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## **SOCIO PSYCHOLOGICAL CONDITION OF MEDALIST & NON MEDALIST PLAYERS**

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# Socio Psychological Condition of Medalist & Non Medalist Players

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**Abstract – The field of physical education has gone through many cycles over its long history. These cycles changes from a strict authoritarianism to the liberal democracy of today. This transformation to the democracy has opened the field of physical education unto many new sciences, which are creating many new professional opportunities. If the cycles of physical education continue, this new professions will hopefully pave the w to future discoveries and studies of physical education.**

## INTRODUCTION:-

In the competitive world of sports an athlete has to care for the development of his total fitness which includes physical mental, emotional and social development. Most of the coaches, trainers and psychologists consider that ability of an athlete to perform in any athlete is obviously dominated by his physical characteristics. But beyond these restrictions psychological factor play a very crucial role in the performance. It is believed that future records will be established on the basis of psychological fitness of the athlete. Presently more studies are being focused to probe the psychological features than physical aspects of higher level of performance.

In order to the psychology dimension of athlete, the researchers have also started paying attention on the sociological aspects of the competitive sports. Traditionally the sports have been perpetuated within our society due to its believed character building quality. According to this view point also some features were attributed solely to sports which set them apart from the rest of society behavior. Simmel (1966) has linked sports to safety values releasing repressed drives and thereby preserving other forms of social life. The notion has its roots in the traditional catharsis theory of sports.

## REVIEW OF RELATED LITERATURE

Survey of related literature is the foundation stone of research. It is worth to survey the work which has already been done in a particular field because it furnishes the investigator with a necessary sequence of knowledge in the concerned field. Besides, it also assists in obtaining clear comprehensive of various aspects and implications pertaining to the research studies, while avoiding the work of duplication, it reveals the facts which had remained untouched,

unexpected and unexplored in the previous researchers.

The study of related literature seems as a light post not only with regard to the quantity of work done in the field but also enables the investigator to perceive the gaps and lacuna in the concerned field of research. In other terms, survey of related literature means to locate, to read and to evaluate the past as well as the current literature of research concerned with the project undertaken.

Therefore, the study of related literature can never be ignored in any type or research. To quote C.V. Good (1959), "without a critical study of the related literature the investigator will be groping in the dark and perhaps uselessly repeat work already done."

Mouley (1964) states, "The review of the related literature is an exacting task, calling for a deep insight and clear perspective of the overall field - the review of literature promotes a greater understanding of the problem and its crucial aspect and ensures the avoidance of unnecessary duplication. The published material is a fruitful source of hypotheses". So to save one's human and non-human resources, one should undertake a detailed and penetrating study of all the literature available.

## PLAN AND PROCEDURE

Collection of data constitutes one of the significant pre-requisites in conducting a research study but for which it becomes difficult to complete the work. In this context Mouley (1964) remarked, "Scientific problems can be solved only one the basis of data and major responsibility of the scientists is to set up a research design capable of providing data necessary to the solution of the problem. While the unity of research makes it possible to say that one aspect is more

crucial than another, the collection of data is of paramount importance in conducting research since obviously, on selection can be more adequate than the data on which it is based."

A well thought out plan of action in advance followed by a systematic execution brings out fruitful results. Keeping in view the importance of this field, procedure adopted to tackle the present problem was fixed in advance. Every researcher has to take help of some tools for research work just like an artisan or an artist. There are many research tools and methods but the researchers are required to make a wise and judicious choice and should select only those, which are suitable to meet the requirement of the study.

For collection of data the investigator has to set up the design, design, describe the sampling method, the nature of population and sample, the tools used for the collection of data, their tabulation, organization and statistical techniques used.

While considering the nature of the present problem in hand, the following steps are initiated:

- Research methodology
- Assumptions of the study
- Population and sample
- Tools used
- Collection of data
- Administration of the tools
- Statistical techniques for analyzing the data

## ANALYSIS AND DATA AND RESULT OF STUDY

Having introduced the research problems specified the objectives and hypotheses providing review of related literature and the plan and procedure of the study in the preceding chapters, the data obtained thus are analyzed and discussed in the present chapter. For a clear and systematic presentation of results, the data obtained from 28 wrestlers in junior and senior all weight categories were taken as on the selected variables under study was analyzed in two sections. Section-I deals with the comparison between junior state & national level medalist and non-medalist wrestlers. The Section-II deals with analysis, interpretation and discussion of results comparison between senior state and national level medalist and non-medalist on selected variables.

## DISCUSSION JUNIOR STATE MEDALIST AND NON-MEDALIST WRESTLERS

In case of physical self-concept the mean score of junior state medalist wrestlers was 31.62 as against 27.21 mean score of non-medalist wrestles indicating that the physical self-concept of junior state medalist wrestlers was significantly better than the non-medalist wrestlers. In social self-concept also junior state medalist wrestlers prove significantly better than the non-medalist wrestlers as the mean score (33.27) of medalist wrestlers were found higher than the mean score (29.39) of non-medalist wrestlers. In case of temperamental self-concept the mean score (35.41) by junior state medalist wrestlers were significantly higher than the mean score (27.51) of non-medalist wrestler which indicated that temperament of junior state medalist were significantly better than the non-medalist wrestlers. The mean score (33.45) of junior state medalist wrestlers in educational self-concept were significantly higher than the mean score (25.01) of non-medalist wrestlers. This also indicated that junior state medalist wrestlers were superior than the non-medalist junior state wrestlers in educational self-concept. Moral self-concept of junior state medalist wrestlers were also found significantly better than the non-medalist junior state wrestlers with mean values of 32.89 against 25.41. the intellectual self-concept of junior state medalist wrestlers was also found significantly better than the non-medalist wrestlers with mean score of 31.35 against 25.52.

## DISCUSSION JUNIOR NATIONAL MEDALIST AND NON-MEDALIST WRESTLERS

In case of physical self-concept the mean score of junior state medalist wrestlers was 31.62 as against 27.21 mean score of non-medalist wrestles indicating that the physical self-concept of junior national medalist wrestlers was significantly better than the non-medalist wrestlers. In social self-concept also junior national medalist wrestlers prove significantly better than the non-medalist wrestlers as the mean score (33.27) of medalist wrestlers were found higher than the mean score (29.39) of non-medalist wrestlers. In case of temperamental self-concept the mean score (35.41) by junior national medalist wrestlers were significantly higher than the mean score (27.51) of non-medalist wrestler which indicated that temperament of junior national medalist were significantly better than the non-medalist wrestlers. The mean score (33.45) of junior national medalist wrestlers in educational self-concept were significantly higher than the mean score (25.01) of non-medalist wrestlers. This also indicated that junior state medalist wrestlers were superior than the non-medalist junior state wrestlers in educational self-concept. Moral self-concept of junior national medalist wrestlers were also found significantly better than the non-medalist junior state wrestlers with mean values of 32.89 against 25.41. the intellectual self-concept of junior national medalist wrestlers was also found

significantly better than the non-medalist wrestlers with mean score of 31.35 against 25.52.

Since all the dimensions of self-concept junior national medalist wrestlers proved superior than the junior state non-medalist wrestlers therefore it was obvious that their overall self-concept was significantly better than the non-medalist wrestlers.

## **MAIN FINDINGS, DISCUSSION OF RESULTS AND SUGGESTION FOR FURTHER STUDY**

### **Main Findings**

In the light of the interpretations of the results of the present study already discussed in the previous chapter, the following findings are Stated as:-

1. The Psychological variable i.e. self-concept is found more in junior state medalist than the junior state non-medalist wrestlers. There is significant difference between junior state medalist and non-medalist wrestlers on self-concept.
2. The Psychological variable i.e. physical dimension of self-concept is found more in junior state medalist than the junior state non-medalist wrestlers. There is significant difference between junior state medalist and non-medalist wrestlers on self-concept.
3. The Psychological variable i.e. temperamental dimension of self-concept is found more in junior state medalist than the junior state non-medalist wrestlers. There is significant difference between junior state medalist and non-medalist wrestlers on self-concept.

### **Aggression**

The Psychological variable i.e. aggression is found more in junior state medalist than the junior state non-medalist wrestlers. There is significant difference between junior state medalist and non-medalist wrestlers on self-concept.

## **DISCUSSION ON RESULTS**

From the findings of the study, it is observed that the psychological variable i.e. self-concept is found more in junior state medalist wrestlers. The results of the present study are supported by the findings of Tyagi and Subramanian, A.J. Singh (1985), Agyajit Singh (1980), Verma (1995), Kapoor (2000) and Usha Rani (2004). It suggests that high performance groups have less level of anxiety than those of the lower performance groups because they possess more

competitive maturity and lot of experience in the field of game and sports.

The level of aggression is found more in junior state medalist than the junior state non-medalist wrestlers. That is why the level of aggression at both the levels i.e. junior and senior high performance groups have more aggression level than those of low performance level due to attractive monetary incentives and job opportunity in public and private sectors. The findings are supported by Lefebure (1979), Blais (1982), Phillips (1984), Valler, Gauvin and halliwell (1986), Singh and Sharma (1987), Silt and David (1992), Richard M. Ryckman and Jane Hamel (1992) which clearly suggest that level of motivation at high performance level is more than those of low performance level.

## **DISCUSSION ON HYPOTHESES**

Keeping in view the above discussion, the hypotheses are partially accepted and partially rejected.

1. The first Hypothesis that there exist significant differences in Psychological variables between National and Interuniversity male wrestlers are partially accepted and partially rejected.
2. The second Hypothesis that there exist significant differences in Psychological and variables between National and State level male wrestlers are accepted.
3. The third Hypothesis that there exist significant differences in Psychological variables between National and Inter college female wrestlers are accepted.

## **CONCLUSIONS**

From the discussion of the results follow conclusions are withdrawn:-

1. National and Interuniversity female players possess less level of anxiety than those of State and Inter college female players.
2. National and Interuniversity players have the same level of anxiety.
3. State and Inter college female players also have the same level of anxiety.
4. National and Interuniversity female players have more motivation and are more

adjustable than those of the State and Inter college female players.

5. Foot length of Interuniversity players is more than those of the State female players and State level players have more foot length than those of the Inter College level players.
6. Shoulder, hip, thigh and calf girth of National level female players are more than those of the Interuniversity, State and Inter college female players whereas shoulder, hip, calf, arm and wrist girths of Interuniversity players are more than those of the State and Inter college players. However, these measurements are found equal in State and Inter college female players.

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