Introduction: Exercise is one of the most important factors in the prevention and treatment of mental and physical health. This study sought to exercise influence on the social adjustment of adolescents in Bushehr. Objectives: The aim of this research was to investigate effects of group and individual exercise on social adjustment in adolescents. This study is a causal-comparative design.

Methods and materials: The statistical community of this study was adolescents who were between 12 – 18 years old. The sample mass included 290 subjects who were randomly selected. Instruments for data collection were social adjustments scale (Bytzn and Inder, 1992). Multivariate analysis of variance (MANOVA) revealed significant differences among three groups of adolescents who were participated in study in social adjustments. Results: Results showed that group adolescents had better than personal athletic adolescents in social adjustment. Conclusion: The findings of the exercise can be considered as a factor in social adjustment and exercise in group exercise have a greater impact.

Key words: Group Exercise, Individual Exercise, Social Adjustment, Adolescents