



Association of Selected Psychological factor among Individual and Team Game

Shanti Sharma¹, Rashmi Shukla Pare¹ and Jaya Sharma²

¹Physical Education Institute of Barkatullah University, Bhopal, MP, INDIA

²Department of Botany, SN. Govt. Girls PG (A) Collage, Bhopal, MP, INDIA

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Abstract

The craze for winning medals in the Olympics and other international competitions has catalyzed the sports scientists to take interest in exploring all the aspects and Possibilities which can contribute to enhance sports performance to undreamt heights. Sports involve extremely complex behavior issues. As a consequence of intense competition a sports man's behavior may undergo important change. Physical scientists and coaches have not be export only in the matter of skill training but also be engineers who understand the mechanism of human behavior or the playfield, under extremely diverse situation sports psychology as an applied psychology has taken giant strides. physical, and socio-cultural. Physical influences are the inherited biological characteristics that cause people to differ from each other. Socio cultural influences are internalizations from the environment that surround the individual. These influences are absorbed from parents, educator, social institution and media, and are the product of the society in which the people live. The single short experimental research design was used in the comparison of certain physiological variables among Combative and Non-Combative sports persons. A similar study may be conducted on the players of the other team and individual games.

Keywords:

Introduction

The craze for winning medals in the Olympics and other international competitions has catalyzed the sports scientists to take interest in exploring all the aspects and Possibilities which can contribute to enhance sports performance to undreamt heights¹. Anderson concluded a study to determine whether significant differences exist between sex and types of activity on four sub cases of California psychological inventory². The base of this research was to find out the association of selected psychological factor among individual and team games. It was hypothesized that there was not any significant difference of state anxiety level Among Individual and Team Games. in the field competitive sport, training of the athletes is complete without psychology training of the competition psychology readiness play a decisive role as to determine whether or not an athlete in competition and in training respond to their optimum potential. Anxiety Even since the appearance of the 'homespun's' on this, great globe, man – “compact, perforator and creator” – has been creating and breaking records in almost all spheres of his activity. Education, art, Science, literature, music and even sports have witnessed incredible feats being performed by man. Curiosity and unrelenting spirit of adventure have always motivated man to transcend the limits of time and limitations of his somatic and psychic capacities in order “to strive, to seek, to find and not be yield,” as Tennyson said. Sport personality literature of the late 1960s and the 1970s examined such concerns as the personality trait differences between athletes and non-athletes, successful and less successful athletes

(e.g., Olympic gold medalists vs. other Olympic athletes), athletes playing one position versus another (e.g. hockey, goal, tenders vs. other hockey players), team and individual sport athletes (e.g., football players vs. wrestlers) , and male and female athletes (e.g., track). Several sport researchers also considered the impact of sport participation on personality development and change³. Competitiveness is inherent in all human activities because there is so much compatibility and proximity between progress and competition. The study was hypothesized that there was not any significant difference of Aggression level Among Individual and Team Games. It was hypothesized that there was not any significant difference of Achievement Motivation Level among Individual and Team Games. This study was delimited to Department of Physical Education, Barkatullah University Bhopal (M.P.) This study was delimited to age range between 20 to 25 years male and female players. No motivation technique was used to collect the response. An athlete is often described as “highly motivated, “as having a “strong will to win,” or as having “a killer instinct.” Sports participation, approached at the most basic of motivational level, and may be thought of as a representation of life, symbolic of the biological organism's struggle for survival⁴.

The subjects were consults personally and their sincere corporation was soliciting. Respondents were to called common places, when they not busy and have enough time to spare for testing. Necessary instructions were give to the subjects before the administered each test. The research scholars motivate the

students respondents by promising to send a separate abstract of conclusion of his study to each of subject was not camouflage their real feelings. No time limit for filling in questionnaire was set but the subject was made to respond quickly as possible. Once the instruction was clearly understand by students. As soon as group players complete one questionnaire, another was give to them after a short interval. Kumari and Kamlesh investigated the level of state and trait anxiety of track and field male athletes (n-21) and boxers (n-21) by administering to them the state and tract anxiety inventory (self evaluation questionnaire) by track and field athlete and boxers exhibited a higher level of state as well as trait anxiety.Boxers were found to be significantly higher in state anxiety and track and field athletes were higher in trait anxiety⁵.

Method: Selection of subject: i. In these study total thirty (30) students was selected randomly from Department of Physical Education department Barkatullah University Bhopal (MP). ii. Age group of selected subject was for 18 to 25 years. iii. Both male and female subject had equal chance of selection.

Methodology

To find out the state anxiety, aggression and achievement motivation level among male and female players. To find out the comparison between the individual and team games. State Anxiety is one the most important psychology variable which affects the performance of the male and female players. On the basis of result of this study, it may be interpreted that whether the performance of the players and the result of the games /sports is influenced by their state anxiety, aggression and achievement motivation level. The results of this study may provide a comparative analysis of state anxiety, aggression and achievement motivation level of male and female student among individual and team sports. In this work, selection of subject, selection of tools, selection and administrations of questionnaire and statistical techniques was used for analyzing to data was describe.

Selection of subject: Total thirty (30) subjects out of which fifteen (15) of individual games and fifteen (15) of team games for this study were selected from the Department of Physical Education, Barkatullah University Bhopal.

Total thirty (30) statements of state anxiety inventory measure the state anxiety of an individual. In responding to the statements, examines blacken the box on the test given at the right hand side of each statement that, describes the intensity of their feelings. i. Always. ii. Sometimes. iii. Never. The weight age scores of responses marked 3, 2 and 1 respectively whereas reversed items marked, 1, 2 and 3. The positive and negative items of the state and trait anxiety are given below:

Aggression: The aggression scale contains thirty items. Subjects were asked to indicate how much they aggressive in an under given condition and respond to each item using a five point scale (very much, much, ordinary, less, very less, not at all). Total scores of the aggression scale from 0 to 150.

They were immediately meaningful and interesting. There was no obscurity or complexity.

**Table-1
 Norms**

No.	Category	Range of Scores
1	The saturated	107 and above
2	The High	90 – 106
3	The Average	61 – 89
4	The Low	46 – 60
5	The Clean	45 and below

Statistical Technique: Independent’s’ test was apply in order to study the association of selected psychological factor among individual and team game at the 0.05 level of significance.

Results and Discussion

To determine the significance difference of selected psychological factor among individual and team game players following variables was measured: i. State anxiety. ii. Aggression. iii. Achievement Motivation.

Table 2 shows that mean of scores of individual and team game players are 52.6 and 55.13 respectively whereas standard deviation value of individual and team games are 5.03 and 5.85 respectively. As the calculated’ value i.e. 1.26 is lesser than tabulated value i.e. 2.048. Therefore null hypothesis is accepted. Graphical representation of above table is made in figure-1.

**Table-2
 Comparison of State Anxiety among Individual and Team Games**

Players	Mean	Standard Deviation	Standard Error	Mean Difference	t-value
Individual	52.6	5.03		2.53	1.26
Team	55.13	5.85	1.01		

*Significant at 0.05 level significance’ s’ $(_{0.05})_{(28)} = 2.048$

Table-3 shows that mean of scores of individual and team game players are 77.26 and 80.26 respectively whereas standard deviation value of individual and team games 14.57 and 12.12

respectively. As the calculated' value i.e. 0.6 is lesser than tabulated value i.e. 2.048. Therefore null hypothesis is accepted. Graphical representation of above table is made in figure-2.

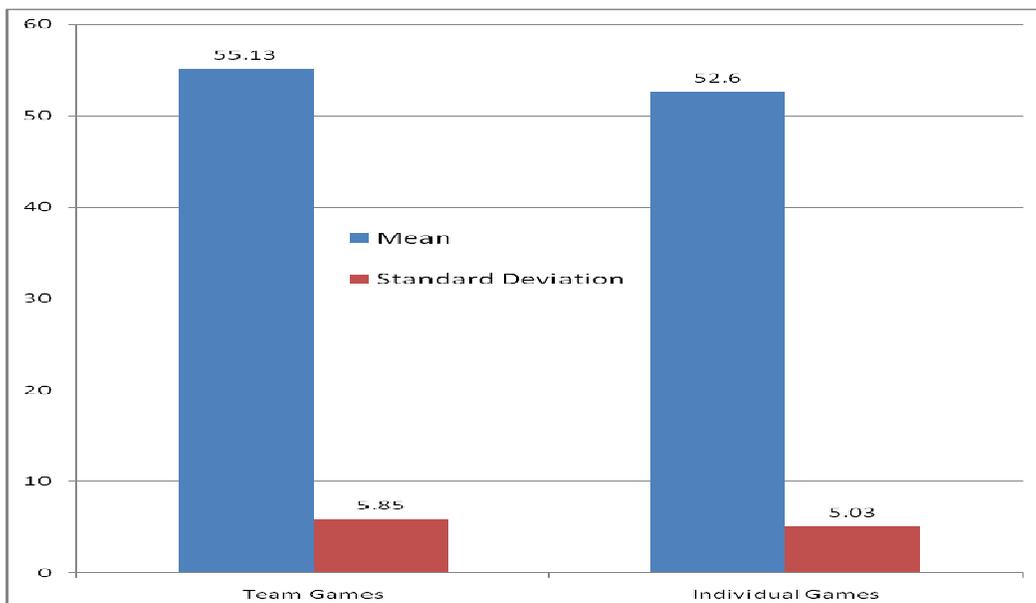


Figure-1
 Mean and Standard Deviation Value of State Anxiety among Individual and Team Games

Table-3
 Comparison of Aggression among the Individual and Team Games

Players	Mean	Standard Deviation	Standard Error Mean	Mean Difference	t-value
Individual	77.26	14.57	5	3	0.6
Team	80.26	12.12			

*Significant at 0.05 level significance's' (0.05) (38) = 2.048

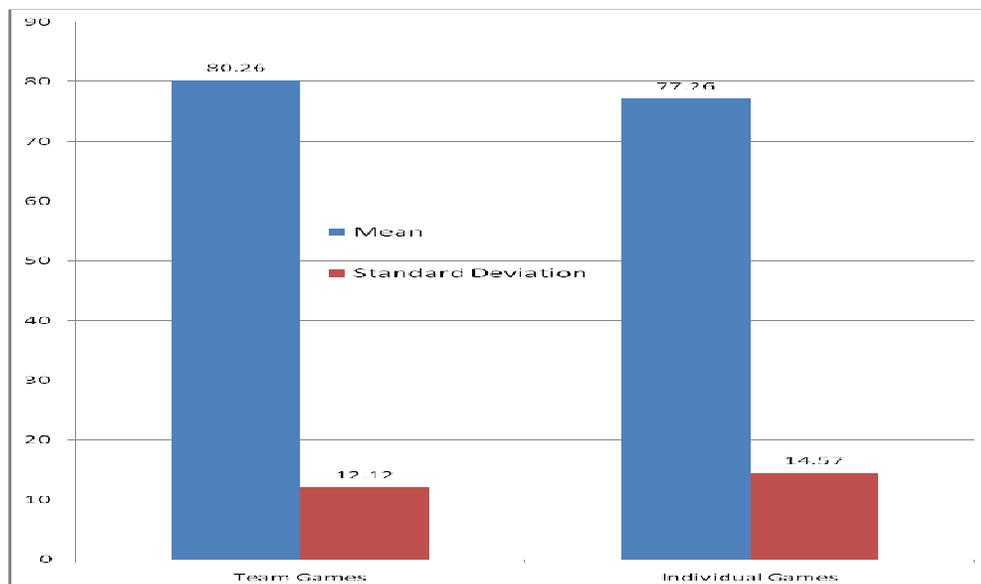


Figure-2
 Mean and Standard Deviation Value of Aggression among Individual and Team Games

Table-4 shows that mean of scores of individual and team game players are 28.13 and 29.20 respectively whereas standard deviation value of individual and team games are 4.92 and 4.58 respectively. As the calculated 't' value i.e. 0.62 is lesser than tabulated value i.e. 2.048. Therefore null hypothesis is accepted. Graphical representation of above table is made in figure-3.

Discussion: The players of individual and team games which were selected as the subjects for this study have shown insignificant difference in selected psychological factors as state anxiety, aggression and achievement motivation. This may be done to requirement of Psychological factors among any types of sports is more or less is similar Men and women athlete do

not significant differ from men and women non athletes on personality factors of specialization, maturity, responsibility, self control, tolerance and good impression. Men and women athletes do not significantly differ on the personality factors of achievement via independence and intellectual efficiency. Men and women athlete and non athlete significantly differ on the personality factors of flexibility and also measures of flexibility and felinity were different for individual sports. Team sports and non participation in addition it was concluded that the effect of the type of activity was not same for two sexes, nor was they, the same for the three types of activities. Women should share equal opportunities as men Intersvarsity athletics.

Table-4
Comparison of Achievement Motivation among the Individual and Team Games

Players	Mean	Standard Deviation	Standard Error Mean	Mean Difference	t-value
Individual	28.13	4.92		1.07	0.62
Team	29.20	4.58	1.73		

* Significant at 0.05 level significance's' (0.05) (38) = 2.048

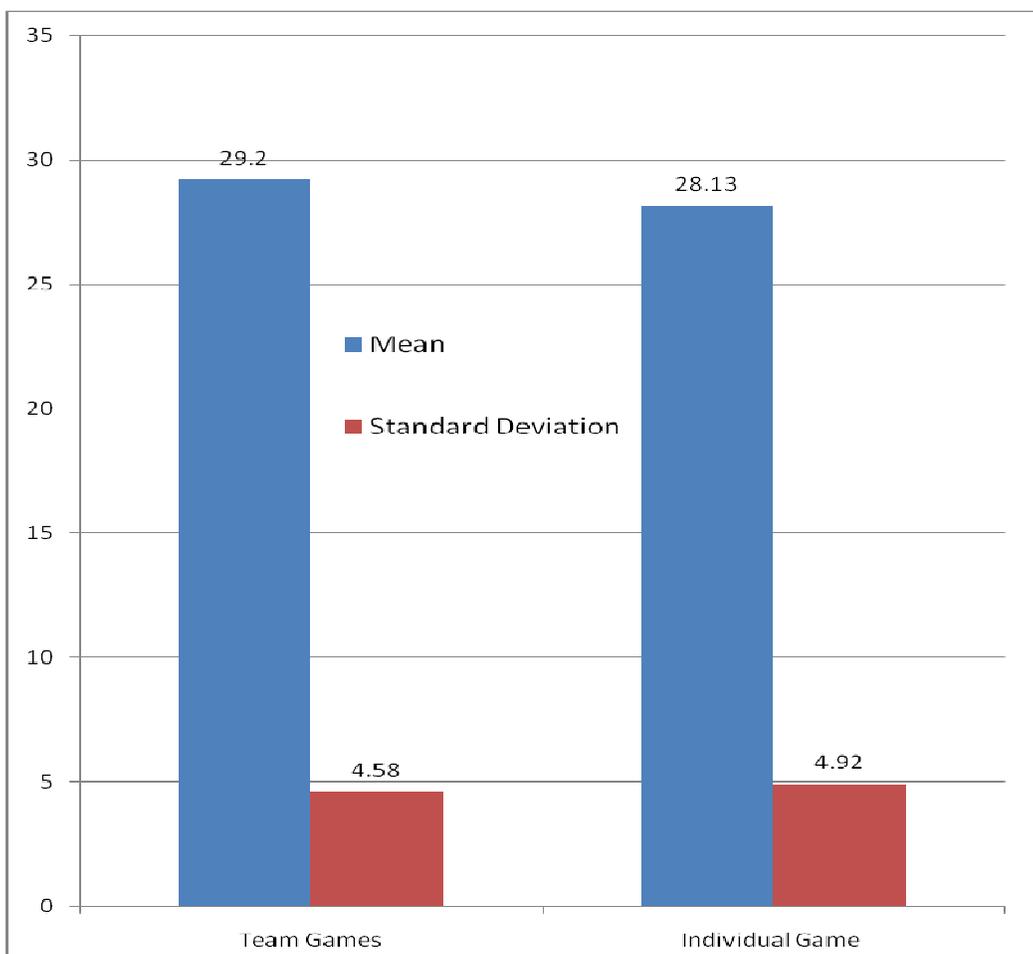


Figure-3
Mean and Standard Deviation Value of Motivation among Individual and Team Games

Conclusion

There was no significant difference found between the team and individual games in case of sports competition anxiety. Aggression in players at the time of competition has no significant difference among the team and individual games. It was found that achievement motivation among the players of team games and individual games have insignificant difference.

The researcher undertook the study to determine the Association of Selected Psychological Factors among Individual and Team Games. For this purpose of the study thirty (30) male and female players belonging to Department of Physical Education Department, Barkatullah University. Bhopal acted as subjects for the study. For this purpose of study subjects were selected randomly. To compare the psychological analysis of individual and team games the data was based on three test batteries i.e. sports competition anxiety test, aggression scale and sports achievement motivation test. Independent ‘t’ test were calculated in order to study the association of selected psychological factors among individual and team games.

In the light of the conclusion, following recommendations is made: i. The selected psychological profiles may be used as predictors for better performance of a player. ii. Not only the sports psychologists but the coaches should also make to know and understand the psychological principles of training. iii. That a similar study may be undertaken up on the different age groups. iv. Similar study may be conducted with different psychological factor. v. Similar study may be undertaken up with large number of sample size.

Table-5
Raw Scores of Individual Sports

No.	State Anxiety	Aggression	SAMT
1	55	68	28
2	49	69	32
3	47	73	28
4	54	72	24
5	56	96	30
6	60	110	36
7	47	77	26
8	57	102	26
9	48	64	30
10	59	74	14
11	52	64	28
12	55	69	28
13	58	68	28
14	45	67	32
15	47	87	32

Table-6
Raw Scores of Team Sports

No.	State Anxiety	Aggression	SAMT
1	59	74	26
2	57	72	30
3	57	69	26
4	60	104	24
5	59	103	20
6	49	77	34
7	54	87	32
8	42	87	32
9	49	68	28
10	47	72	26
11	44	87	28
12	58	91	28
13	60	69	32
14	60	72	34
15	62	72	38

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