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Psychological preparations of hockey players

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Abstract

The purpose of this study was to psychological preparation of hockey players of National Sports University Hockey players, To facilitate this study there were Seven (N=7) Hockey players have been selected they were randomly selected from National Sports University, Imphal, Manipur, and their ages ranged between 18 and 25 years. Data were collected on Anxiety and Aggression was measured by using specific Questionnaire with the support of NSU Psychology Laboratory. The Anxiety and Aggression of Hockey Players were tested for statistical significance by the computation of independent 't' ratio. The study was showing that the Anxiety and Aggression of Hockey Players were significant among them at 0.05 level of confidence. Based on the findings of this study the following conclusion was drawn. It was concluded that both the mean or S.D. were higher in post-test than pre-test of Anxiety and Aggression. So the mean are the significantly differences. So there we found a positive effect of variables on Hockey players of National Sports University.

Keywords: Psychology, anxiety, aggression, hockey players, independent 't' test

Introduction

Psychology is the scientific study of behavior, cognition, and emotion. Psychology is an academic and applied discipline involving the scientific study of mental processes and behavior. Psychology also refers to the application of such knowledge to various spheres of human activity, including relating to individuals' daily lives and the treatment of mental illness.

Psychology is an academic and applied field involving the study of behavior, mind and thought and the subconscious neurological bases of behavior. Psychology also refers to the application of such knowledge to various spheres of human activity, including problems of individuals' daily lives and the treatment of mental illness.

Anxiety

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come.

It's normal to feel anxious about moving to a new place, starting a new job, or taking a test. This type of anxiety is unpleasant, but it may motivate you to work harder and to do a better job. Ordinary anxiety is a feeling that comes and goes, but does not interfere with your everyday life.

Aggression

Aggression is overt or covert, often harmful, social interaction with the intention of inflicting damage or other harm upon another individual; although it can be channeled into creative and practical outlets for some. It may occur either reactively or without provocation. In humans, aggression can be caused by various triggers, from frustration due to blocked goals to feeling disrespected. Human aggression can be classified into direct and indirect aggression; whilst the former is characterized by physical or verbal behavior intended to cause harm to someone, the latter is characterized by behavior intended to harm the social relations of an individual or group.

Methodology

To achieve the purpose of this study was to psychological preparation of hockey players of

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National Sports University. To facilitate this study there were Seven (N=7) players have been selected hockey players were randomly selected from National Sports University, Imphal, Manipur, and their ages ranged between 18 and 25 years. Data were collected on Anxiety and Aggression was measured by using specific Questionnaire with the support of NSU Psychology Laboratory. The Anxiety and Aggression of Hockey Players were tested for statistical significance by the

computation of independent t ratios.

The Results of Anxiety and Aggression of Hockey Players Computation of Analysis of Dependent 't' Test Anxiety

The analysis of dependent t test on the data obtained for anxiety of Hockey players have been analyzed and presented in table-1

Table 1: Summary of mean and dependent 't' test for hockey player anxiety

Category	Number	Mean	Standard Deviation	't' ratio
Pre	7	61.28	9.56	3.50
Post	7	45.85	9.02	

*Significant at 0.05 level

(Table value required for significance at 0.05 level for 't' test with df 6 is 2.06)

From the table 1 the mean value obtained for hockey players were 61.28 and 45.85 and 't' test value between the 3.50 Since the obtained 't' test value of 3.50 is greater than the table value of 2.06 with df 6 at 0.05 level of confidence, it

was conclude that the men hockey players had significant difference in the performance of Anxiety.

The mean value of men hockey players on Anxiety are graphically represented in the figure 1.

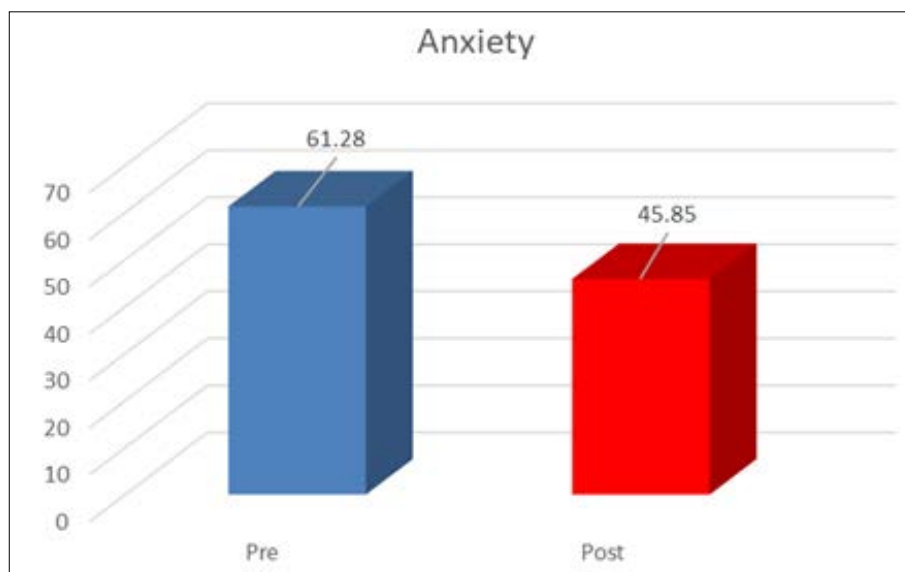


Fig 1: Mean value of hockey players on anxiety

Aggression

The analysis of dependent 't' test on the data obtained for

aggression of Hockey players have been analyzed and presented in table-2

Table 2: Summary of mean and dependent 't' test for hockey player aggression

Category	Number	Mean	Standard Deviation	't'- Value
Pre	7	80.14	15.31	4.96*
Post	7	69.71	69.71	

*Significant at 0.05 level

(Table value required for significance at 0.05 level for 't' test with df 6 is 2.06)

From the table 2 the mean value obtained for hockey players were 80.14 and 69.71 and 't' test value between the 4.959. Since the obtained 't' test value of 4.96 is greater than the table value of 2.06 with df 6 at 0.05 level of confidence, it

was conclude that the men hockey players had significant difference in the performance of aggression.

The mean value of men hockey players on aggression are graphically represented in the figure 2.

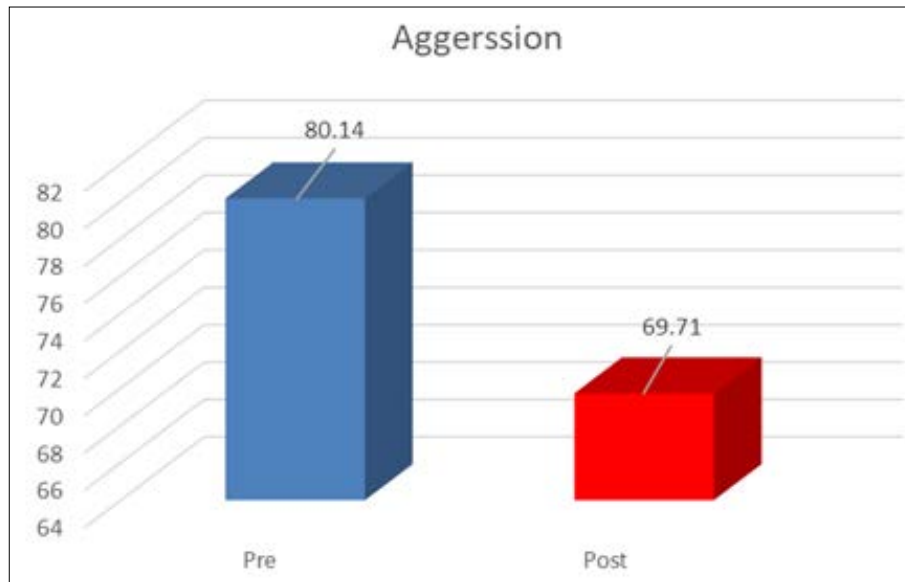


Fig 2: Mean value of hockey players on aggression

Discussion on Findings

- It may observe that both the mean or S.D. were higher in post-test than pretest of Anxiety and Aggression .so the mean are the significantly differences. So there we found a positive effect of variables on Hockey players.
- On the basis of above study I found that the anxiety or aggression abilities has decreased due to psychological preparation. On the relation of the said hypothesis my said hypothesis is accepted.

Conclusion

On the basis of finding of the study the following conclusion were drawn.

- Significant improvement observed in Anxiety or Aggression due to psychological preparation.
- It was concluded that there was a significant difference in Anxiety of National Sports University Hockey due to psychological preparation.
- It was concluded that there was a significant difference in Aggression of National Sports University Hockey due to psychological preparation.

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