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Relationship of emotions to performance in university level archers

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Abstract

Archery is a sport like any other. Developing a repeatable mental management system is something that sets great archers apart from good archers. The present study was done for the purpose of finding the relationship of pre competitive feelings of the archers and their performance level. To achieve this purpose of the study twenty three (N=23) female archers were selected as subjects who had participated in all India inter university championship in the year 2017. The selected subjects were aged between 18-24 years. For obtaining the adequate data for the study, sports emotion questionnaire (Marc v.j *et al.* 2012) was used. The questionnaire includes the emotions like anxiety, dejection, angry, excitement and happiness were considered as variables for the study. In order to examine the relationship between the variables and performance of the archers, Pearson product moment correlation was computed. The level of significance was 0.05 levels. The result of present study has revealed that there was significant relationship between pre competitive emotions and performance of the university female archers.

Keywords: Emotions, archers

Introduction

Archery is a sport like any other. It requires immense physical abilities to repeat a set of steps to complete a task. When an athlete lacks in physical qualities, they make up for with mental strength and ability. Just the pure fact that someone who never give up is already their greatest strength.

Modern sport psychology focuses on the correlation between winning and the ability to relax, concentrate and play one's best game under the pressures of competition. This often involves quieting the mind and increasing awareness, so that the body is free to do the things that it does so well when we allow it to act spontaneously.

Developing a repeatable mental management system is something that sets great archers apart from good archers. An athlete with a well-conditioned mind is going to perform well under pressure (competition) conditions. As many say: 'archery is 90% mental'.

The present study was done for the purpose of finding the relationship of pre competitive feelings of the archers and their performance level. That will give us more idea regarding the effect of mind on performance of the archers.

Statement of the Problem

The purpose of the study was to find out the relationship of pre competitive emotions on performance of university level female archers.

Hypothesis

It was hypothesized that there will be a relationship between the pre competitive emotions on the performance of university level female archers.

Significance of the Study

The purpose of the study was to find out the relationship of pre competitive emotions on the performance of university level female archers. By using the result of this study, they can design the relevant remedial programmes for improving the mental skills. This study will add to the quantum of knowledge in physical education and sports especially in the area of sports psychology.

Materials and Methods

23 female archers were selected from 3 universities in Kerala state. Their age ranged from 18-21 years who were participated in all India inter university championship. The subjects were selected from different Universities in Kerala state (Kannur University, Calicut University and Kerala University). The variables selected for the study was pre competitive emotions. The emotions include; Anxiety, Dejection, Excitement, Anger and Happiness. Dependant variable selected for the study was Performances of the archers who have participation in all India inter university archery championship. For obtaining the adequate data for the study, sports emotion questionnaire was used. For getting the basic idea about the data, descriptive statistics was used. For finding the relationship between pre competitive emotions and performance, Pearson product moment correlation was used. Level of significance was 0.05.

Results and Discussions

Table 1: descriptive statistics of pre competitive emotions and performance of the university female archers

	N	Minimum	Maximum	Mean	Std. Deviation
Performance	23	129.00	176.00	158.820	158.2920
Anxiety	23	.20	3.40	1.2091	1.09586
Dejection	23	.00	2.80	.9636	1.08745
Excitement	23	1.00	2.60	1.7136	.53809
Angry	23	.50	2.75	1.2727	.80199
Happiness	23	.50	3.50	2.2273	1.03353

From table 1, we can see that the mean and standard deviation of the pre competitive emotions and performance of the university level female archers. The minimum score performed by the players were 129 and maximum score was 176. Mean values of the pre competitive emotions such as anxiety, dejection, excitement, angry and happiness were 1.20, 0.9636, 1.71, 1.27 and 2.227 respectively.

Table 2: Correlation among Pre competitive emotions and performance of university level female archers.

Variable		Performance
Anxiety	correlation	-.979**
	significance	.000
Dejection	correlation	-.893**
	significance	.000
Excitement	correlation	-.729*
	significance	.011
Anger	correlation	-.819**
	significance	.002
Happiness	correlation	.889**
	significance	.000

** Correlation is significant at the 0.01 level. * Correlation is significant at the 0.05 level.

Table 2 shows that, anxiety and performance are negatively correlated. Correlation is significant at 0.01 level. Dejection and performance, anger and performance also shows the negative correlation and it is significant at 0.01 level. Excitement and performance also shows the negative correlation but it was significant at 0.05 levels. Only one emotion is positively correlated to performance. When happiness is increased performance also increased. And the correlation is significant at 0.01 level.

We know that archery performance is mostly related to mental performance and also the strength of the mind.

Emotions like anxiety, dejection, excitement and anger are negative emotions which distracts the mind from concentration and calmness. This is the cause which affects the player's performance. The archers who were scored more in these emotions shows less performance compared to the players who scored lesser in emotions. Happiness is a positive emotion which helps to keep the mind more healthy and calm. When the player is happier she can make better performance. The data shows a positive relationship between happiness and performance.

Conclusion

By analyzing the data following conclusions were drawn,

1. All the emotions showed significant relationship to performance.
2. Anxiety, dejection, excitement and angry showed negative correlation to performance. It is because of these emotions is performance distracting emotions by distracting the concentration of mind.
3. Happiness is positively related to performance. Happiness is a state of pleasure in the mind. When a person is in a state of pleasure she can do everything in more energetically.

Females are more sensitive than males. When a competition occurs she becomes more nervous. Without proper preparation she cannot achieve well, even in familiar situation. For overcoming this fact she needs more attention and training. Psychological interventions will play more role than physical training. Psychological trainings include imagery training, self-talk, focused attention, preparatory arousal, etc... if the coaches includes these type of trainings to the training plan, the players can easily overcome the fear of competition and helps them to perform well in the competition.

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