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V Satyanarayana
Professor, Department of
Physical Education, Osmania
University, Hyderabad,
Telangana, India

Comparative analysis of selected psychological variables among rural, semi-urban and urban athletes of Andhra region of Andhra Pradesh

V Satyanarayana

Abstract

The study was conducted to know “Sports for all” has become a very popular slogan all over the world today. Man is always tens in the present mechanical world. Man’s intellectual and scientific development as helped in his faith in God and province. These tendencies cased much concur in scientific circle which have been as a consequence endeavoring to find methods and materials to stop this decaling and improve health for man and physical fitness. Physically fit person gets the maximum satisfaction on everyday life. Sport is where we use our physical capacities to play. Today athletics is a worldwide phenomenon in period of the world history, athletics was so popular organized and important as today. There are bodies at club, district, state and national level, which also encase participation in athletics and are responsible for providing technical martial and facilities for conducting coaching camps.

Keywords: psychological variables, rural, semi-urban and urban athletes

Introduction

Comparative athletics have become a highly technical job. Any country’s athletics achievement depends mainly upon the facilities to the athletes and training programmes carried out. Today’s world is full of competition. In a developing country like India it is a very capable to built a nation of held man and women it is also a great gain to utilize enormous man power potential than only your country successfully participation in the international athletics compaction. Athletics help to secure one’s self esteem, self discovery and self retaliation. It depends on plays as a means to build our social interaction where individual can learn to know and understand one another, to live together in a healthy and whole some manner.

Statement of the Problem

Number of factors, such as playground facilities, availability of faculty, socio-economic conditions, surface of the land, environment differs from hilly area to coastal area and rural area to urban area, which has telling effect on the participation of the students in the physical education programmes. These differences in imparting and learning processes have definite effect on the motor fitness, physiological and psychological conditions of the athletes. These influence the psychological preparations and the psychological levels of the athletes of Andhra Pradesh which resulted in imbalanced development especially in rural and semi urban areas. The investigator was interested to find out the differences existed between the rural area, urban and semi urban area athletes on selected psychological variables, which would be helpful to appreciate and to suggest suitable ways and means to propagate athletic activities throughout the state.

Significance of the Study

The study would be significant in the following respects:

This study might help to evaluate and compare the selected psychological variables, such as anxiety, aggression, stress, achievement motivation and self concept among rural, urban and semi urban athletes in Andhra Region.

The study would pin point the psychological levels of the athletes of Andhra Region, which would help in formulating suitable psychological preparation programmes.

Correspondence
V Satyanarayana
Professor, Department of
Physical Education, Osmania
University, Hyderabad,
Telangana, India

This study might be of great value to physical educationists, administrators and coaches to identify the weakness in the psychological programmes imparted in rural, urban and semi urban areas of Andhra Region.

This study might enable the coaches and educator to handle the class according to the climatic conditions and to give the type of training accordingly.

This study would contribute to compare specific dimensions and performance of group – to – group of different topographical background.

Objective of the Study

The main objective of this study was to assess selected psychological variables among rural, urban and semi urban athletes. Further to this, the study aims at comparing the selected psychological variables such as, anxiety, aggression, stress, achievement motivation and self concept among rural, semi urban and urban athletes.

Thus the objective of this study was to bring out the psychological preparations and psychological levels of athletes in Andhra Pradesh and to find out any differences existed among them because of the topographical conditions in where they are living.

Hypotheses

1. There might be a significant difference among rural, semi urban and urban athletes in Andhra Pradesh in relation to the psychological variable anxiety.
2. There might be a significant difference among rural, semi urban and urban athletes in Andhra Pradesh in relation to the psychological variable aggression.
3. There might be a significant difference among rural, semi urban and urban athletes in Andhra Pradesh in relation to the psychological variable stress.
4. There might be a significant difference among rural, semi urban and urban athletes in Andhra Pradesh in relation to the psychological variable achievement motivation.
5. There might be a significant difference among rural, semi urban and urban athletes in Andhra Pradesh in relation to the psychological variable self-concept.

Limitations

This study was limited in the following respects and these limitations would be taken into consideration while interpreting the results.

- The factors like life styles, habits, heredity, study habits, nutritional intake, general activity levels and climatic conditions of the subjects were beyond the control of the researcher and therefore were not taken into consideration.
- The training methods and experience of the athletes were not considered in this study.
- Review of Related Literature
- The present chapter covers the available literature pertaining to the studies made on various aspects of assessment of fitness profiles. The review of literature has been collected from a number of pertinent studies undertaken by the physical educationists, sports scientists and sports administrators. Considering the purpose of the present study the reviews have been mainly classified into the following aspects:

Studies on Anxiety Studies on Aggression Studies on Stress Studies on Achievement Motivation Studies on Self concept

Om Prakash Bhadana (2002) conducted a study on “relationship between factors influencing sports career and anxiety, self confidence, adjustment motivation”. The purpose of this work is to assess the relationship between the factors influencing the sports career on psychological variables such as anxiety (cognitive and somatic) self confidence, adjustment and achievement in state level sports men. The sample of the study consist of 72 male players.

Chauhan (2002) conducted a study on “a study of risk taking behaviour and self confidence among boxers and non-boxers”. The purpose of the study was to assess risk taking behaviour and self confidence among boxers and non boxers players. The study was carried out on 60 players out of which 30 was boxers and non boxing players of 16 To 21 years of age. The boxers were divided into two categories junior and senior level to collect required information. The risk taking behaviour questionnaire of Sinha and Arora and Agnitortisself confidence inventorying (ASC) was administered to measure. The ‘t’ test was applied to draw the result. The result of this study revealed that the boxers have more risk taking behaviour and higher self confidence to non boxing players.

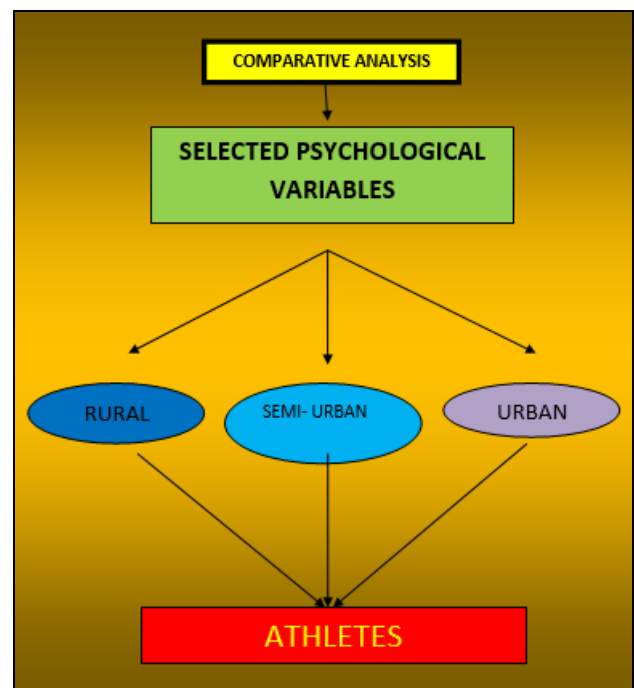


Fig 1

Sample of the Study

The purpose of this study is to make a comparative analysis of selected psychological variables among rural, semi urban and urban athletes of Andhra Region in Andhra Pradesh. In order to achieve the purpose of this study, 250 rural athletes, 250 semi urban athletes and 250 urban athletes were selected for this study.

The subjects were selected from athletes of Hyderabad as Urban and athletes from semi urban areas in Andhra Region District Head Quarters and athletes from rural areas, village panchayats in Andhra Region. Athletes were selected from different team and individual games along with athletes of track and field events. Only athletes represented their college in inter collegiate tournaments were considered for this study.

Tools of the Study

To achieve the purpose of the study, the investigator selected

the following psychological variables.
 Dependent Variables / Psychological Variables
 Anxiety
 Aggression
 Stress
 Achievement Motivation
 Self Concept
 Independent Variables
 250 Athletes from Urban Areas
 250 Athletes from Semi Urban Areas
 250 Athletes from Rural Areas

The primary responsibility of the investigator was to adopt the appropriate methodology before proceeding with data collection. Selected groups of athletes (N=750) consisting of athletes of team, individual games and athletic events were divided into urban, semi urban and rural athletes consisting of 250 athletes in each group. The research aimed at comparing selected psychological variables of these athletes. As such this study was a status analysis and comparison among three independent groups, namely, athletes from urban, semi urban and rural in Andhra Pradesh region.

The men athletes represented their colleges in inter collegiate level were considered for this study and the age group of the subjects were between eighteen to twenty four years.

Table 1: Self Concept Scale

S. No	Responses	Scores for Positive Statements	Scores for Negative statements
1	Strongly Agree	5	1
2	Agree	4	2
3	Undecided	3	3
4	Disagree	2	4
5	Strongly Disagree	1	5

Self-concept scale consists of both positive and negative statements. The following are the numbers of the statement that are positive and negative.

Positive Numbers: 1, 3,4,9,11,12,17,18,19

Negative Numbers 2, 5, 6,7,8,10,13,14,15,16, 20

Scoring: The scores obtained for both positive and negative statements were added to determine the individual score. The total scores reflected the individuals self concept with high scores showing higher self-concept level. (Mukta Rani Rastogi 1979)

Table 2: Self Concept Scale

S. No	Responses	Scores for Positive Statements	Scores for Negative statements
1	Strongly Agree	5	1
2	Agree	4	2
3	Undecided	3	3
4	Disagree	2	4
5	Strongly Disagree	1	5

Self-concept scale consists of both positive and negative statements. The following are the numbers of the statement that are positive and negative.

Positive Numbers: 1, 3,4,9,11,12,17,18,19

Negative Numbers 2, 5, 6,7,8,10,13,14,15,16, 20

Scoring: The scores obtained for both positive and negative statements were added to determine the individual score. The total scores reflected the individuals self concept with high scores showing higher self concept level. (Mukta Rani Rastogi 1979)

Results and Discussion on hypothesis

The descriptive statistics on psychological variable Self Concept among urban, semi urban and rural athletes of Andhra Region is presented in Table 4.5.1.

Table 3: Descriptive Statistics comparing Urban, Semi Urban and Rural Athletes of Andhra Region on Self Concept

S. No	Groups	N	Mean	Standard Deviation
1	Urban Athletes	250	49.55	8.02
2	Semi Urban Athletes	250	47.81	7.15
3	Rural Athletes	250	48.46	7.46

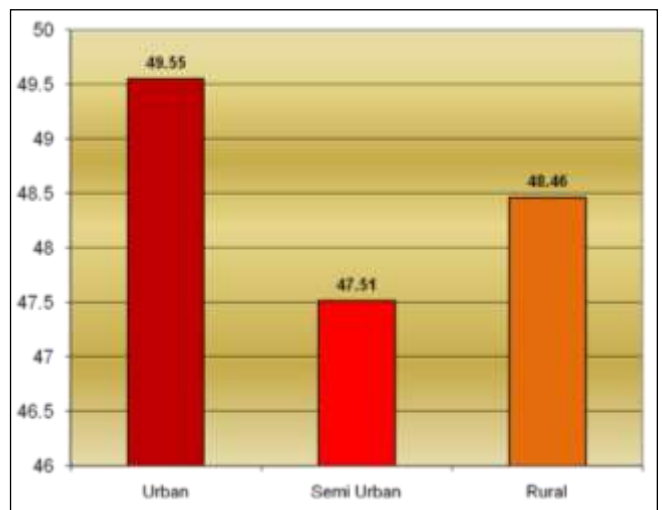


Fig 2: bar diagram showing mean values on psychological variable self concept of urban, semi urban and rural athletes of Andhra region

As shown in Table, the urban athlete’s mean value on Self Concept was 49.55 with standard deviation ± 8.02 and semi urban athletes mean value was 47.81 with standard deviation of ± 7.15 and rural athletes mean value was 48.46 with standard deviation of ± 7.46

The obtained means on psychological variable Self Concept is presented through bar diagram for better understanding of the results of this study in Figure 4.5.2.

The statistical significance of the differences in means comparing the urban, semi urban and rural athletes of Andhra Region on psychological variable Self Concept was tested through ANOVA and the results are presented in Table

Table 4: Computation of ANOVA Comparing Urban, Semi Urban and Rural Athletes in Psychological Variable Self Concept of Andhra Region

Source of Variance	Sum of Squares	df	Mean Squares	F
Between	386.37	2	193.19	1.12
Within	42606.81	747	172.50	
Total	42993.18	749		

Table F value required at 0.05 level 3.07 Not Significant

The obtained F value 1.12 was lesser than the required table F value of 3.07 to be significant at 0.05 level. Hence, it was proved that there was a no significance difference on psychological Self Concept among urban, semi urban and rural athletes of Andhra Region.

Discussions on Results on Self Concept

The term self-concept is a general term used to refer to how someone thinks about or perceives themselves. The self concept is how one thinks about and evaluates himself. To be aware of oneself is to have a concept of oneself. Self-concept is made up of one's self-schemas, and interacts with self-esteem, self-knowledge, and the social self to form the self as whole. It includes the past, present, and future selves, where future selves (or possible selves) represent individuals' ideas of what they might become, what they would like to become, or what they are afraid of becoming. Possible selves may function as incentives for certain behavior. The perception people have about their past or future selves is related to the perception of their current self. The temporal self-appraisal theory argues that people have a tendency to maintain a positive self-evaluation by distancing themselves from their negative self and paying more attention to their positive one. To attain maximum performance, every athletes is expected to have positive self evaluation that they would win the game. This research was to find out whether there was significant difference among the athletes depending upon their topography, that is, urban, semi urban and rural areas in Andhra Region.

The results presented through descriptive statistics, mean and standard deviation on psychological variable, Self Concept (Table 4.13) proved that there was differences existed among urban, semi urban and rural athletes of Andhra Region. To test the statistical significance the obtained data were tested through ANOVA and results presented in Table 4.14 proved that the obtained F value of 1.12 was lesser than the required table F value of 3.07 to be significant at 0.05 level. Thus, the results proved that there was no significant difference on psychological variable Self Concept among urban, semi urban and rural athletes. And it was found that irrespective of the fact whether they are from urban, semi urban or rural, they have self concept of positive thinking of themselves.

The formulated hypothesis No. 5 stated that there would be significant difference between selected psychological variable self concept among rural, urban and semi urban athletes in Andhra Region. The findings proved that there was no significant difference among urban, semi urban and rural athletes as the obtained F value was significant at 0.05 level and thus the formulated hypothesis was rejected at 0.05 level.

Lewis (1990) suggests that development of a concept of self has two aspects of the existential self and categorical self. Existential self concept is the sense of being separate and distinct from others and the awareness of the constancy of the self. The categorical is meant when one exists as a separate being, and experiencing about himself.

This study was to compare the self concept of urban, semi urban and rural athletes. And that the urban, semi urban and rural athletes would be having a sense of being separate and distinct from others and experiencing recognition in society because of their participation in sports and games. Hence the difference in coaching facilities, psychological preparations, incentives and support of the management of the institutions failed to create differences among the urban, semi urban and rural athletes of Andhra Region as found in this study.

Comprehensive Discussion

From the study under report a comprehensive discussion with regard to the result and discussion held so far it was very clear that the selected psychological variable has shown significant difference among them. However all the selected psychological variables have shown a greater impact on three categories viz., Urban, Semi- Urban and Rural athletes.

The first three variables anxiety, aggression and achievement motivation even though shown the significant difference among each other the urban athletes have shown greater anxiety, highly aggression behavior than semi urban and rural athletes. Subsequently the achievement motivation was scientifically prove to be better for urban athletes, rather than semi urban and rural athletes. With regard to be last two variables stress and self concept the urban athletes have scored higher than semi urban and rural. The striking feature of the research under report was the self concept for rural athletes which was higher than semi urban athletes and even the stress was more for rural athletes rather than semi urban athletes.

Conclusion

Within the limitations and delimitations of the study, the following conclusions were drawn.

It was concluded that Andhra Pradesh urban area athletes were significantly more anxious than semi urban and rural areas athletes. However, there was significant difference between urban and semi urban area athletes, while semi urban athletes were significantly more anxious than rural area athletes.

It was concluded that Andhra Pradesh urban area athletes were significantly more aggressive than semi urban and rural areas athletes. Further, it was concluded that semi urban athletes were significantly more aggressive than rural area athletes.

It was concluded that Andhra Pradesh urban area athletes were having more achievement motivation than semi urban and rural areas athletes. However, there was significant difference between urban and semi urban area athletes, while semi urban athletes were significantly more achievement motivation than rural area athletes.

It was concluded that Andhra Pradesh urban area athletes were more stressed than semi urban and rural areas athletes. And there was significant differences on stress between semi urban and rural areas athletes.

It was concluded that there was significant differences on psychological variable, self concept among urban, semi urban and rural area athletes.

It was finally conclude that the selected psychological variables have shown significant difference among them in urban athletes, semi urban athletes and rural athletes. The obtained results clearly indicates the higher scores for urban athletes subsequently the semi urban and rural athletes, however the interesting results notice after through scientific investigation the self concept and stress were shown greater impact on rural athletes rather than urban athletes.

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