



## Psychological Differentials among Arts Commerce and Science Women College Sports Participants in Tamil Nadu

N. Vasantha Kokilam<sup>1</sup> & Dr. J.Suganthi<sup>2</sup>

<sup>1</sup>Physical Directress, Holy Cross College, Tiruchirappalli, Tamilnadu, India.

<sup>2</sup>Associate Professor and Head, Research Department of Physical Education, H.H. The Rajah's College, Pudukkottai, Tamilnadu, India.

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### Abstract

*The purpose of the study was to analyse the psychological differentials among arts commerce and science Women College sports participants in Tamil nadu. For this study 120 each women sports participants of arts, commerce and science Colleges were randomly chosen as subjects in the state of Tamil Nadu, India. The age of subjects were ranged from 17 to 21 years. The independent variable consists of three types of college women students namely arts, commerce and science. The dependent variables selected for the study are parental environmental factor, community environmental factor, traditional & community factor, faculty environmental factor and personal factor. Data were collected for the five dependent variables in relation to arts, commerce and science college students among sports women participants. To collect the required information for the psychological factors, the standardized 'women sports problem inventory' was used. The collected data on selected psychological factors from three groups were statistically analysed for significant difference if any, by applying the analysis of variance (ANOVA), whenever the 'F' ratio was found to be significant, the Scheffe's test was followed as a post-hoc test to determine the level of significant difference between the means. In all conditions, the significant level was fixed at 0.05 level, which was considered to be appropriate. The result reveals that the parental environmental factor for science students was better, traditional & community factor and personal factor for commerce students was better and faculty environmental factor for arts students was better than the others.*

**Keywords:** Aerobic Exercise, Agility, Cardio Respiratory Endurance, Soccer.

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### Introduction

During the past three decades, sports psychology has emerged as a legitimate field of scientific inquiry. As with all scientific endeavors, sports psychology shares the same basic goals of science, the observations of events, the description of phenomena, the explanation of the factors that influence events in systematic manner, the prediction of events or outcomes based on systematic and reliable explanations and ultimately, the control of events or contingencies that result in expected out-comes. Sports psychology in many ways is a fortunate field of inquiry.

The human life is becoming very complex and difficult in many ways. Extracurricular activities play an important and catalytic role in the development of personality formation of a person and help reduce stress, tension, fatigue etcetera. To provide the good labs with good sophisticated machine and equipment is not enough in the present context of global academic atmosphere but equally important also is to provide good extracurricular and sports facilities in the college campus of the higher educational institutions which of course would be made

part of the regular study and training.

### Methodology

The purpose of the study was to analyse the psychological differentials among arts commerce and science Women College sports participants in Tamil nadu. For this study 120 each women sports participants of arts, commerce and science Colleges were randomly chosen as subjects in the state of Tamil Nadu, India. The age of subjects were ranged from 17 to 21 years. The independent variable consists of three types of college women students namely arts, commerce and science. The dependent variables selected for the study are parental environmental factor, community environmental factor, traditional & community factor, faculty environmental factor and personal factor. Data were collected for the five dependent variables in relation to arts, commerce and science college students among sports women participants. To collect the required information for the psychological factors, the standardized 'women sports problem inventory' was used. The collected data on selected psychological factors from three groups were statistically analysed for significant difference if any, by applying the analysis of variance (ANOVA), whenever the 'F' ratio was found to be significant, the Scheffe's

### Correspondence

Dr.J.Suganthi,

E-mail: jsuganthi64@gmail.com, Ph: +9199440 55347

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### Results and Discussions

The results are presented in the following tables,

**Table I.** Mean and Standard Deviation of selected Psychological variables among Arts Commerce and Science Women College Sports Participants in Tamilnadu

Sl.No	Colleges	Variables	Mean	SD ( $\pm$ )
<b>1</b>	<b>Arts</b>	Parental Environmental Factor	19.40	$\pm 4.90$
		Community Environmental Factor	18.15	$\pm 5.50$
		Traditional & Community Factor	16.71	$\pm 6.70$
		Faculty Environmental Factor	17.64	$\pm 4.63$
		Personal Factor	15.62	$\pm 0.50$
<b>2</b>	<b>Commerce</b>	Parental Environmental Factor	17.77	$\pm 4.70$
		Community Environmental Factor	18.43	$\pm 5.36$
		Traditional & Community Factor	20.03	$\pm 5.65$
		Faculty Environmental Factor	15.76	$\pm 4.56$
		Personal Factor	16.80	$\pm 0.48$
<b>3</b>	<b>Science</b>	Parental Environmental Factor	20.26	$\pm 5.03$
		Community Environmental Factor	18.34	$\pm 5.22$
		Traditional & Community Factor	19.40	$\pm 5.62$
		Faculty Environmental Factor	16.25	$\pm 5.55$
		Personal Factor	13.65	$\pm 0.44$

The above table describes the mean and standard deviation of selected psychological variables

among arts, commerce and science women college sports participants in tamilnadu.

**Table II.** Analysis of Variance of selected Psychological variables among Arts Commerce and Science Women College Sports Participants in Tamilnadu

Sl. No	Variables	Source of variation	Sum of Squares	df	Mean Squares	F-value
<b>1</b>	<b>Parental Environmental Factor</b>	BS	384.51	2	192.25	8.05*
		WS	8521.38	357	23.86	
<b>2</b>	<b>Community Environmental Factor</b>	BS	5.01	2	2.50	0.09
		WS	10291.75	357	28.82	
<b>3</b>	<b>Traditional &amp; Community Factor</b>	BS	744.06	2	372.03	10.28*
		WS	12925.03	357	36.20	
<b>4</b>	<b>Faculty Environmental Factor</b>	BS	226.83	2	113.41	4.65*
		WS	8706.05	357	24.38	
<b>5</b>	<b>Personal Factors</b>	BS	611.03	2	305.51	11.01*
		WS	9906.01	357	27.74	

\*  $P < 0.05$  Table F, df (2,357) (0.05) = 3.02

In table II, the results of analysis of variance on parental environmental factor (8.05), traditional & community factor (10.28), faculty environmental factor (4.65) and personal factor (11.01) among the arts, commerce and science students were greater than the table value of 3.02 indicating that it was significant ( $P < 0.05$ ) for the degrees of freedom (2,357) at 0.05 level

of confidence. Since the F value was significant, the scheffe's post-hoc test was further computed to find out which pair of position was better among others and the results are tabulated in the table III. However obtained F value for community environmental factor among the arts, commerce and science students was lesser than the table value of 3.02 which indicating no significant

difference at 0.05 level of confidence.

**Table III.** Scheffe's Post-Hoc Test for selected Psychological variables among Arts Commerce and Science Women College Sports Participants in Tamilnadu

Sl. No	Variables	Means			Mean Difference	CI
		Arts	Commerce	Science		
1	Parental environmental factor	19.40	17.77	--	1.63*	1.54
		19.40	--	20.26	0.86	
		--	17.77	20.26	2.49*	
2	Traditional & community factor	16.71	20.03	--	3.32*	1.70
		16.71	--	19.40	2.69*	
		--	20.03	19.40	0.63	
3	Faculty environmental factor	17.64	15.76	--	1.88*	1.56
		17.64	--	16.25	1.39*	
		--	15.76	16.25	0.49	
4	Personal Factors	15.62	16.80	--	1.08*	1.05
		15.62	--	13.65	1.97*	
		--	16.80	13.65	3.15*	

From the table III it can be seen that the mean differences of parental environmental factor between arts & commerce and commerce & science (1.63 & 2.49), traditional & community factor between arts & commerce and arts & science (3.32 & 2.69), faculty environmental factor between arts & commerce and arts & science (1.88 & 1.39) and personal factor between arts & commerce, arts & science and commerce and science (1.08, 1.97 & 3.15) respectively were greater than the confidential interval value (1.54, 1.70, 1.56 & 1.05) respectively, which was significant at 0.05 level of confidence.

1.05) respectively, which was significant at 0.05 level of confidence. The mean differences of parental environmental factor between arts & science (0.86), traditional & community factor between commerce & science (0.63) and faculty environmental factor between commerce & science (0.49) respectively, lesser than the confidential interval value (1.54, 1.70, 1.56 & 1.05) respectively, which was not significant at 0.05 level of confidence.

**Figure I.** Bar Diagram Showing the Means of Selected Psychological variables among Arts Commerce and Science Women College Sports Participants in Tamil nadu



### Discussion on Findings

From the results it was observed that except the community environmental factor all other variables namely parental environmental factor, traditional and community factor, faculty environmental factor and personal factor shows statistically different. Parental environmental factor for science students was better, traditional & community factor and personal factor for commerce students was better and faculty environmental factor for arts students was better than the others.

### Conclusions

From the analysis of the data, the following conclusions were drawn.

1. The result shows that the parental environmental factor for science students was better followed by arts and commerce, among women sports participants.
2. The result shows that the traditional & community factor and personal factor for commerce students was better followed by science and arts among women sports participants.
3. The result shows that the faculty environmental factor for arts students was better followed by science and commerce among women sports participants.

4. The result shows that personal factor for commerce students was better followed by arts and science.

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