeconomic group showing better adjustment scores than the middle group and the middle group better than the low group. There were also
significant positive relationships between the following variables: physical fitness and attitude toward physical education, physical fitness and personal adjustment, and attitude toward physical education and personal-social adjustment. These relationships, at times, differ according to socioeconomic level.

These studies highlight the Research Gap in the area of physical education and sports and signify the need of the study to be taken in relation to physical fitness and adjustment. Few studies have been conducted, but no study has been conducted in this regard in Kashmir. Thus it is hoped that this study may contribute to the literature. It may be concluded that Comparative study of Adjustment among Sports and Non-sports persons of District Srinagar is one of the most crucial issue that needs to be investigated intensively and purposefully. Hence it acted as a great motivating force to the investigator to conduct research in this area.

**Statement of the Problem**

The review of Literature highlights that a number of studies have been conducted on Sports persons and Non-sports persons in relation to Physical fitness. But very few studies have been completed on social dimensions of Adjustment with respect to Social, Emotional, Health, Home and Financial aspects. The Rural sports persons are almost cut off from modern technology in sports and they live in a socially backward life. With this back ground it was decided to study the physical fitness and adjustment problems among Sports Persons and Non Sports Persons of Srinagar. Hence the problem proposed for the study was formulated as:

“*A Comparative Study of Physical Fitness and Adjustment Among Sports Persons and Non-sports Persons of Srinagar*”
NEED AND IMPORTANCE

Sports bring out the best qualities in every individual. Every faculty of the human body, whether physical or mental, is stretched to its limits while playing a competitive game. In today’s world, the standard of all games has increased considerably. Elite sportspersons are finding it increasingly difficult to sustain their dominance in their respective sports. The mental state of a sportsperson plays a vital role in his or her performance.

The estimation and improvement of the physical fitness of youths have rapidly become an important part of every school programme, and effort to make such an examination more efficiently many new tests and methods have been devised. It seems particularly wise in these days to make a testing programme as brief and yet as helpful as possible. The ability to perform certain activities which require co-ordination, strength and skill is also important and it is desirable to test and subsequently to attempt to teach or improve them.

There is a notion now a days that individual coming from urban areas produce better results than those belonging to rural areas in the sphere of those events which call for greater skill training and technique. This is perhaps due to the fact that they are in a position of avail themselves of various facilities, proper guidance and use of sophisticated equipments available in cities.

Similarly, it is thought that the non-availability of proper facilities and equipments motivate the individuals living in rural areas to make up this loss by putting in more effort and thus results in possessing sound health and fine physique. Thus the absence of these facilities becomes a virtue and a blessing in disguise for them and they excel in sports activities. Every society prefers the physical fitness of its members. More scientific ways and means are applied everywhere not only to win medals but also to test human efficiency both physical and mental. More important than physical fitness is the psychological
conditioning of the Sports and Non-sports persons, so that they can generate in themselves a will to fight.

The present research will be useful to understand the psychological differences between two groups: Sports and Non-sports Persons. The findings of the study will be helpful in promoting mental health, positive self-esteem and to control sports competitive anxiety. The present study may also prove to be helpful tool in understanding the phenomenon of success and failure among Sports persons with special reference to physical fitness components viz selected variables.

The study will also be helpful in creating awareness among the sports persons and facilitates the physical educators, coaches, physical trainers, sports psychologists and sports administrators in the process of selection, identification, physical and psychological preparation training for sports competitions.

Conversely the findings of psychological research must also reflect in the work of coaches with athletes in different sports disciplines. Therefore variables of self-concept are significant. The study will also facilitate in the selection and training of the athletes and in the development of psychological profiles of athletes in the light of their performance level. More and more researches on sports and non-sports persons are needed in the field of psychology to find out the problems related to adjustment. Home and school are responsible for personal and social adjustment.

The study will be significant for the students to evaluate their own knowledge and performance in games and sports they participate. The study will be helpful for the students to improve their performance in sports as well as in their academic field as physical fitness and adjustment plays an important role better performance. Sports also play a vital role in social behaviour and adjustment. Because when sports person participate in different tournaments in and outside state, he learns to get adjusted in different environment with the result he gets
more adjustable and well behaved. It is with this background that investigator has made a humble attempt to find out the effect of sports on variables physical fitness and adjustment on the students of Srinagar.

OPERATIONAL DEFINITION OF THE TERMS USED

Physical Fitness: “Physical fitness or condition is sum total of five motor abilities namely, Strength, Speed, Endurance and Coordinative abilities”.

Hardayal Singh (1995)

“The ability of an individual to live happy and well balance life is called Physical Fitness” Panday (1987)

For the purpose of present study, Physical Fitness is operationally defined as the total number of scores gained by the sample subjects while performing Pull Ups, 50-Yard Dash, Shuttle run, and Modified sit and reach tests involving different muscles, to determine Strength, Speed, agility/Coordinative abilities and flexibility respectively.

Strength: One of the most basic components to success in all movements is strength. Muscular Strength is defined as the amount of force that can be exerted by a particular muscle. The development of strength is specific to the muscle or muscles involved in a particular exercise. It is the force that the muscles can exert against a resistance in one maximum effort. “Maximum Contraction power of the muscles is known as Muscular Strength”. Kansal D.K (1996). “Ability to overcome resistance with high speed”, Hardyal (1991).

The definition given by Hardyal Singh is considered to be appropriate for the purpose of this study as the subjects performed Pull-Ups which required the ability of the muscles to overcome resistance of their own body weight in explosive manner along with speed of movement.

Speed: Speed and strength are integral components of fitness found in varying degrees in virtually all athletic movements. The combination of speed and strength is called power. For many years, coaches and athletes have sought to improve power in order to enhance performance. Throughout this century and
no doubt long before, jumping, bounding and hopping exercises have been used in various ways to enhance athletic performance. Speed is the rapidity with which one repeats successive movements of the same pattern. Great seed in muscle contraction is not always conductive to the greatness efficiency of movement. “Speed is the quality to perform fast movement or it is the ability to cover maximum distance in shortest possible time” Donalk (1973). "Speed is the ability, on the basis of the mobility of the nervous system and the muscular apparatus, to perform movements at a certain velocity." Gerhardt Schmolinsky (1978). “It is the ability to react effectively and quickly to a signal” Hardayal (1995),

For the purpose of the study, speed may be defined as the ability (score in seconds) of an individual to cover 50-Yards distance within minimum time. Robert (1973).

**Agility (Coordinative Abilities):** The term agility has been gradually replaced by the term coordinative abilities. The agility or coordinative abilities are primarily dependant on the motor control and regulation processes of central nervous system. Coordinative abilities are understood as relatively stabilized and generalized pattern of motor control and regulation process. These enable the sportsman to do a group of movement with better quality and effect. Agility of a person to change direction or body position quickly and regain poise or control to proceed with another movement. Agility highly dependents upon or interrelated with speed, strength balance and co-ordination. It developed through practice and confidence in movement. “It is the ability of the body or parts of the body to change direction rapidly and accurately” Kirby (1991). Agility is the quickness and readiness of movement. It is the ability to change the position of the body with skill and control when faced with some sort of stimulus or opposing movement. Agility requires a combination of skill such as co-ordination, explosive strength and acceleration speed is measured by zigzag run.
In the present study the time taken to complete (4 × 10 m) shuttle run was considered as the measure of agility.

**Flexibility:** Flexibility can be defined as the ability to execute movements with greater amplitude or range. In common usage flexibility is often equated with elasticity, suppleness, mobility, etc. which is a part and parcel of flexibility as these represents different capacities which enable the person to execute movements with greater amplitude. Flexibility is measured by determining the range of movement possible at a joint.

It is the ability to move the joints through a range of motion. In other words, flexibility is the range of movement in a joint the degree of flexibility determiners the extent of extension and flexion of a joint and consequent body in term of bending, reaching, twisting and turning. The degree of flexibility is first determined by the nature of the joint itself and then by the ligament and muscles related to the joint. Flexibility reflects the intrinsic property of body tissues (e.g., muscles, tendons, bones) that determines the range of motion achievable without injury at a joint or group of joints.

“Flexibility is defined as the range of possible movement about a joint or a sequence of joint” Clarke (1976)

For the purpose of the study, flexibility may be defined as the ability of the subject to lean and reach forward as far as possible.

**Adjustment:** “The ability to become more familiar with a new situation” Cambridge Dictionary. “Adjustment is a behavioural process by which humans maintain equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied”. Neha (2014).

For the purpose of study, Adjustment is operationally defined as the scores investigator derived/obtained by administration of Qadri’s (1964) Urdu Adaptation of Bell’s Adjustment Inventory. The Adjustment inventory comprises of five factors - Social, Emotional, Health, Home and Financial.
Sports Persons: “A person, who takes part in sports, especially outdoors is known as sports person” Oxford Dictionary. Those subjects were considered as Sports Persons who had participated in different sports competitions from Inter School level to the National level competitions organized by Youth Services & Sports Department or Sports Council of J & K State which are recognized by School Games Federation of India/ All India Council of Sports.

Non-Sports Persons: Those subjects who had not participated in Sports Competitions organized by Department of Youth Services & Sports or Sports Council of J & K State which are recognized by School Games Federation of India/ All India Council of Sports, were considered as Non-sports persons

OBJECTIVES

The following objectives were formulated for the present study:

1. To identify Sports and Non-sports Persons of District Srinagar.
2. To study the Physical fitness profile of Sports Persons with a view to determine the extent to which sports participation influences the changes in the components of Physical fitness of the subjects.
3. To compare different Physical fitness components between Sports persons and Non-sports persons.
5. To study Adjustment problems of Sports Persons and Non-sports Persons and to compare them on various areas of Adjustment.

HYPOTHESES

The following objectives were formulated for the present study:

1. Sports Persons and Non Sports Persons differ significantly so far as their Physical fitness is concerned.
2. All the Physical fitness components such as Speed/Endurance, Strength, Flexibility and Agility (Coordinative ability) of Sports Persons and Non-sports Persons differ significantly.

4. Sports Persons and Non Sports Persons differ significantly on Composite score of Adjustment.


6. Rural and Urban Sports Persons differ significantly in Composite score of Adjustment.


8. Rural and Urban Non-sports Persons differ significantly in Composite score of Adjustment.