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Assessment of reboundability and ability to handle pressure among open skill athletes and closed skill Athletes

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Abstract

The purpose of this investigation was to assess the Rebound ability and Ability to Handle Pressure among Open Skill Athletes and Closed Skill Athletes. Two hundred nine [N=209] male Inter-College level players were chosen as subjects. They were divided into following two groups: Group-A: N₁=130; Open Skill Athletes and Group-B: N₂=79; Closed Skill Athletes. Unpaired t-test was applied to assess the variation between Open Skill Athletes and Closed Skill Athletes on the variable, Rebound ability and Ability to Handle Pressure. The level of significance was set at 0.05. No significant differences were found between the means of both groups (*viz.*, Open Skill Athletes and Closed Skill Athletes) with regard to the variable, Rebound ability (t-value-1.34) and Ability to Handle Pressure (t-value-0.60).

Keywords: Rebound ability, ability to handle pressure, open skill athletes, closed skill athletes

Introduction

Sport is becoming an integral part of human life. From very simple beginning it has now become highly organized activity of human society. The success and failure of an athlete is dependent on the combination of physical ability, conditioning, training, mental preparation and the ability to perform well under pressure^[1]. Mental toughness provides psychological edge to cope better than opponent players and also to be consistent in remaining determined, confidence, focused and handle pressure. Mental toughness is an ability of athlete to witness positive responses to situations to persist and refuse to give in includes of motivation concentration and confidence^[2, 3]. Athletes seeking to improve performance can benefit from using imagery scripts that help them mentally rehearse a task before actually engaging in the task itself. With practice, individuals can increase their ability to use imagery, which can result in working smarter, rather than harder when strength training^[4]. Mental practices are almost as effective as true physical practice and that doing both is more effective than either alone state that it is impossible to be successful in any sport without the correct mental attitude^[5, 6]. The mental toughness is utmost pre-requisite of individual and team athletes^[7]. Mental toughness is a quality of players to cope up better than your opponents and unshakeable pre service conviction towards same goal despite pressure and adversity^[8].

Materials and Methods

Participants

Two hundred nine [N=209] male Inter-College level players were chosen as subjects. They were divided into following two groups:

Group-A: N₁=130; Open Skill Athletes

1. Volleyball [42]
2. Handball [45]
3. Basketball [43]

Group-B: N₂=79; Closed Skill Athletes

1. Archery [39]
2. Gymnastic [12]
3. Shooting [28]

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Variables

1. Rebound ability
2. Ability to Handle Pressure

Statistical Analysis

Unpaired t-test was applied to assess the variation between Open Skill Athletes and Closed Skill Athletes on the variable, Rebound ability and Ability to Handle Pressure. The level of

significance was set at 0.05.

Results

No significant differences were found between the means of both groups (*viz.*, Open Skill Athletes and Closed Skill Athletes) with regard to the variable, Rebound ability (t-value-1.34) and Ability to Handle Pressure (t-value-0.60).

Table-1: Independent samples t-test comparing Open Skill Athletes and Closed Skill Athletes on the variable, Rebound ability and Ability to Handle Pressure.

| Variables | Open Skill Athletes (N ₁ =130) | | | Closed Skill Athletes (N ₂ =79) | | | t-value |
|----------------------------|---|------|------|--|------|------|---------|
| | Mean | SD | SEM | Mean | SD | SEM | |
| Rebound ability | 3.7 | 1.11 | 0.10 | 3.48 | 1.13 | 0.13 | 1.34 |
| Ability to Handle Pressure | 3.74 | 0.97 | 0.09 | 3.66 | 0.89 | 0.10 | 0.60 |

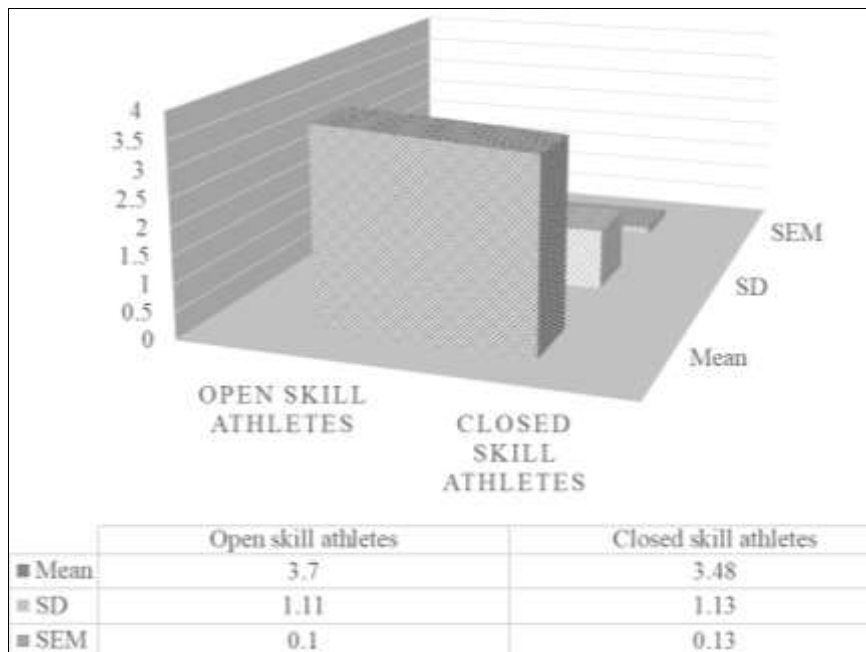


Fig. 1: Graphical illustration of independent samples t-test comparing open skill athletes and closed skill athletes on the variable, rebound ability.

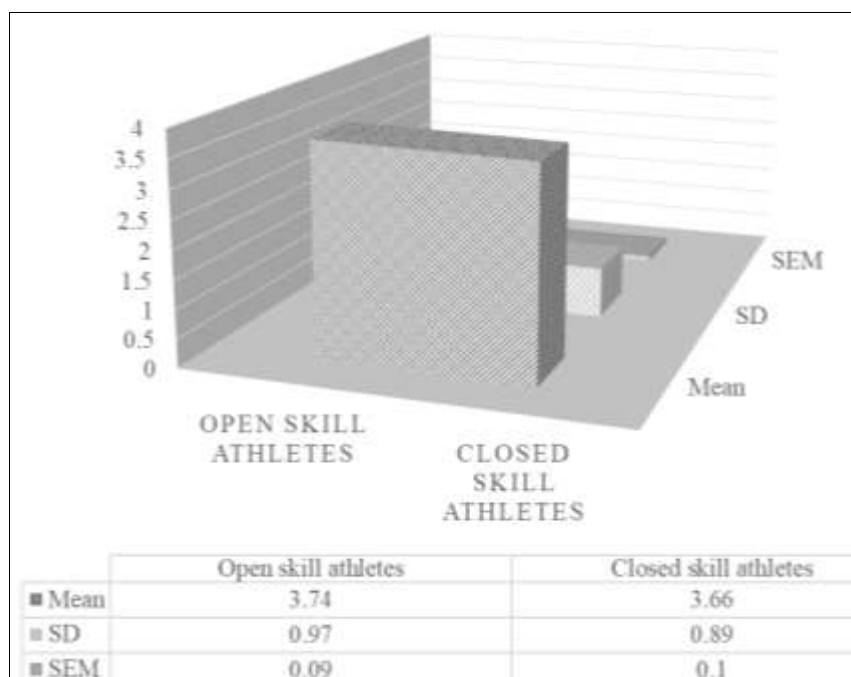


Fig. 2: Graphical illustration of independent samples t-test comparing Open Skill Athletes and Closed Skill Athletes on the variable, Ability to Handle Pressure

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