



Impact of Field Training With and Without Psych-Up Strategies on Selected Psychological and Performance Variables among Cricket Players

Dr.S.Samsudeen

Physical Director, GHSS, Thuckalay, Kanyakumari, Tamilnadu, India.

Received 8th November 2015, Accepted 11th December 2015

Abstract

The objective of the study was to investigate the influence of field training with and without psych-up package on selected Psychological variables among Cricketers. For this study Forty two male Madurai District level Cricketer were randomly selected from various schools in Madurai District and their age ranged between 18 and 25 years. Initially the Cricket playing ability of the subjects were subjectively rated by three qualified coaches. By using matching procedure on the basis of their Cricket playing ability the subject were classified into three matched groups, each having sixteen subjects. Group-I was involved in game-specific field training, Group II was given game-specific field training combined with psych-up package and Group III (Control) was not exposed to any specific training / conditioning. The game-specific field training schedule was specifically designed to improve the Cricket playing ability and fitness levels of the Cricketers. The game-specific training packages designed by the investigators of the study was administered for a period of twelve weeks, five days a week, two sessions each day, each session lasted two hours. The selected psych-up packages were meted out for 25 minutes to group II either before or after the game-specific field training. The Psychological variables namely Self confidence, anxiety & worry management and Concentration (Hardy and Neloson's Mental skill Questionnaire). The pre and post test were conducted one day before and after the experimental treatment. Analysis of covariance was used to analyze the collected data. Scheffe's test was used as a post hoc test to determine which of the paired mean differ significantly. The results of the study reveal that both game-specific training and game-specific combined with psych-up strategic packages produced positive impacts on the Psychological and performance variables among cricket players.

Keywords: Field Training, Game-Specific, Cricket, Psychological.

© Copy Right, IJRRAS, 2015. All Rights Reserved.

Introduction

Cricket is one of the most popular games in India, in recent times. Basically, Cricket is the battle between the bat and ball, but the approach has changed from time to time. Sports performance in a complex mixture of genetic make-up and environmental influences like training etcetera. In Cricket, performance is determined by several factors namely skill, technique, tactics, fitness, training, etcetera. In any sports, a player's success or failure results from a combination of physical and mental abilities. So training plays an important role in modern day cricket. As very little research has been conducted on the influence of psyching-up on Cricket performance, the investigator was motivated to take up the study.

Statement of the problem

The purpose of the study was to investigate the influence of field training with and without psych-up strategies on selected Psychological and performance

variables among Cricketers.

Methodology

Forty two Madurai district Cricketers were randomly selected as subjects. Their age ranged from eighteen to twenty five years. By using the matching procedure on the basis of their initial Cricket playing ability performance test scores, the subjects were divided into three equal groups of fourteen each. The control group was not exposed to any specific training / conditioning. The experimental groups 'A' and 'B' were subjected to field training schedule which was specifically designed to improve the technico-tactical part of the game and also fitness components essential for Cricketers. The field training was given for ten weeks, six days per week with two hours of duration each in the morning and evening sessions. In addition to the above field training, the experimental group 'B' had also undergone psych-up schedule. This psych-up package was given for 25 minutes each day, in the morning and evening sessions, except on the rest day. The psych-up package consisted of psych-up strategies namely attention focus, self talk, relaxation, imagery and preparatory arousal. Self confidence, Anxiety and Worry management, Concentration ability and Cricket playing

Correspondence

Dr.S.Samsudeen,
E-mail: samsudeenmku@gmail.com, Ph. +9198420 76160

ability were selected as variables as they may have direct relation to the performance of Cricket players in competitive situation. Subjective rating of Cricket Playing ability the tests used for collecting the data. By using the Mental skills questionnaire of Hardy and Nelson, the data on the Psychological part were collected. The data were collected first at the beginning (pre-test) and finally at the end of the experimental period often weeks (post-test). The study was aimed to find out the influence of training on selected dependent variables. In addition to that, it had been analyzed if there was any difference between the groups with psych-up and without psych-up package on field training

programme.

The collected data from three groups were statistically analysed for significant difference if any, by applying the Analysis of Covariance, whenever the 'F' ratio was found to be significant for adjusted post test means, Scheffe's test was followed as a post-hoc test to determine the level of significant difference between the paired means. The analysis of covariance on the obtained scores in pre, post and adjusted post-test of the control, experimental group I and II for psychological variables namely Self confidence, Anxiety, Concentration ability and playing ability have been presented in table No. I

Results

Table I. Analysis of covariance for pre, post and adjusted post test data on self confidence, anxiety, concentration and performance variable of game-specific field training group, game-specific field training group & combined with psych-up package and control group

Variables		GSFG	GSFGWYPG	CG	Source of variance	df	Sum of square	Mean square	'F' ratio
Self confidence	Pre-test Mean	10.571	10.214	11.143	B.M	2	6.140	3.07	0.5718
	SD	2.352	2.210	2.133	W.G	39	209.50	5.37	
	Post-test Mean	14.929	19.071	11.357	B.M	2	417.33	208.67	24.88*
	SD	3.390	3.127	1.445	W.G	39	327.07	8.39	
	Adjusted Post-test Mean	14.981	19.388	10.988	B.S	2	480.57	240.28	42.88*
					W.S	38	212.92	5.60	
Anxiety & worry management	Pre-test Mean	11.143	12.857	10.643	B.M	2	37.76	18.88	3.0600
	SD	1.716	3.335	1.716	W.G	39	240.64	6.17	
	Post-test Mean	13.286	17.786	12.000	B.M	2	258.43	129.21	12.1368*
	SD	1.906	4.585	2.236	W.G	39	415.21	10.65	
	Adjusted Post-test Mean	13.582	16.828	12.662	B.S	2	115.94	57.97	7.69*
				72.734	W.S	38	286.49	7.54	
Concentration	Pre-test Mean	11.000	11.500	10.357	B.M	2	9.19	4.60	0.6384
	SD	2.878	2.353	2.496	W.G	39	280.71	7.20	
	Post-test Mean	14.786	19.929	10.571	B.M	2	614.90	307.45	32.8768*
	SD	3.405	3.369	1.761	W.G	39	364.71	9.35	
	Adjusted Post-test Mean	14.749	19.510	11.027	B.S	2	490.55	245.27	46.46*
					W.S	38	200.59	5.28	
Cricket playing ability	Pre-test Mean	4.979	4.986	4.993	B.M	2	0.00158	0.00079	0.0005
	SD	1.240	1.181	1.206	W.G	39	61.45	1.58	
	Post-test Mean	4.214	7.786	5.121	B.M	2	238.62	119.31	23.0759*

	SD	0.937	0.880	0.947	W.G		35.69	0.92	
	Adjusted Post-test Mean	6.069	7.557	5.117	B.S W.S	2 38	214.18 8.64	107.09 0.23	93.19*

B.M - Between the Means

B.S – Between sets

*** Significant at 0.05 level**

W.G - Within Group

W.S – Within sets

The table values required for significant at 0.05 level with df (2, 39) and (2,38) are 3.24 and 3.25 respectively. The Self confidence, Anxiety and Concentration of pre and post and adjusted post-test means and standard deviation of Game-Specific field training group, Game-Specific field training group combined with psych-up package and Control group are presented in above table. The obtained 'F' ratio of pre, post, adjusted post-test of all selected psychological variables namely Self confidence, Anxiety and Concentration 'F' value was lesser than the obtained F-value in all test barring pre-test. The obtained 'F' ratio of all the selected psychological and performance (cricket

playing ability) variables is greater than the table 'F' value in the case of post test. Similarly in adjusted post test the obtained 'F' value is also greater than the table 'F' value., it was clear that obtained 'F' values were greater than the table value in all the cases and the only exception was the pre-test. The results reveal that there was significant difference among post-test and adjusted post-test means of the of Game-Specific field training group, Game-Specific field training group combined with psych-up strategic package and Control group. To determine which of the three paired means had a significant difference, Scheffé's test was applied.

Table II. Scheffé's test for the differences between the adjusted post test paired means of self confidence, anxiety and concentration

GSFG	GSFGWYPG	CG	Mean Difference	Confidence Interval
14.981	19.388		4.407*	2.249
14.981		10.988	3.993*	2.449
	19.388	10.988	8.400*	2.449
13.582	12.662		3.246*	2.160
13.582		16.828	0.920	2.160
	12.662	16.828	4.166*	2.160
14.749	19.510		3.722*	2.184
14.749		11.027	4.761*	2.184
	19.510	11.027	8.483*	2.184
6.069	7.557		0.952*	0.456
	7.557	5.117	2.440*	0.456
6.069	7.557	5.117	1.488*	0.456

***Significant at 0.05 level of confidence**

From the table- II, it is clear that the adjusted post test means scores of self confidence, anxiety and concentration are presented. The mean differences in all the selected psychological and performance variables are numerically presented in the above table, which were significant at 0.05 level of confidence. The analysis reveals that there was considerable difference between adjusted post-test means of Game-Specific field training group, Game-Specific field training group combined with psych-up package and Control group in all the selected variables among cricket players.

From the results obtained, it may be concluded

that both the experimental groups improved their level after the respective experimental treatment. The group-II (Game-Specific field training group combined with psych-up package) showed noticeable improvement in psychological and performance variables after 12 weeks of field training with psych-up package training. The data of self-confidence, anxiety & worry management, concentration and cricket playing ability of Game-Specific field training group, Game-Specific field training combined with psych-up package group and Control group are presented in Figure I to IV.

Figure I. The mean values of pre, post and adjusted post test data on self confidence of experimental group I & II and control group

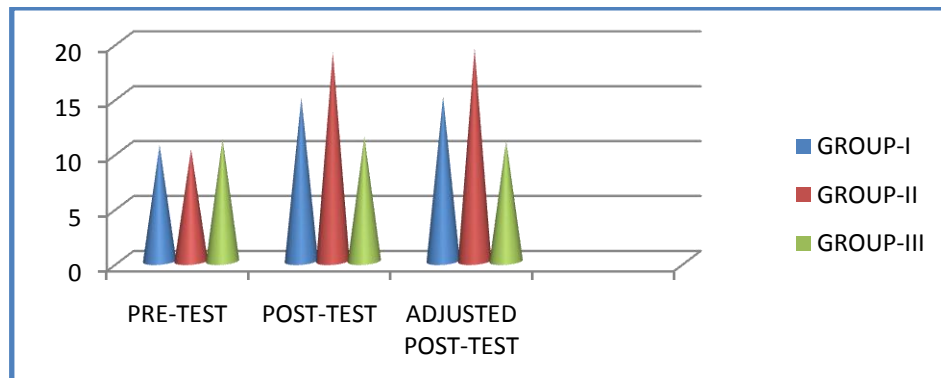


Figure II. The mean values of pre, post and adjusted post test data on anxiety of experimental group I & II and control group

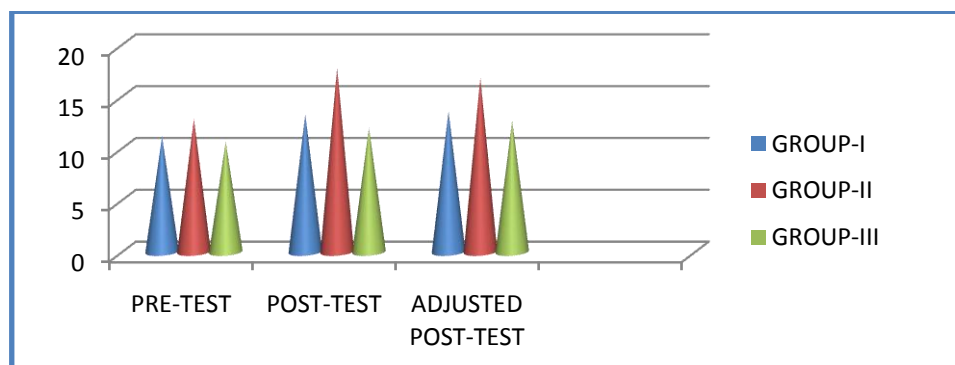


Figure III. The mean values of pre, post and adjusted post test data on concentration of experimental group I & II and control group

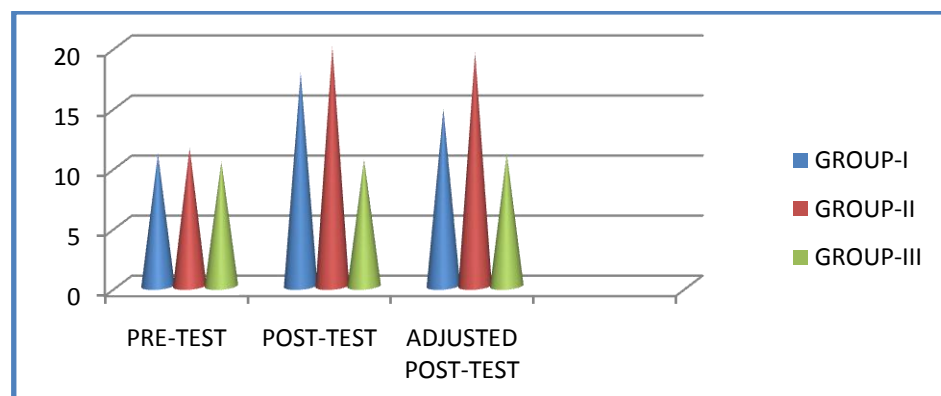
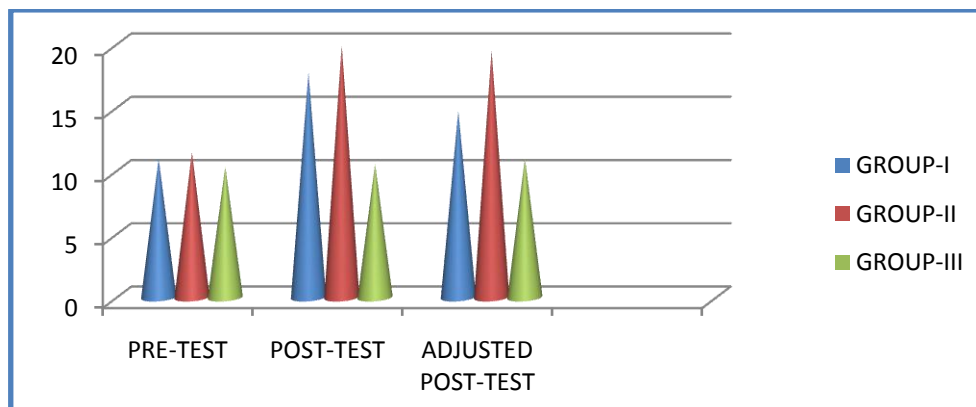


Figure IV. The mean values of pre, post and adjusted post test data on cricket playing ability of experimental group I & II and control group



Results

The analysis reveals that the field training with and without imaginary training groups showed significant improvement in all the selected Psychological variables when compared with control group. Hence, the Cricketers of experimental groups showed noticeable improvement in Self confidence, anxiety & worry management, Concentration and performance (cricket playing) which may be due to 12 weeks of field training with and without psych-up package.

At the same time, when the experimental groups were compared, the field training with psych-up package group showed improvement in Self confidence. The other variables namely Anxiety and Concentration had also gained some improvement, when it was compared to the field training without psych-up package group. These results by and large in conformity with the findings of Kalidasan (1996).

References

1. Amaranth, Mohinder. Learn to play Good Cricket. New Delhi: UBS Publishers, 1996.
2. Ajmeersingh et al (2005), Essential of Physical Education, Kayaani Publication, New Delhi.
3. Bera, T.K. (1991).Development of training schedule for improving physical performance in Athletics, based on the science of Yoga, Psychology and Physical training. NIS scientific journal, 14 (4), 22-34.
4. Brouham Lucien et. al. (1994). Studies in Physical Efficiency of College students. *Research Quarterly* 15:3.
5. Botham, Ian. Ian Botham on Cricket. London: Cassell Ltd., 1980.
6. Cox, RichardH., YijunQiu and Zhan Liu. "Overview of Sports Psychology"
7. Handbook of Research on Sports psychology. New York: MacMillian Publishing Company, 1993.
8. Clarke, D.H. & Clarke, H.H (1972). Research process in Physical Education, Research and Health. Englewood Cliffs Prentice Hall, New Jersey.
9. Hardy and Nelson, Mental Skill Questionnaire as cited in Bull et.al. The Mental Game Plan Getting Game Plan Getting Psyched for Sports. East Bourne: Sports Dynamics, 1996.
10. Jaisimha, M.L, (1984). "Forward", Sunny Days, Calcutta : Rupa& Co.,
11. Kalidasan, R. et.al., (1998) "Influence of training with and without Selected Yogic practices on Technical skill level among Cricketers". SAI Scientific Journal. 23 (1), January
12. Singh Hardayal, (1991), Science of sports Training, New Delhi, D.V.S. Publications
13. Sisodiya, Amansigh. et.al., (2005) "Effect of Physical fitness training programme on selected Cricket playing ability". Research Bi-Annual for movement. 21(2) April.
14. Sivaramkrishnan,S. and R.kalidasan. Behind the Wickets. Karakudi: Sathya and Saju, Publication, 1998.