



*International Journal of
Physical Education and
Sports Sciences*

*Vol. VII, Issue No. XIV,
January-2015, ISSN 2231-
3745*

**A COMPARATIVE STUDY OF PSYCHOLOGICAL
CHARACTERISTICS OF MALE AND FEMALE
SPORTSPERSONS OF SELECTED SPORTS
DISCIPLINE**

AN
INTERNATIONALLY
INDEXED PEER
REVIEWED &
REFEREED JOURNAL

A Comparative Study of Psychological Characteristics of Male and Female Sportspersons of Selected Sports Discipline

Ghanshyam Singh*

Assistant Professor in Physical Education, S.M.D.R.S.D. College, Pathankot, Punjab, India

Abstract – Sports are a creative change of the inborn battling nature of human being. Presently a-days, sport are more than competition or winning decorations. It widely affects the social, political and enthusiastic areas of the nation and subsequently the weight on sports persons and athletes have massively expanded, where psychological parameters have a major part on the execution of athletes and sports persons. The main purpose for this paper is to know about chosen psychological characteristics amongst male and female of selected sports discipline. In this Paper we have taken three variables for examination i.e. aggression, self-confidence, achievement motivation. In light of this examination, this result would now be able to be stretched out to male and female sportspersons of selected sports discipline.

Keywords: Physical Education, Sports Person, Psychological

1. INTRODUCTION:-

Man has through the ages been hawkish, an aspiring creature in the universe with a propensity to vanquish the most elevated however much as could reasonably be expected. From monkey to homosapien he has made due in this universe by battling with different animals keeping in mind the end goal to involve the situation of being the head of the planet. When he developed into finish human being as we discover him now, he proceeded with his inborn attitude of battling against his own particular individual being physically as well as psychologically and mentally, where survival of the fittest was the main moto.

Sports are an exceedingly sorted out type of play and play is a general natural propensity. Play is essential for the safeguarding, development and advancement of a creature. From its extremely straightforward shape, today sport has risen into an exceedingly sorted out movement of human culture Sports performance is for sure a part of complex human performance, which has a few angles or measurements (Jane, 2012).

Sports have both psychological and social measurements separated from physical, physiological and specialized viewpoints. Individuals' enthusiasm for sports is found in all social orders of the world.

A large portion of the countries share a typical enthusiasm for sports competition, particularly at

specific circumstances amid Olympic game, when the general population of each country concentrates on that dramatization of the competition. The groups are readied to play the games, as well as to win. For winning the games, it isn't just the capability in the skills, which bring triumph, however more critical is the soul of the players with which they play and play out their best in the competition

Investment in current game is affected by different physical, physiological, sociological and psychological components. Amid preparing, other than great build and physical wellness of the competitor, fundamental accentuation is laid on the improvement of different sorts of engine skills associated with the game and also on educating the systems, methods and strategies of the game.

Aggression and Sports

Human creatures are equipped for an extensive variety of practices. Forceful conduct is very obvious in sport. From one viewpoint, they may indicate correlation and help other people, while on the other; they may try to bug others, through forceful activities. Obviously, not all forceful conduct in sport is savage and dangerous. Actually, many types of forceful conduct are acknowledged and even advanced. Frequently aggression is "a piece of the game".

Aggression is a social perspective, and not an attitude, emotion or thought process; additionally,

aggression is coordinated or deliberate conduct. Incidental mischief isn't aggression however acts that are planned to harm others are aggression regardless of whether they are fruitful (Jaxlor, 2013).

Anxiety and Sports

Anxiety is a standout amongst the most well-known hindrances to great performance. At the very least, the impacts of anxiety unpretentiously weaken the performance by limiting the individual. This isn't to imply that that you can't create superlative performance when anxious. Indeed, most athletes encounter some anxiety before creating their best performance. By its tendency, anxiety has a tendency to meddle with athletic performance. The bringing down of anxiety might be caused because of general investment in games and sports Anxiety is one of the best issues of modern society. Cultural clashes, financial matters and industrialization add to the issue of man, accordingly expanding the anxiety level.

2. RESEARCH OBJECTIVES

1. To know the consequence of the investigation may survey the psychological normal for male and female sport individual.
2. To know the aftereffect of the investigation may discover the distinction in psychological characteristics if any among sports persons taking an interest in various sports activities.
3. To know the consequence of the examination will add to the quantum of existing knowledge particularly in the territory of sport psychology and will be valuable for sports persons and specialists for getting feedback.
4. To know the aftereffects of the investigation may give vital data to physical education teachers and coaches in regards to the psychological necessities important for a particular sport

3. RESEARCH METHODOLOGY

The exploration researcher displays the selection of subjects, selection of the variables, and accumulation of information. The organization of the test with a portrayal for its method and different measurable strategies utilized for dissecting information likewise get billet in this section (Kenneth, 2011).

Selection of Subject

With the end goal of the examination, 20 male and female sportspersons each from Volleyball, Basketball, Football, Badminton, and Swimming were chosen as subjects. All players chosen were position holders in Madhya Pradesh level tournaments, in their separate game. The age of the subjects were between age of

20 and 25 and the subjects had a base training back ground of 4 to 7 years

Selection of Variable

It is summed up by sports researchers, that abnormal state of performance in sports is portrayed by positive psychological profiles, which by and large recognize from bring down level of performance. Present day sports training gives level with accentuation on setting up the athletes psychologically and the accompanying Psychological variables, which are identified with the performance in the above said games were chosen with the end goal of the think about.

1. Aggression
2. Self-confidence
3. Achievement Motivation

Selection of Tools

The accompanying institutionalized tools were chosen to gather information on the chosen psychological variables:

1. Aggression: Aggression Questionnaire of Smith
2. Anxiety: Anxiety questionnaire SCAT by Martens
3. Achievement Motivation questionnaire by M.L. Kamlesh

Aggression

Aggression questionnaire created by Smith

Self-Confidence

Agnihothri's Self-confidence Inventory (ASCI) created by Rekha Agnihothri was utilized to quantify self-confidence.

Achievement Motivation

The standard psychological device developed by Dr. M.C. Kamlesh was used to quantify (SAMT) Achievement Motivation

Collection of Data

The information was gathered from the Madhya Pradesh level tournaments previously mentioned sports, for example, Swimming, Badminton, Volleyball, Football and Basketball.

Administration of Questionnaire

The information was gathered by managing the questionnaire by the agent himself. To guarantee most extreme co-task from the subjects, the look into researcher had a gathering with the subjects within the sight of their individual coaches. The motivation behind the examination was plainly disclosed to them so that there was no equivocality among the subjects with respect to the endeavors which they needed to put for the fruitful finishing of the examination (Kenneth, 2011).

4. DATA ANALYSIS

Table 1 Descriptive Statistics of Aggression Scores among Male and Female Groups

| Variable | Groups | N | Mean | S. D. | Minimum | Maximum | Range |
|------------|------------|----|-------|-------|---------|---------|-------|
| Aggression | Volleyball | 20 | 10.40 | 2.26 | 8 | 11 | 3 |
| | Basketball | 20 | 8.10 | 1.69 | 9 | 11 | 2 |
| | Football | 20 | 9.67 | 1.90 | 8 | 11 | 3 |
| | Badminton | 20 | 7.77 | 1.70 | 8 | 11 | 3 |
| | Swimming | 20 | 10.82 | 2.70 | 8 | 11 | 3 |

Table 2 Analysis of Variance of Aggression Scores among Selected Male and Female Groups

| Source | Sum of Squares | D f | Mean Square | F |
|----------------|----------------|-----|-------------|--------|
| Between Groups | 230.62 | 4 | 55.12 | 10.94* |
| Within Groups | 900.32 | 239 | 2.34 | |
| Total | 1130.82 | 243 | | |

Table 2 uncovers that there is a significant difference in the scores of Aggression among sports persons of chose gains as the acquired F value of 10.94 is substantially higher than the required table value of 2.26

5. CONCLUSION

Sports psychology is that branch of psychology which is personally associated with human behavior on the play field, both under training and aggressive circumstances, with a view to achieve subjective change in performance. It is the investigation of human behavior in sports settings with an accentuation on the psychological part of behavior. Sports psychology is an essential element of sports training project and manages the manner by which different psychological states and qualities impact sports performance (Kjonno & Halvari, 2012).

The principle of Sports psychology is to comprehend the behavior of an athlete, to change it as indicated by the demands of circumstances, and to improve the advantages for world class performance and perfection. Sports psychologist is endeavoring hard to research athletic performance, to settle it, and to enhance sports performance by looking for a fitting harmony amongst physiological and psychological measurements of performance. The identity of an athlete's is one of the deciding variables in the performance of an occasion. Depending up on the idea of the sports occasions the identity of the athletes additionally will fluctuate. The other psychological variables for example, Aggression, Achievement Motivation, Self-confidence, and so forth will likewise influence the performance. Aggression is a piece of human behavior and is vital for an individual to live and battle for higher-accomplishments. Battle for matchless quality, predominance, and brilliance in sports clearly include aggression. Motivation is a power, a drive which prompts, constrains, and empowers an individual to act or carry on in a specific manner, at a specific time, for achieving a particular objective (Lamarre & Nosanchuk, 2014).

Future Scope of the Research

The future study can be done for a comparative report might be led for sportsmen and sportswomen participating in various levels of competition. Research can be directed in genuine sports circumstance to know the impact of psychological skill on playing circumstance to assess the performance in sports and games and by administering a program for the change of performance of the players.

6. REFERENCES

- Bryant J. Cratty (2009). Sports Psychology- A self help guide, The Crowood Press Ltd.
- Hudley, C. & Friday, J. (2010). Attributional bias and reactive aggression, American Journal for Preventive Medicine. 12(5 Suppl), 2010.
- Jane, Miner Many (2012). "Gender and Levels of affinitive and achievement motivation of Scholartics and Inter collegiate Basketball Competitors".
- Jaxlor, J. (2013). Predicting Athletic Performance with Self-confidence and Somatic and Cognitive Anxiety as a Function of Motor and Physiological Requirements in Six Sport," J. Press, 55(1).

- John and Bryan (2012). Psychological Types (RFC Hall, Trans), Collected works, New Jersey: Princeton University Press. (Vol.6), 2012
- Kenneth, Reed Gregory (2011). Prediction of Performance from Selected Personality Traits and State Anxiety Levels of Competitive male and Female Gymnastics. Dissertation Abstracts International.
- Kjonno, O. & Halvari, H. (2012). Two ways related performance in elite sports: the path of self-confidence and the path of group cohesion and group goalclarity, Research quarterly.
- Lamarre, B.W., & Nosanchuk, T. Judo (2014). The gentle way: a replication of studies on martial arts and aggression. Percept Motor Skills, 88(3 Pt, 1).
- Raja Sadasivan (2013). Willing to Win, Holland: Van Boekhoven- Bosch B.V, Utrecht, 2013.
- Silva (2010). ("Psychological characteristics of top level Indian sportsman", Sports Science Health Fitness and Performance Patiala: Indian Association of Sports Sciences and Education.
- Volkumer (2011). "Investigations into the Aggressiveness in Competitive Social System." Sport Wissens Chart, 2011.
- Waldman, I.D. (2012). Aggressive boys' hostile perceptual and response biases: the role of attention and impulsivity. Child Development.
- Widmeyer W.N., & Birch J.S. (2014). Aggression in professional ice hockey: a strategy for success or a reaction to failure, Journal of sports Psychology, 1 17 (1 Half):

Corresponding Author

Ghanshyam Singh*

Assistant Professor in Physical Education,
S.M.D.R.S.D. College, Pathankot, Punjab, India

E-Mail – gsrathore12@rediffmail.com