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Study on selected psychological variables among the players of selected team sports

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Abstract

Purpose: The purpose of the study was to compare the performance on selected psychological variables among the players of selected team sports.

Methods: To achieve the purpose of the present study as subjects, the players participated in the inter-collegiate tournament from selected team sports namely basketball, Hockey and handball totally 90 were randomly selected. Each team sport was consisting of 30 players in the range of 18-25 years. The variables used in the study were: Anxiety, Self-Confidence, and Achievement Motivation.

Collection of data: The standard psychological tool devised by Rainer martens Sports Competition Anxiety test (1979) was used to measure anxiety. The statement psychological questionnaire constructed by Agnihotri was used to measure Self-Confidence in subjects. The standard psychological tool devised by M.L. Kamlesh was used to measure achievement motivation.

Statistical technique: The collected data were analyzed by one way analysis of variance. Further, in case of significance mean difference if any among the players of selected team sports, to find out which of group is source for such a significant mean difference, as post-hoc test Schfee test was applied.

Conclusions: The level of anxiety among the Basketball Players, Handball and Hockey players were almost the same. In the level of Self Confidence Basketball players and Handball players were found to be higher than the hockey players whereas Basketball and Handball players seemed to be similar. In the level of achievement motivation basketball players and hockey were greater than the handball players whereas the difference between Basketball players and hockey player's on achievement motivation was not statistically significant.

Keywords: Anxiety, self-confidence, achievement motivation, success, failure

Introduction

Sport is a psycho-social activity. Regardless of age and sex much of the attraction of sports comes from the wide variety of experience and feelings that result from participation of joy, anguish, success, failure, exhaustion pain relief and a feeling of belonging. Sports can be classified based on its nature as team sports, individual sport, body contact and non-body contact. Each one will have its own entity on psychological aspects. Besides within the team sports also the sport may be differed from one another because of its nature in size of team, goal of team and objectives of the team. Before discussing the team sport and its psychological aspects, it is better to analyze about the team.

In general a team comprises a group of people or animals linked in a common purpose. Teams are especially appropriate for conducting tasks that are high in complexity and have many interdependent subtasks. A group in itself does not necessarily constitute a team. Teams normally have members with complementary skills and generate synergy through a coordinated effort which allows each member to maximize his/her strengths and minimize his/her weaknesses. Team members need to learn how to help one another, help other team members realize their true potential, and create an environment that allows everyone to go beyond their limitations. (Davis, Barbee, 2009) ^[3]. A team becomes more than just a collection of people when a strong sense of mutual commitment creates synergy, thus generating performance greater than the sum of the performance of its individual members.

Team size and composition affect the team processes and outcomes. The optimal size (and composition) of teams is debated and will vary depending on the task at hand. At least one study of problem-solving in groups showed an optimal size of groups at four members.

Other works estimate the optimal size between 5-12 members. (Belbin) did extensive research on teams clearly demonstrated that the optimum team size is 8 roles plus a specialist as needed. Fewer than 5 members results in decreased perspectives and diminished creativity. Membership in excess of 12 results in increased conflict and greater potential of sub-groups forming.

David Cooper rider suggests that the larger the group, the better. This is because a larger group is able to address concerns of the whole system. So while a large team may be ineffective at performing a given task, regarding composition, all teams will have an element of homogeneity and heterogeneity. The more homogeneous the group, the more cohesive it will be. The more heterogeneous the group, the greater the differences in perspective and increased potential for creativity, but also the greater potential for conflict. Team members normally have different roles, like team leader and agents. Large teams can divide into sub-teams according to need. Such general nature of team may also impact on the sports where the members are more than one as team.

A team sport includes any sport which involves players working together towards a shared objective. A team sport is an activity in which a group of individuals, on the same team, work together to accomplish an ultimate goal which is usually to win. This can be done in a number of ways such as outscoring the opposing team. Team members set goals, make decisions, communicate, manage conflict, and solve problems in a supportive, trusting atmosphere in order to accomplish their objectives. This can be seen in sports such as hockey, football, basketball, volleyball, tennis, hockey, handball and many others.

Every team sport is different. Some team sports are practiced between opposing teams, where the players interact directly and simultaneously between them to achieve an objective. The objective generally involves teammates facilitating the movement of a ball or similar item in accordance with a set of rules, in order to score points. This usually involves careful strategic planning, good preparation, and a mental and physical toughness of each individual that is part of the team. Team sports rely on all of the players working together equally in order to succeed at the task at hand. Being part of a

team sport requires that each athlete has patience and perseverance since the goals put forth to accomplish might take some time to meet. This involves a good deal of dedication, hard work, and good leadership over that span of time. However, other types of team sports do not involve teammates facilitating the movement of a ball or similar item in accordance with a set of rules, in order to score points. In other types of team sports there may not be an opposing team or point scoring, for example, mountaineering. Instead of points scored against an opposing team, the relative difficulty of the climb or walk is the measure of the achievement. In such a way within the team sport itself players may have chance to differ in terms of their objectives which result in psychological differences. Having this thirst, the present study has been taken to study the players of selected team sports on selected psychological variables. Based on the objectives, it was hypothesized that there may be a significant mean difference on competitive anxiety self-confidence and achievement motivation among the players of selected team sports namely basketball, handball and Hockey. For this, the methodology adopted in the present study is as follows.

To achieve the purpose of the present study as subjects, the players participated in the inter-collegiate tournament from selected team sports namely basketball, handball and Hockey totally 90 were randomly selected. Each team sport was consisting of 30 players in the range of 18-25. The variables used in the study were: Anxiety, Self-Confidence, and Achievement Motivation. The standard psychological tool devised by Rainer martens Sports Competition Anxiety test (1979) was used to measure anxiety. The statement psychological questionnaire constructed by Agnihotri was used to measure Self-Confidence in subjects. The standard psychological tool devised by M.L. Kamlesh was used to measure achievement motivation. Using the above mentioned tools the data were collected on variables used in the study. The collected data were analyzed by one way analysis of variance. Further, in case of significance mean difference if any among the players of selected team sports, to find out which of group is source for such a significant mean difference, as post-hoc test Schfee test was applied.

Table 1: Descriptive Analysis

Psychological Variables	Team sports	N	Mean	Std. Dev.
Anxiety	Basketball	30.00	25.50	2.84
	Hockey	30.00	25.50	2.87
	Handball	30.00	25.20	2.59
	Total	90.00	25.40	2.74
Self confidence	Basketball	30.00	27.33	2.20
	Hockey	30.00	26.07	2.20
	Handball	30.00	28.67	1.79
	Total	90.00	27.36	2.31
Achievement Motivation	Basketball	30.00	27.63	1.92
	Hockey	30.00	27.97	2.46
	Handball	30.00	26.37	2.27
	Total	90.00	27.32	2.31

Table 2: Analysis of Variance (ANOVA) on Competitive Anxiety

Source	Sum of Squares	Degree of Freedom	Mean Square	F	Sig.
Between Groups	1.80	2.00	0.90	0.12	0.89
Within Groups	667.80	87.00	7.68		
Total	669.60	89.00			

Source: SPSS 13.0 Version

Table-.2 reveals that the F-value was 0.12, which is not significant at 0.05 levels. From the results it was observed that the men players of team sports namely basketball, handball

and Hockey are not differed significantly on competitive anxiety

Table 3: Analysis of Variance (ANOVA) on Self Confidence

Source	Sum of Squares	Degree of Freedom	Mean Square	F	Sig.
Between Groups	101.42	2.00	50.71	11.82	0.00
Within Groups	373.20	87.00	4.29		
Total	474.62	89.00			

Source: SPSS 13.0 Version

Table 4. reveals that the F-value was 11.82, which is significant at 0.05 level. From the results it was observed that the men players of team sports namely basketball, handball and Hockey are differed significantly on Self Confidence.

Further to find out the source for such a significance of mean difference on self confidence among the men players of selected team sports, as post hoc test Scheffe test was applied and the obtained results on this was presented in the table 4.4

Table 4: Comparison on paired means between the selected team sports on self-Confidence

Basketball	Hockey	Handball	Mean Difference	Sig
27.33	26.07	-	0.26	0.06
27.33	-	28.67	0.04	0.04
-	26.07	28.67	0.00	0.00

From the results on comparing the mean values (table 4) on self-confidence between the teams, it was observed that significant mean difference on self-confidence is existing

between the players of basketball and hand ball. Also in this line significance mean difference was observed between the players of handball and Hockey.

Table 5: Analysis of Variance (ANOVA) on Achievement Motivation

Source	Sum of Squares	Degree of Freedom	Mean Square	F	Sig.
Between Groups	42.76	2.00	21.38	4.32	0.02
Within Groups	430.90	87.00	4.95		
Total	473.66	89.00			

Source: SPSS 13.0 Version

Table 5 reveals that the F-value was 4.32, which is significant at 0.05 level. From the results it was observed that the men players of team sports namely basketball, handball and Hockey are differed significantly on Achievement Motivation. Further to find out the source for such a significance of mean difference on Achievement Motivation among the men players of selected team sports, as post hoc test Scheffe test was applied and the obtained results on this was presented in the table 6.

Table 6: Comparison on paired means between the selected team sports on Achievement Motivation.

Basketball	Hockey	Handball	Mean Difference	Sig
27.63	27.97	-	0.34	0.06
27.63	-	26.37	1.26	0.04
-	27.97	26.37	1.60	0.00

From the results on comparing the mean values (table 4.6) on achievement motivation between the teams, it was observed that significant mean difference on self-confidence is existing between the players of Basketball handball and Hockey

Discussion on Findings

The one way analysis of variance computed to find out the mean difference in anxiety among Basketball players, handball players and Hockey Players. The result showed that there was no significant difference among them.

The one way analysis of variance computed to find out the mean difference in Self-Confidence among Basketball players, Hockey players and handball players. The result showed that there was a significant difference is existing

among them. The result shows that the Basketball players and Hockey players had more self-confidence than the handball players. Which was significant at 0.01 level. There was significant difference is existing between Basketball players and Hockey players then handball players on Self-Confidence. The one way analysis of variance computed to find out the mean difference in achievement motivation among Basketball players, Hockey players and handball players. The result showed that there was a significant difference is existing among them. It shows that the Basketball players Hockey players had greater achievement motivation than the handball players. Which was significant at 0.05 level. There is no significant difference between basketball players and Hockey players on achievement motivation.

Discussion on Hypothesis

The first hypothesis was that there might not be any significant difference in anxiety among the Basketball players, Hockey players and handball players. But this study it was found that there was significant difference in anxiety among the players of different games. So the first null hypothesis was rejected.

The second hypothesis was that there will be a significant difference in Self-Confidence among the Basketball players, Hockey players and handball players. From this study it was proved that there was a significant difference existed in Self-Confidence among the players of different games. So the second hypothesis was accepted.

The third hypothesis was that there will be a significant difference in achievement motivation among the Basketball players, Hockey players, and handball players. This study it

was found that there was a significant difference was found in achievement motivation among the players of different games. So the third hypothesis was accepted

Conclusions

Within the limitations of the study, the following conclusions are drawn.

- The level of anxiety among the Basketball Players, Hockey players and Handball Players were almost the same.
- The level of Self Confidence among the Basketball players and Handball players was greater than the Hockey players. And there is no significant difference between Basketball and Handball players on Self-Confidence.
- The level of achievement motivation for the Basketball players and Hockey greater than the Handball players. And there is no significant difference between Basketball players and Hockey player's on achievement motivation.

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