



A Comparative analysis of Psychological variables among the Hockey and Basket ball Player's in Tamil Nadu

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Received 28th August 2016, Accepted 23rd September 2016

Abstract

Psychology as a behavioural science had made its contribution in many regards. Psychology is concerned with the total well being and personal adjustment to those who involve in any activities. It is also concerned with behaviour, understanding, explaining and predicament. Researches provide ample opportunities to observe describe and explain the various psychological factors that influence diverse aspects of life.

Keywords: Volleyball, Basketball, Tamilnadu.

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Introduction

Personality is the sum total of who you are-your attitudes and reactions, both physical and emotional. It makes each person different from every other person in the world. Study of human behaviour not includes the study of who we are and how we got to be that way.

As stated in above, personality is the unique way in which each individual thinks acts and feels throughout life. Personality should not be confused with characters, which refers to value judgements made about a person's morals or ethical behaviour; nor should it be confused with temperament, the enduring characteristics with which each person is born, such as irritability or adaptability. Both character and temperament are vital parts of personality, however.

Objective of the Study

The main objective of the study is to make a study on the present personality status of the intercollegiate level Basket Ball and Volley Ball players in Tamil Nadu.

Significance of the study

The study provides an opportunity to explore the objectives of human mind. The study is significant to find out how best the personality profiles created awareness among people for the promotion of sports performance. The study is significant in the improvement of coaching profession. The goal of applied practice is to optimize performance and enjoyment through the use of psychological skills. In view of this extensive application

of sports psychology. The study will help us to find out the different levels of anxiety and aggression of Basket ball and Hockey players in Kanyakumari district. The study will help to find out the differences between volley ball players and Basket ball players on selected psychological variables.

Statement of the Problem

The very objective of the study is to make a study on selected psychological variables such as anxiety and aggression of men and women Basket ball Volley ball players.

Hypotheses

1. It was hypothesized that "there would be significant difference in the selected psychological variables such as anxiety and aggression among Basket ball men and Basket ball women players".
2. It was hypothesised that "there would be significant difference in the selected psychological variables such as anxiety and aggression among Volley ball men and women players".
3. It was hypothesized that there would be significant difference in the selected psychological variables such as anxiety and aggression among Volley ball men and Basket ball men players.
4. It was hypothesised that "there would be significant difference in the selected psychological variables such as anxiety and aggression among Volley ball women and Basket ball women players.

Delimitations

1. For the purpose of the study the players who completed in inter-collegiate competitions representing the college were selected. 25 Basket Ball players (men & women) 25 Hockey players (men & women).

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2. The study covered a total of 100 players consisting 25 men & 25 women Basket ball players and 25 men & 25 women Volley ball players.
3. The age of the subjects were between 19 to 26 years.
4. The study was restricted to two psychological variables namely anxiety and aggression.
5. Standardised questionnaires were used to collect data on selected psychological variables.

Limitations

1. The subjects selected for the study were from different colleges in Kanyakumari district. Their different socio-economic status, study habits, life style, nutritional status were beyond the control of the investigator which could be the limitation of the study.
2. Questionnaire research has its limitations. As such any bias that may enter into the subjects response in his account may be considered as a limitation of the study.
3. Anything and everything that fits this limitation can be considered as a genuine limitation.

Definition and Explanation of Terms

Psychology

“Psychology is the science of the activity of an individual in relation to his environment” (Kamalesh, 1988)

Sports Psychology

Sports psychology is an interdisciplinary science that draws on knowledge from the field of kinesiology and psychology.

Questionnaire

Questionnaire is a research instrument consisting of a series of questions and other prompts for the purpose of gathering information from respondents.

Anxiety

Anxiety is an unpleasant state of inner, turmoil, often accompanied by nervous behaviour, such as pacing back and forth somatic complaints and rumination.

Aggression

Aggression is a behavior and action that usually seek to inflict psychological and physical harm, either on another person or an individuals possessions or dear ones.

Selection of Variables

The study was taken to make a comparative analysis of selected psychological variables such as anxiety, aggression of intercollegiate level Basket ball and Volley ball players.

Dependent Variables

Psychological Variables

Anxiety
Aggression

Independent Variables

Basketball men
Hockey men
Basketball women
Hockey Women

Criterion Measures

1. Sports Competetitive Anxiety Index (SCAI) authored by speilberger et. al (1983).
2. To measure Aggression, Aggression scale test developed by Dr. Guru Pyari Mathur (Raebarels) and Dr. Raj Kumari Bhathagar (Agra) issued by Ralchi Prakashan was used (2004).

Statistical Techniques

For the purpose of the study the statistical techniques adopted were descriptive statistics and 4x3 Factorial analysis.

Results and Discussion

The result of the study indicates that anxiety seems to be more among Basket ball men players than Basket ball women players. The reason may be men are more concerned about the competition and the desire to win and the killing instinct will be more compared to men. As far as aggression is concerned men Basket ball player's are having more aggression than women Basket ball players. The reason would be Basket ball is a body contact game and an aggressive game. There are legal fouls as well as illegal fouls. As far as Volleyball is concerned anxiety is more among men compared to women and aggression is concerned. It is more among women than men. Even though Volleyball is a non-contact game. It needs more aggressive spirit to win the game.

Discussion on hypothesis

1. The hypothesis is that “there would be significant difference in the selected psychological variables such as anxiety aggression” is rejected among Volleyball men and women players is rejected . Since there is no significant difference is found through the study.
2. It was hypothesised that “there would be significant difference in the selected psychological variables such as anxiety and aggression among Volleyball men Basket ball men players” is accepted since the study strongly supports the above hypothesis.
3. It was hypothesised that “ there would be significant difference in selected psychological variables such as anxiety and aggression among Volleyball men and Basket ball men players is

accepted since the result obtained is in supportive of the above hypothesis.

4. It was hypothesised that “ there would be significant difference in the selected psychological variables such as anxiety aggression among Volleyball women and Basket ball women players is rejected because the obtained result not way supports the hypothesis formulated above.

Conclusion

From the result and discussion the study is concluded that the variable named anxiety is more among men compared to women. As far as aggression is concerned men Basket ball players are having more aggression than their counter parts. The reason may be Basket ball is a body contact game and an aggressive game. There are legal tools as well as illegal fouls. Anxiety seems to be more among Volleyball compared to women.

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