```java
import java.awt.*;
import java.awt.event.*;
import javax.swing.*;

public class MyFrame extends JFrame implements AdjustmentListener {

    static final int INITVALUE = 500;
    JPanel pnVezerlo = new JPanel();
    JLabel lbKijelzo = new JLabel("" + INITVALUE);
    JScrollBar sbBeallito = new JScrollBar(JScrollBar.HORIZONTAL, INITVALUE, 0, 100, 1000);
    JButton btKilep = new JButton("Kilép");

    public MyFrame() {
        setDefaultCloseOperation(EXIT_ON_CLOSE);
        setBounds(200,200,500,200);
        setTitle("JScrollBar teszt");
        getContentPane().setBackground(Color.BLUE);
        pnVezerlo.setBackground(Color.BLACK);
        lbKijelzo.setForeground(Color.WHITE);
        lbKijelzo.setFont(new Font("Dialog",Font.BOLD,40));
        lbKijelzo.setHorizontalAlignment(JLabel.CENTER);
        sbBeallito.setPreferredSize(new Dimension(200,17));
        sbBeallito.setUnitIncrement(100);
        sbBeallito.setBlockIncrement(50);
        add(lbKijelzo);
        add(pnVezerlo,"South");
        pnVezerlo.add(sbBeallito);
        pnVezerlo.add(btKilep);
        btKilep.addActionListener(new ActionListener() {
            public void actionPerformed(ActionEvent e) {
                System.exit(0);
            }
        });
        sbBeallito.addAdjustmentListener(this);
        setVisible(true);
    }

    public void adjustmentValueChanged(AdjustmentEvent e) {
        lbKijelzo.setText("" + e.getValue());
    }

    public static void main(String[] args) {
        new MyFrame();
    }

}
```