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**IMPACT OF SOCIO PSYCHOLOGICAL
VARIABLES ON PERFORMANCE OF WOMEN
HOCKEY PLAYERS**

Impact of Socio Psychological variables On Performance of Women Hockey Players

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Abstract – Present study is an attempt to investigate the impact of Psycho-Social factors on playing abilities of female hockey players. For this purpose two hundred state level female hockey players of 16 to 19 years of age were selected. For the collection of data investigators applied Family Environmental Scale by Dr. Harpreet Bhatia & Dr. N. K. Chadha, 1993, Competitive Behavior Scale by Dr R.K. Yadav (1995) and Hockey Skill Test Battery by Dr. Akhil Mehrotra (1996). The results of the study revealed that there exists significantly positive relationship between family environment, competitive behavior and playing abilities of female hockey players. Hockey playing abilities can be predicted on the basis of socio-psychological variables as well.

INTRODUCTION:-

All humans behave in some way. They exist because they behave and they behave because it helps them to "Struggle for existence". Behaviour is the response of organism to some form of stimulation Internal & external stimulation is a precondition for behaviour. It does not constitute physical movements alone. It is a Psycho Physiological Phenomenon in which all the organs and systems act in unison to accomplish goal.

Competitive Behaviour refers to how a person behaves during competition. In Competitions many Psycho Sociological factors like anxiety, Stress, Tension, Emotions audience effect, group cohesion, leadership may affect the performance positively or negatively; so a person's competitive behaviour must be taken into account while selecting and giving him training for a particular sport.

Allport (1974) stated that children having competitive behavior are intelligent, self confident, outgoing, hard working, socially and emotionally matured, courageous, disciplined and self motivated."

Ommundsen Y, Pedersen BH of The Norwegian University of Sport and Physical Education, Oslo (1999) examined 136 young athletes aged 13 to 18 years involved in organized sport within a community in northern Norway. The findings suggest that being task oriented in sport as well as having a sense of being competent is important in order to prevent sport competitions giving rise to elevated cognitive anxiety in young athletes.

The family Environment is influenced by a number of factors like the nature of family constellation, number of children in the family, marital relationship between

husband and wife, maternal (parental) employment and Socio-Economic status and religious background of family. Parent influence may not be felt in specific situation, but the attitudes and ideas expressed day after day inevitably leave their mark. According to De Garay he vine & carter (1974)" a rare combination of genetic endowment, generally good environment and very special training can produce an Olympic athlete." In India every action of female child is influenced by her family. They are not allowed to take independent decisions. How much freedom will be given to them is decided by their families. Families play a vital role in taking the decision as to whether she will participate in sports or not, up to what level she can participate & go out for competitions. This affects her Psychological makeup & ultimately the performance.

Chaudhry (2007-08) investigated that academic achievements has significant relationship with parents' attitude.

White (1996) found that the goal orientations of adolescent female softball players were related to perception of the parents initiated motivational climate.

Paul Manroe (1990) found that poor home environment was the important variable, which could cause under achievement among the gifted.

Duda, J.L. (1993) demonstrated that children's goal orientations were significantly related to those adopted by parents and it influenced the child's motivation. Researchers have found that the parents can play a highly negative role in youth sport experience. So, precise way should be identified in which parents can positively affect the experience for

youngsters. Simultaneously negative actions should be identified and facilitate efforts to eliminate them.

Keeping in view the related literature investigator strived to study the impact of psycho-social behavior on the playing abilities of female hockey players.

OBJECTIVE

To study the Competitive behaviour of hockey players in relation to their performance.

To study the Family Environmental Dimensions In relation to the performance.

To study the combined effect of competitive behaviour and family environment dimensions on the sports performance.

METHODOLOGY

From female hockey players of Haryana; investigator selected 200 female hockey players of 16 -19 year of age who participates in various Hockey competition at Haryana State level.

TOOLS USED FOR DATA COLLECTION

For the collection of data the investigator has applied the following tools:

1. Family Environment Scale by Dr. Harpreet Bhatia & Dr. N.K. Chadha, 1993.
2. Competitive behavior Scale Dr. R.K. Yadav, 1995.
3. Hockey Skill Test Battery by Dr. Akhil Mehrotra, 1996

The researcher tested players in two sessions. In first session; psychological questionnaire were given to the players with the instructions that they should write their own opinion without copying the others. It was assured that the information collected is purely for academic and research purposes and shall be kept confidential. No time limit was prescribed but it was ensured that the papers must be filled in one stretch.

In second session, skill test battery was administered. Proper marking on the hockey field was done with lime powder using rope and tape. Instructions and demonstrations were given for all the three test items. The test was conducted with the help of a time keeper, scorer, starter and ground men. The best results obtained in two trials were recorded on the score sheets.

STATISTICAL TECHNIQUES

Following statistical procedure is used for the work:

Multiple correlations of competitive behavior and family environment variables with performance in hockey playing ability test of the state level female hockey Players is calculated using multiple correlation analysis. R^2 Which denotes the %age of variation in the dependent variable explained by the independent variable; is calculated by Coefficient of Determination.

Combined Impact of both independent variables i.e. Family environmental dimensions & Competitive behavior on dependent variable i.e. Hockey playing ability of state level women Hockey Players Haryana is calculated by Regression analysis.

For Prediction of the performance in Hockey of state level girls of Haryana on the basis of family environment and competitive behavior, multiple regression equation is formulated.

MULTIPLE CORRELATIONS AND MULTIPLE REGRESSION ANALYSIS:

The tables No. 1 to 3 relate to multiple correlation and regression analysis. Table 1 shows summary of Multiple Correlation and multiple Regression analysis of Playing Ability on Competitive Behavior and Family Environment. Significance of Multiple Correlation and Regression analysis of Playing Ability on Competitive Behavior and Family Environment has been calculated in Table 2. The Table 3 depicts the regression coefficients for prediction of playing ability on the basis of Family Environment & Competitive Behavior.

Table-1

Model Summary of Multiple Correlation and Regression analysis of Playing Ability on Competitive Behavior and Family Environment

Model	R	R Square (R2)	Adjusted R Square (R2)
1	0.546(a)	0.298	0.291

(a) Predictors: (Constant), Competitive Behaviour, TFE

Table 1 depicts the model summary of multiple Correlation Coefficients amongst Competitive Behavior, Family Environment and playing ability. The value of R, R2 and Adjusted R2 is .546, 0.298 and 0.291 respectively. It is observed that there is moderate degree of positive correlation between variables under investigation. Adjusted Coefficient of determination highlights that contribution of family environment & competitive behavior to the hockey playing ability is to the extent of 29.1 per cent only.

Table-2

Significance of Multiple Correlation and Regression analysis of Playing Ability on

**Competitive Behavior and Family Environment
(ANOVA(b))**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1527.622	2	763.811	41.777*	0.000(a)
	Residual	3601.733	197	18.283		
	Total	5129.355	199			

(a) Predictors: (Constant), Competitive Behaviour, TFE

(b) Dependent Variable: Playing Ability

*Significant at 0.01 level

Table 2 depicts ANOVA results based on simple regression with respect to Competitive Behavior, Family Environment and playing ability. The F value is 41.77 at d f (2,197). This value is significant at 0.01 level of confidence. Analysis of the above table reveals that skill of women hockey players is significantly affected by Family Environment & Competitive Behavior.

Table-3

Regression Coefficients (a) for prediction of playing ability on the basis of Family Environment & Competitive Behavior

Model		B	t	Sig.
1	(Constant)	-6.580	-1.183	0.238
	TFE	0.099	5.474	0.000
	Competitive Behaviour	0.233	4.024	0.000

Dependent Variable: Playing Ability

Above table-3 shows the value of partial regression coefficients to estimate the regression of playing ability on Total Family Environment and Competitive Behavior which is 0.099 and 0.233 respectively. The value of constant is 6.580. Regression coefficient is significant at 1% level of confidence. It is observed that Total Family environment & Competitive Behaviour are significant contributors to the skill of women hockey players.

Multiple Regression Equation of playing ability on competitive behavior and family environment.

$$Y = -6.580 + 0.99X_1 + 0.233X_2$$

CONCLUSION:

The finding of the study reveals that there exist a significant relationship amongst the family environment, competitive behavior and playing ability of female hockey players.

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