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A Survey of Psychological Skills in National Level Female and Male Swimmers

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Abstract

The participation in modern sport is influenced by various physical, physiological, sociological, and psychological factors. The sports trainers and coaches have started giving more importance to the psychological skills or building the mental make-up of the players before their contacts in the national and international competition. The difference between success and failure of two equally matched athletes' depends on an individual's ability to cope with the perceived stress of competition. The purpose of the study was assessing the psychological skills of national level swimmers belong India. The number of subjects chosen for this study was 200 male and 200 female swimmers age range between 20 to 26. Michel J Mahoney's psychological skills inventory (PSIS) used for the purpose of the study. Concentration, Anxiety, Confidence, Mental preparation, Motivation, Team emphasis were the variables of the study. Female and male swimmers have the same level Anxiety. Female swimmers have significantly higher level Concentration as compared to male swimmers. On confidence, Mental Preparation, and Team Emphasis male have significantly higher level as compared to female swimmers. Female and male swimmers have the same level Motivation. And on psychological skills Female and male swimmers have the same level of Skills. The aim of the study is to enable the players, coaches and physical educators to know the capacities and weakness of the players and thereby help them to improve further performance on related trait.

Keywords: Survey, Psychological Skills, National Level, Swimmers

1. Introduction

The sports performance is the result and expression of the total personality of the sportsmen. Physical fitness, technique and tactics alone are not enough. In addition to their sportsmen must possess certain cognitive, volitional and perceptual abilities, certain personality traits, habits and above all positive benefits, values attitude and interest for training and competition. Sports were not the subject of serious scientific inquiry. During the last few decades the standard of sports and games has improved to its extremes. The cause of this tremendous improvement is the introduction of scientific approach. Due to the innovations brought by different sports sciences, now there are number of scientific methods to improve each and every quality which determines the performance in all games and sports.

Athlete's behavior can be repressed on a continuum ranging from abnormal to supernormal, with normal falling somewhere in between. When athlete have profound psychological, problem their behavior is to the left of normal. Sports several as a kind of emotional barometer. If athletes have troubles in personal lives, these problems are likely to slow up in their sports performance. When athlete, psychologist or coach or counsellor are the appropriate professional to provide assistance with the help of some psychological skills like motivation, confident, mental preparation, motivation, concentration etc. [Marten Rainer, 1942]. The basic skills of the psychological skill training covered are anxiety, concentration team emphasis. These psychological skill training covered are anxiety, concentration, confidence, mental preparation, motivation, team emphasis. These psychological skills are closely interrelated in improvement of one's skill helps the development of other skill.

Swimmers of course are not totally devoid of these psychological skills, most swimmers home learned these skills to a sufficient degree so that they function quite well many days-to-day situations or even low level competition event. Investigator has developed as insight of sports psychology. The observed situations in game and sports during competition have really influenced that line of thinking on psychological traits of athletes and players in all level competition in varying situations. The psychological skills differ from individual to

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individual and his or her involvement in contact and non-contact team games and individual sport. In order to know the difference in psychological skills of national level swimmers. The scholar to make attempts of assessing psychological skills of national swimmers. These psychological skills are closely interrelated, in improvement of the skill helps the development of the other skills. Through the psychological skill development the swimmers can achieve peak performance. The psychological skills are highly influenced in the swimmers.

2. Methodology

The study was conducted on national level swimmers belong India. The number of subjects chosen for this study was 200

male and 200 female swimmers. The age range between 20 to 26. Michel J Mahoney’s psychological skills inventory (PSIS) used for the purpose of the study. Concentration, Anxiety, Confidence, Mental preparation, Motivation, Team emphasis were the variables of the study

3. Results

3.1 Comparison of female and male swimmers based Psychological Skills

The data relating to psychological skills of female and male swimmers were collected and calculated the mean and SD. The significance of mean difference in the two genders is tested using t test. The details are shown in Table 4.1.

Table 4.1: Data and test of significance (t test) for the Comparison of female and male swimmers based Psychological Skills

Variable	Gender	N	Mean	SD	t	df	P
Psychological Skills	female	200	95.28	11.58	1.24	398	0.215ns
	male	200	96.61	9.73			

ns: not significant (P>0.05)

From Table 4.1, t test showed that there do not exist significant mean difference in the Psychological Skills level of female and male swimmers (t=1.24, P>0.05). The inference is that female and male swimmers have the same level of Psychological Skills.

3.2 Comparison of female and male swimmers based different psychological skills sub variables

The data relating to different psychological skills sub variables of female and male swimmers were collected and calculated the mean and SD. The significance of mean difference in the two genders is tested using t test. The details are shown in Table 4.2.

Table 4.2: Data and test of significance (t test) for the comparison of female and male swimmers

Variable	Gender	N	Mean	SD	t	df	p
Anxiety	Female	200	19.69	3.16	0.65	398	0.948ns
	Male	200	19.67	2.99			
Concentration	Female	200	11.87	2.91	4.17	398	0.01**
	Male	200	10.74	2.47			
Confidence	Female	200	18.01	3.66	1.96	398	0.049*
	Male	200	18.69	3.25			
Mental Preparation	Female	200	12.08	2.44	5.15	398	0.01**
	Male	200	13.35	2.47			
Motivation	Female	200	16.89	3.80	1.68	398	0.092ns
	Male	200	17.45	2.82			
Team Emphasis	Female	200	16.86	3.67	2.79	398	0.006**
	Male	200	17.85	3.41			

ns: not significant (P>0.05), **: significant at 1%level (p<0.01), *: significant at 5%level (p<0.05)

From Table 4. 2, t test showed that there do not exist significant mean difference in the Anxiety level of female and male swimmers (t=0.65, P>0.05). The inference is that female and male swimmers have the same level Anxiety.

On concentration level, t test showed that there exist significant mean difference in the Concentration level of female and male swimmers (t=4.17, P<0.01). The inference is that female swimmers have significantly higher level Concentration (mean=11.87, SD=2.91) as compared to male swimmers (mean=10.74, SD=2.47).

In confidence level, t test showed that there exist significant mean difference on female and male swimmers (t=1.96, P<0.05). The inference is that male swimmers have significantly higher level confidence (mean=18.69, SD=3.25) as compared to female swimmers (mean=18.01, SD=3.66). The comparative bar diagram of female and male swimmers based Confidence is shown in Figure 4.2.

From Table 4.2, t test showed that there exist significant mean difference in the Mental Preparation level of female and male

swimmers (t=5.15, P<0.01). The inference is that male swimmers have significantly higher level Mental Preparation (mean=13.35, SD=2.47) as compared to female swimmers (mean=12.08, SD=2.44). The comparative bar diagram of female and male swimmers based Mental Preparation is shown in Figure 4.4.

T- test showed that there do not exist significant mean difference in the Motivation level of female and male swimmers (t=1.68, P>0.05). The inference is that female and male swimmers have the same level Motivation.

And on team emphasis t test showed that there exist significant mean difference in the Team level of female and male swimmers (t=2.79, P<0.01). The inference is that male swimmers have significantly higher level Team Emphasis (mean=17.85, SD=3.41) as compared to female swimmers (mean=16.86, SD=3.67). The comparative bar diagram of female and male swimmers based Team Emphasis is shown in Figure 4.5.

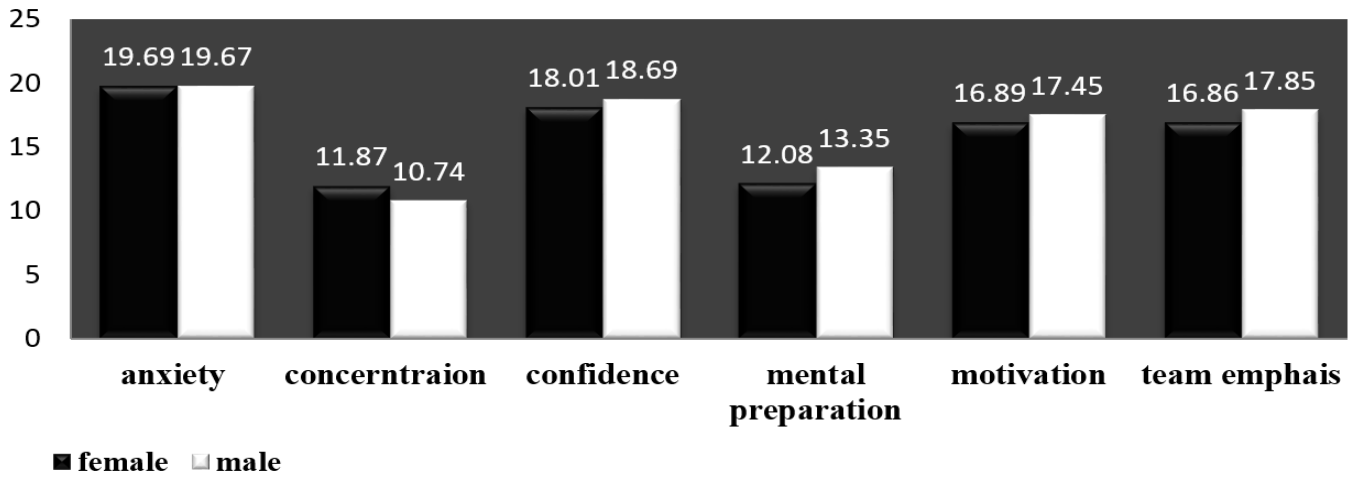


Fig 2: Comparative bar diagram of female and male swimmers based on different variables of psychological skills

4. Discussion of Findings and Conclusion

The major findings based on objectives of the study and data analysis are given below

4.1 Comparison of female and male swimmers based psychological skills

- Female and male swimmers have the same level Anxiety
- Female swimmers have significantly higher level Concentration mean=11.87, SD=2.91 as compared to male swimmers mean=10.74, SD=2.47
- Male swimmers have significantly higher level confidence mean=18.69, as compared to female swimmers mean=18.01, SD=3.66
- Male swimmers have significantly higher level Mental Preparation mean=13.35, SD=2.47 compared to female swimmers mean=12.08, SD=2.44 as
- Female and male swimmers have the same level Motivation
- Male swimmers have significantly higher level Team Emphasis mean=17.85, SD=3.41 as compared to female swimmers mean=16.86, SD=3.67
- Female and male swimmers have the same level of Psychological Skills.

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