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REVIEW ARTICLE

**“ORGANIZE THE KNOWLEDGE OF THE
SPECIFIC AREA OF THE RESEARCH TO
EVOLVE AN ADDITIVE OF KNOWLEDGE
RESEARCH METHODOLOGY”**

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“Organize the Knowledge of the Specific Area of the Research to Evolve an Additive of Knowledge Research Methodology”

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"The Literature in any field forms the foundation upon which all future work will be built and the flaws of old one to be removed. If we fail to build the foundation of knowledge provided by the review of literature, our work is likely to be duplicate work that has already been done better by someone else."

– Borg 1978

The Phrase "Review of Literature" consists of two words i.e. "review" means to organize the knowledge of the specific area of the research to evolve an additive of knowledge to show that this study would be an addition to this field. In research methodology the term "Literature" refers to the knowledge of a particular area of any discipline which includes theoretical, practical and its research studies. It is essential for a research work to be well informed about the specific problem under investigation and related studies. The study of related literature gives an insight into the problem and helps the investigator to acquaint himself with the techniques and methodology followed by earlier investigators to find answer to the problem under investigation-Review of related literature is a crucial aspects in the planning of any research study and the time spent on such a survey is invariably a wise investment. it serves as a link between the old and new and between the known and yet-to-be known.

DIRECTIONS

Below are some statements about how people feel when they compete in sports and games. Read each statement and decide if you have these feelings never or sometimes or always when you compete in sports and games. If your choice is never cross A, if your choice is sometimes cross B and if your choice is always cross C. There are no right or wrong answers. Do not spend too much time on anyone statement. Remember to choose the word that describes how you usually feel when competing in sports and games.

SCORING INSTRUCTIONS

After collecting test sheet from each and every sample the test sheet was then scores with the help scoring instructions, which are as follows:

For each item the responses are possible. The ten test items are 2,3,5,6,8,9, 11, 14 and 15. The spurious item (1, 4, 7, 10 and 13) are not scored. Item 2, 3, 5, 8, 9, 12, 14 and 15 are worded so that they are scored according to the following key:

1 = Never

2= Sometimes

3 = Always

Scoring for 6 and 11 is reverse and they are scored according to the following key:

3 = never

2 = sometimes

3 = Always

COLLECTION OF DATA

To collect the requisite data, the necessary test were administrated or the chosen variables. All the tests were administered at district, state and national level tournaments.

Prior to the administration of tests the subjects were given a chance to practice the prescribed tests so as to make them familiar with the test and know exactly what was to be done. An assistant was also trained who was well-versed with the chosen variables. He accompanied the investigator to all places in

connection with collection of data. Standardized tests were used to collect the data i.e.

A. For Measuring Physical Fitness

- Standing Broad Jump Test (S.B.J.T.) was used for measuring Strength.
- 100 mt. Run Test was used for Speed.
- 12-Minute Run Walk Test (12 Min. R.W.) was used for measuring Endurance.
- Sit And Reach Test (S.R.T.) was used for measuring flexibility.
- Zig-Zag Run Test (Z-Z-Run) was used for measuring agility.

B. For Measuring Psychological Variables

- Anxiety (Sports Competition Anxiety Test-SCAT)
- Aggression (Aggression Questionnaire - PATI, 1976)

Necessary instructions and demonstration were given to the subjects before the conduct of the test.

ADMINISTRATION OF THE PSYCHOLOGICAL TEST:

After selecting the universities, the investigator met the coaches and players of the respective universities and requested their co-operation for the smooth administration of the psychological questionnaire. The purpose of the testing and techniques to be employed in the study were explained to the subjects and all possible doubts were cleared. They were assured of the confidentiality of the information collected by the researcher. The investigator administered the questionnaire to the subjects one-day prior to their competition.

The subjects were asked to assemble in a room. The investigator explained to them the purpose of the investigation and also gave very clear instructions regarding the method of answering the psychological questionnaire booklets along with a sharpened pencil for marking the responses. Meticulous care was taken to see that the subjects were seated in such a way that they would attend to the task at hand without any distraction and to complete the tests in time. The investigator was present in the classroom and helped the subjects whenever they met with some difficulty in understanding the meaning of different words used in the tests. The investigator in person in a face-to-face situation administered all the tests. The instructions prescribed in the manual of respective tests were strictly followed.

The subjects were found to be careful enough to go through the instructions and each statement carefully and indicated their response without any difficulty. All the subjects were co-operated very well for the successful collection of data. All completed questionnaires were collected from till subjects and scores were recorded according to respective scoring keys. The total scores obtained were tabulated and treated statistically.