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Shipra Malvi
Research Scholar, Department of
Sport Psychology, Lakshmi Bai
National Institute of Physical
Education, Gwalior, Madhya
Pradesh, India

Mahendra Kumar Singh
Professor and HOD, Department
of Sport Psychology, Lakshmi Bai
National Institute of Physical
Education, Gwalior, Madhya
Pradesh, India

Sport commitment in female cricketers of cricket academies: An analysis

Shipra Malvi and Mahendra Kumar Singh

Abstract

The purpose of the study was to analyse and compile a profile of the sports commitment of female cricket players of academies between the ages of 14 and 16 from four states: Delhi, Madhya Pradesh, Rajasthan, and Uttar Pradesh. For this purpose, 151 female cricketers from selected cricket academies across four states namely Delhi, Madhya Pradesh, Rajasthan, and Uttar Pradesh, served as subjects for this study. The age range of the subject was between 14 to 16 years. The selected variable was sports commitment. The main objective was to compile a profile chart of sports commitment within the samples. The obtained data were analyzed by SPSS 26 applying descriptive statistics. The Sport Commitment Questionnaire (SCQ2) developed by Tara Scanlan was selected for this study. In the result, it was found that there was no significant relationship between the factors of mental toughness and sports commitment within the samples. The findings of the study reveal that the study emphasizes the importance of these variables in determining the landscape of sports commitment among female cricket players, offering a sophisticated comprehension of the complexities associated with cultivating commitment and enthusiasm for sports in various geographical contexts.

Keywords: Sport commitment, cricketers, profiling, cricket academies

Introduction

The study of sports psychology explores the complex mental processes that underlie involvement and achievement in sports. It includes a broad range of psychological concepts and methods intended to improve athletes' mental toughness, increase their physical performance, and maximize their psychological health in general. In the field of sports psychology, sports commitment is a fascinating nexus where psychological concepts, athlete behavior, and performance enhancement meet. Sports psychologists investigate and examine the complex psychological concept of sports commitment, seeing it as a vital factor affecting athletic achievement, perseverance, and general well-being (Berki *et al.*, 2019) ^[14]. Athletic development, performance, and well-being strongly correlate with the link between sport psychology and commitment. Sport psychology's tenets, theories, and methods are closely related to the multifaceted concept of sport commitment, which captures an athlete's devotion, endurance, and attachment to their sport. Furthermore, sports psychology provides priceless insights into the factors that influence, work behind, and result from sports dedication. It looks at how an athlete's level of commitment is shaped by motivation, self-efficacy, goal-setting, mental toughness, and other psychological concepts. Coaches, athletes, and practitioners can improve performance and general well-being by nurturing and maintaining high levels of dedication by having a clear understanding of these psychological foundations (Choosakul *et al.*, 2009) ^[15]. Moreover, sports psychology and sports commitment are mutually beneficial outside the realm of individual players. It affects organizational structures, coaching styles, talent development initiatives, and team relationships in the sports world. Sports psychologists work in tandem with coaches and athletes to create conditions that support high levels of dedication, perseverance in the face of difficulty, and the best possible mental states for maximum performance (L. Han & Yue, 2022) ^[16]. To put it simply, the relationship between sport psychology and commitment is a dynamic one in which psychological concepts help athletes better understand their commitment, and athletes use commitment as a platform for experimenting with and honing different psychological techniques.

Corresponding Author:
Shipra Malvi
Research Scholar, Department of
Sport Psychology, Lakshmi Bai
National Institute of Physical
Education, Gwalior, Madhya
Pradesh, India

This symbiosis fosters overall development, mental toughness, and a greater comprehension of the human psyche in addition to improving athletic performance. An athlete's path is anchored by their devotion to sport, which is a symbol of their unwavering passion, perseverance, and dedication to their athletic goals. It captures the intense emotional, behavioural, and psychological bond a person has with their sport, demonstrating the extent of their commitment, allegiance, and involvement in both the training and competition sectors (T. Han & Polat, 2022) [17]. Commitment to a sport is fundamentally more than just playing; it's a deep and lasting bond that drives players to keep going despite obstacles, failures, and the demanding nature of sports. This complex construct consists of multiple dimensions, including as cognitive, emotive, and behavioural components, all of which are critical in determining how committed and long-lasting an athlete is to their sport. The fascinating study "Sport Commitment in Female Cricketers of Cricket Academies: An Analysis" explores the commitment, tenacity, and internal motives that propel young female cricket players in cricket academies. This thorough investigation explores the complex network of variables affecting the levels of dedication demonstrated by these sportsmen, providing insight into the psychological, social, and individual aspects that mould their passion for the game. The study takes a sophisticated approach to revealing the several levels of dedication that are present in female cricket players, taking into account the particular difficulties, goals, and environments that support their participation in the sport (Scanlan *et al.*, 2009) [18]. This study uses a rigorous analytical framework to carefully break down the several elements that make up the landscape of commitment. These elements include things like individual commitment, coaching dynamics, training schedules, and societal perceptions. By combining qualitative and quantitative methods, this investigation seeks to provide a comprehensive picture of the complex web of commitment in the world of female cricket academies. To give a thorough grasp of the motivations behind these athletes' enthusiasm and dedication, it aims to not only identify the drivers of commitment but also to outline the interactions between these elements. By attempting to close a crucial knowledge gap on the variables impacting commitment in female cricket players, this study will make a substantial contribution to the fields of sports psychology, gender studies in sports, and athlete development. The analysis's conclusions are well-positioned to influence coaching strategies, talent development initiatives, and legislative frameworks, creating an atmosphere that supports female cricket players' overall growth and empowerment in cricket academies.

With a judicious blend of empirical evidence, theoretical frameworks, and real-life narratives, "Sport Commitment in Female Cricketers of Cricket Academies: An Analysis" aims to carve a scholarly path toward comprehending, celebrating,

and nurturing the unwavering commitment demonstrated by these budding sportswomen in their pursuit of excellence within the domain of cricket.

The objective of the study

The main objective was to compile a profile of the sports commitment of female cricket players of academies between the ages of 14 and 16 from four states: Delhi, Madhya Pradesh, Rajasthan, and Uttar Pradesh.

Materials and Methods

Participants: By using a simple random sampling method, 151 female cricketers from selected cricket academies across four states namely Delhi, Madhya Pradesh, Rajasthan and Uttar Pradesh, served as subjects for this study. The age range of the subject was between 14 to 16 years.

Methods: The Sport Commitment Questionnaire (SCQ2) developed by Tara Scanlan and her team in 2016, was identified and analysed for the implementation of the task. twelve parameters of sports commitment are analyzed through the SCQ2 questionnaire that is Sports enjoyment, Enthusiastic commitment, Constrained commitment, Valuable opportunities, other priorities, personal investment-loss, personal investment-Quantity, social constraints, social support-emotional, social support informational, desire to excel-mastery achievement, desire to excel- social achievement, confidence, control, and constancy. The sport commitment questionnaire consists of 58 items based on a 5-point Likert scale from strongly agree to strongly disagree.

Procedure: The sport commitment questionnaire survey were presented to the study participants and requested their consent to be completed. Both male and female cricket players were given a questionnaire to complete, along with their personal information such as age, level of sport, sporting experience, and achievements, after gaining their consent, informing them that their answers would be kept confidential, and explaining the study's methodology. Finally, data analyses were used to gather and examine the data.

Statistical analysis

To test the normality of the data Shapiro-Wilk normality test was implied. To analyze the data and prepare a profile chart descriptive statistics were used with the help of SPSS IBM 26.

Results

To test the normality of the data the Shapiro-Wilk test was applied, to analyse the sport commitment and prepare a profile chart of female cricketers, descriptive statistics were used.

Table 1: Descriptive statistics states of Delhi female 14-16

	SE	EC	CC	VO	OP	PI L	PI Q	SC	SSE	SSI	DEMA	DESA
N	27	27	27	27	27	27	27	27	27	27	27	27
Mean	19.22	23.25	19.18	15.44	18.63	18.51	14.48	14.92	14.92	18.55	22.81	19
Median	20	24	20	16	19	18	14	15	15	19	23	19
Std. Deviation	3.67	3.51	3.35	2.43	2.61	2.94	3.32	2.51	2.97	3.35	2.52	3.18
IQR	4.5	6	4	2.5	4	4.5	3.5	3	4	3.5	3	3
Shapiro-Wilk	0.906	0.943	0.91	0.913	0.96	0.953	0.933	0.947	0.953	0.948	0.964	0.925
P-value of Shapiro-Wilk	0.018	0.148	0.023	0.027	0.364	0.248	0.082	0.179	0.247	0.187	0.446	0.052
Minimum	9	16	11	8	12	14	5	10	7	11	17	9
Maximum	24	29	23	19	23	24	20	20	20	24	28	24

Table 2: Descriptive Statistics of Madhya Pradesh Female 14-16

	SE	EC	CC	VO	OP	PI_L	PI_Q	SC	SSE	SSI	DEMA	DESA
N	55	55	55	55	55	55	55	55	55	55	55	55
Mean	19.67	23.69	20.1	16.16	20.29	19.83	15.94	15.85	15.81	19.6	23.98	19.61
Median	20	24	20	16	20	20	16	16	16	20	24	20
Std. Deviation	1.65	2.37	1.9	1.51	1.57	1.86	1.66	1.63	1.56	1.51	1.8	2.2
IQR	3	2	2	2	2	2	2	2	2	2	2	2.5
Shapiro-Wilk	0.96	0.938	0.958	0.919	0.956	0.97	0.965	0.941	0.953	0.944	0.956	0.953
P-value of Shapiro-Wilk	0.068	0.007	0.051	0.001	0.044	0.178	0.113	0.01	0.03	0.013	0.042	0.032
Minimum	16	16	15	12	17	15	12	11	12	17	20	13
Maximum	23	28	24	19	24	25	20	19	19	23	27	24

Table 3: Descriptive Statistics of Rajasthan female 14-16

	SE	EC	CC	VO	OP	PI_L	PI_Q	SC	SSE	SSI	DEMA	DESA
N	43	43	43	43	43	43	43	43	43	43	43	43
Mean	19.83	23.79	19.55	16.2	20.46	19.81	16.44	16.02	16.11	19.55	23.53	20.14
Median	20	24	20	16	21	20	16	16	16	19	23	20
Std. Deviation	1.81	1.88	1.84	1.58	1.8	1.68	1.56	1.35	1.33	1.88	2.01	1.69
IQR	3	2	1	1.5	1.5	2	3	2	2	3	3	2.5
Shapiro-Wilk	0.933	0.955	0.914	0.941	0.906	0.951	0.926	0.946	0.949	0.948	0.97	0.947
P-value of Shapiro-Wilk	0.015	0.09	0.003	0.028	0.002	0.062	0.009	0.042	0.054	0.052	0.315	0.048
Minimum	17	19	15	12	15	16	14	13	13	16	19	16
Maximum	23	27	23	19	23	24	19	19	19	23	29	23

Table 4: Descriptive Statistics of Uttar Pradesh Female 14-16

	SE	EC	CC	VO	OP	PI_L	PI_Q	SC	SSE	SSI	DEMA	DESA
N	26	26	26	26	26	26	26	26	26	26	26	26
Mean	19.34	22.88	19.65	15.23	20.26	19.07	16.11	14.65	15.19	19.15	22.88	19.38
Median	20	23	19.5	15	21	19	16	15	15.5	19	23	19
Std. Deviation	1.69	2.08	1.76	1.98	1.75	1.78	1.79	1.64	1.81	1.64	2.1	1.32
IQR	3	2.75	1.75	3	1	2	2	2.75	1.75	2	3	1
Shapiro-Wilk	0.901	0.958	0.917	0.93	0.864	0.949	0.957	0.924	0.866	0.945	0.916	0.941
P-value of Shapiro-Wilk	0.016	0.356	0.038	0.077	0.003	0.225	0.342	0.056	0.003	0.177	0.036	0.139
Minimum	16	19	17	12	17	16	12	12	9	16	18	17
Maximum	22	28	24	19	23	23	20	18	18	22	26	22

Table 1, table 2 table 3, and Table 4 shows the descriptive statistics of female cricketers under the 14- 16 age group of selected cricket academies from Delhi, Madhya Pradesh, Rajasthan, and Uttar Pradesh. The mean, median, interquartile range, maximum and minimum value for sports enjoyment, Sport enjoyment, Enthusiastic commitment, Constrained

commitment, Valuable opportunities, other priorities, personal investment-loss, Personal investment-quantity, social constraints, social support-emotional, social support informational, desire to excel-mastery achievement, desire to excel- social achievement are presented in above mentioned tables.

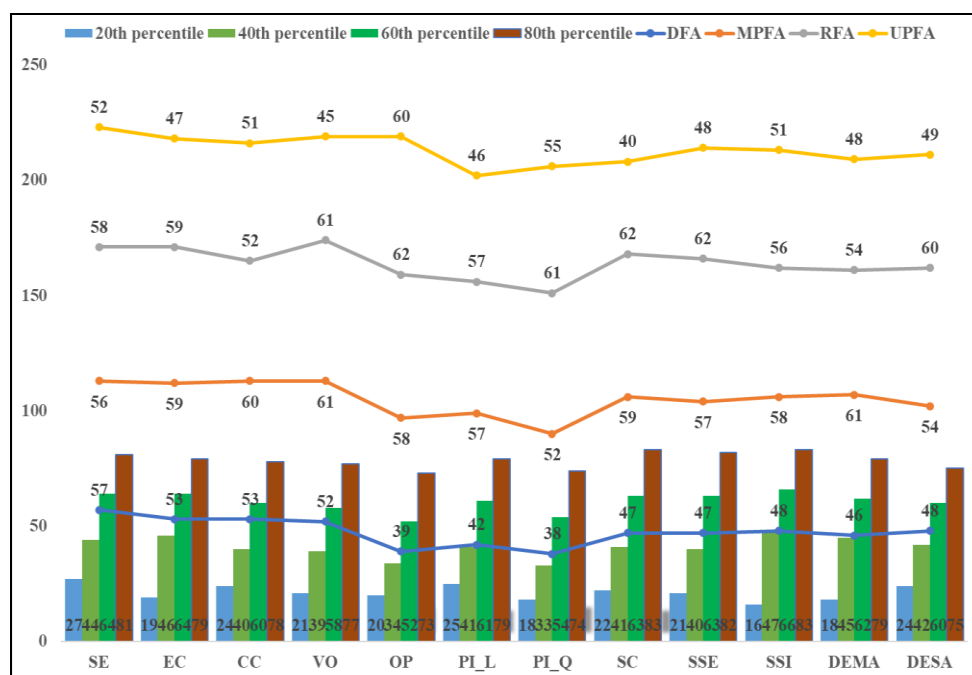


Fig 1: Profile chart of sport commitment in female cricketers of academies from Delhi Madhya Pradesh Rajasthan and Uttar Pradesh

Discussion of Findings

The findings of the study on the Sports commitment of female cricketers under the 14-16 age group of Delhi, Madhya Pradesh, Uttar Pradesh, Rajasthan are as follows:

Delhi: Moderate emotional reaction to sports involvement, enthusiastic commitment, average perception of opportunities, average contemplation of trade-offs, good response to personal investment, decent social support, and restrictions. Average across characteristics. Madhya Pradesh: Comparable positive affective involvement, greater dedication and accountability, higher perception of valuable opportunities, comparable contemplation of trade-offs, average response to personal investment, decent social support, and restrictions. Rajasthan: Average emotional reaction, similar commitment levels to Delhi, highly favorable perception of sporting opportunities, need for more consideration of competing priorities, standard reaction to personal investment, decent social support, and restrictions. Uttar Pradesh: Slightly lower emotional response, slightly less dedication and accountability, mediocre perception of opportunities, average contemplation of trade-offs, slightly lower response to personal investment, lower social support, and higher perceived pressure to participate. Overall, Madhya Pradesh and Rajasthan's female cricket players appear more enthusiastic, committed, and aware of prospects compared to Delhi and Uttar Pradesh. Regional differences in priorities, support networks, and cultural influences may contribute to these variations in responses.

Conclusion

The research on the involvement in sports of female cricket players in the 14-16 age range in Delhi, Madhya Pradesh, Uttar Pradesh, and Rajasthan provides insightful information about the varied attitudes and beliefs that exist in these areas. Delhi is identified as a region where female cricket players show a mild emotional response to participation in sports, but a fervent dedication. They continue to have an average sense of opportunities and a positive reaction to personal investment. They do, however, struggle with ordinary trade-off analysis and retain a respectable level of social support, presenting a balanced but unremarkable profile across attributes. On the other hand, female cricket players from Madhya Pradesh and Rajasthan demonstrate a greater degree of positive affective involvement and commitment. Both states exhibit a higher level of commitment and responsibility to the sport, along with a more positive outlook toward opportunities. Rajasthan and Madhya Pradesh are similar in terms of commitment, but Madhya Pradesh is more committed and holds more people accountable. Both states retain respectable levels of social assistance and regulations, and they respond to individual investment in an average way. All things considered, the women's cricketers from Madhya Pradesh and Rajasthan exhibit greater zeal, dedication, and awareness of opportunities than those from Delhi and Uttar Pradesh. Regional variations in support systems, cultural influences, and priorities may be the cause of these discrepancies. The study emphasizes the importance of these variables in determining the landscape of sports commitment among female cricket players, offering a sophisticated comprehension of the complexities associated with cultivating commitment and enthusiasm for sports in various geographical contexts.

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