International Journal of Physical Education and Sports Sciences
Vol. 14, Issue No. 3, June-2019, ISSN 2231-3745

Comparison of Emotions and Self Talk among Different Game Players of U17 and U21 Years of Khelo India 2019

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Abstract – The main purpose of this study was to compare emotions and self- among different game players of U17 and U21 years of Khelo India 2019. For the purpose of the present study 277 players were selected as subjects. There were 66 volleyball players, 74 basketball players, 44 badminton players, 60 kho-kho players and 33 kabadi players. All the subjects were selected randomly from Khelo India youth games (KIYG), held at Maharashtra, India from 9th to 20th January 2019. The age of the subject was U17 & U21 years. The criterion measure chosen to test the hypothesis was the score obtain in sports personality questionnaire (SPQ20) from my skill profile (2016). In the present investigation the Emotions and Self talk was compared among volleyball, basketball, badminton, kho-kho and kabadi players out of 168 questions, Emotions was measured through eight questions and Self talk was also measured through eight questions. The maximum score for each statement was four out of these eight statement five has positive scoring system and three has negative scoring system. For the purpose of the analysis of data one way ANOVA was employed to compare the mean among the different sports players. Further scheffe's post hoc test was used to find out the paired mean difference. The level of confidence was fixed at 0.05 to test the significance. SPSS version 21 was used. The result of the study showed that there was a significant difference among different game players of U17 and U21 years boys on emotional level, Further self-talk was also found significant for U17 years boys. However U21 years boys found insignificant on self-talk among different game players of Khelo India 2019.

Key Words: Emotions, Self-talk, Khelo – India, Boys, Players.

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INTRODUCTION

Emotion is an all important factor in life and occupies a very prominent position in daily life. A life devoid of emotions in insipid and unattractive love, affection, etc. are not the only emotions by which the life is made worth living. Emotions make the life interesting as well as boring, happy and unhappy. These are present in each and every living organism at all the stages of development. Emotions are personal in nature, and differ from an individual to individual. A child is not born with innate emotional experiences but he learns to show different emotions by experience. Each individual reacts to the circumstances as a result of feelings in an unexpected way. Each passionate encounter includes numerous physical and physiological changes within the body. Emotions increase vitality mobilization within the body. The impact of feelings within the body may be advantageous or destructive. In response to this reality, much research effort has been devoted to a consideration of the mental capacity/skills that are required to support such endeavours. One line of enquiry has resulted in theories of attention such as explicit monitoring and distraction, which seek to explain sports performance in terms of shifts in attention during task execution [1]. The other Research focus are the role played by emotions, and more recently emotional intelligence in sports performance [2,3]. Interest in this area is understandable given the nature and extent of the mental challenges facing by athletes: The task of being an elite professional athlete requires the effective management of stress, tolerance of frustration, regulation of mood, and exercise of emotional restraint, within public purview and scrutiny.

The mental process of shifting attention, either overly inward or outwards would seem to be a potentially self-defeating response to the challenge of task execution under pressure, risking the undermining rather than aiding of sports performance. This raises the issue as to whether or not athletes consciously choose to embark upon such fatally flawed shifts of

attention, or if they are in some way impelled to do so. Fear of failure, for example, may occur when an athlete unconsciously interprets a task-performance situation in such a way as to induce performance anxiety and a shift in attention. According to Epstein, the potential for poor task performance in such situations would seem to be explicable in terms of a destructive rather than constructive thought sequence and chain of reactions, in which emotions play a role in compromising an athlete's behavioural response and task performance [4]. Emotional adjustment is the maintenance of emotional equilibrium in the face of internal and external stressors. This is encouraged by cognitive forms of acknowledgment and adjustment.

Self-talk contains a noteworthy relationship with the sports execution, when coming to the matter of competitors.

A don is marvel where competitors come over both positive and negative circumstances. Thus, remaining positive in unavoidable circumstances is the sign of a prevalent competitor.

On the off chance that competitors are participating in negative self-talk, their full of feeling experience might be one of dissatisfaction, outrage, or outrageous tension. These passionate states challenge breathing, increment muscle pressure and make lost fixation and center, bringing about lower execution If an athlete's self-talk is positive and relevant, however, the resulting emotional experience is one of relaxation, calmness and feeling cantered as a result the chances of good performance increases dramatically.

The idea that self-talk can have benefits is among the fundamental principles underlying the development of cognitive behavioural therapies: treatments aiming at changing individuals' thoughts, interpretations, and behaviours. One of the treatment approaches developed within the cognitive behavioural therapies frame is self-instructional training [5].

Khelo India is a national level sports competition to encourage young players from urban and rural school across the country. The importance of sports and fitness in one's life is invaluable. Playing sports inculcates group soul, creates vital and explanatory considering, authority aptitudes, objective setting and hazard taking. The Khelo India program has been presented to restore the sports culture in India at the grass-root level by building a solid system for all sports played in our nation and set up India as a incredible donning country. Ministry of youth affairs and sports (MYAS), India launched Khelo India scheme to promote culture of sports and excellence in sports.

Under the component, first Khelo India school games was conducted in year 2018, further it has been decided to organise Khelo India youth games (KIYG) from 2019 onwards and include competitions under 17 years and under 21 years age groups.

In present situation sports has become very competitive. In fact, competitive sports are self-beyond sports. The ethical qualities such as justice, equality, solidarity, cooperation, friendship, honesty and so on, play a very important part in the development of adolescents (6). An aspect of coaching and improving sport achievement that cannot be ignored is the presence of psychological factors. There are many either athletes or coaches who still prioritize physical and skill only, to the exclusion or less give special attention to matters involving mental factors. The result of recent research showed that there was a significant relationship between self- talk and emotional level among athletes.

METHODOLOGY

For the purpose of the present study 277 players were selected as subjects. There were 66 volleyball players, 74 basketball players, 44 badminton players, 60 kho-kho players and 33 kabadi players. All the subjects were selected randomly from Khelo India youth games (KIYG), held at Maharashtra, India from 9th to 20th January 2019. The age of the subject was U17 & U21 years. The criterion measure chosen to test the hypothesis was the score obtain in sports personality questionnaire (SPQ20) from myskill profile (2016). It contains 168 questions to known the psychological personality for the athletes with 20 psychological scales and in the present investigation the Emotions and Self talk was compared among volleyball, basketball, badminton, kho-kho and kabadi players out of 168 questions, Emotions was measured through eight questions and Self talk was also measured through eight questions. The maximum score for each statement was four out of these eight statement five has positive scoring system and three has negative scoring system. The scores obtained for each statement was added up, which represent an individual's total score on Emotions and Self talk. For the purpose of the analysis of data one way ANOVA was employed to compare the mean among the different sports players. Further scheffe's post hoc test was used to find out the paired mean difference. The level of confidence was fixed at 0.05 to test the significance. SPSS version 21 was used.

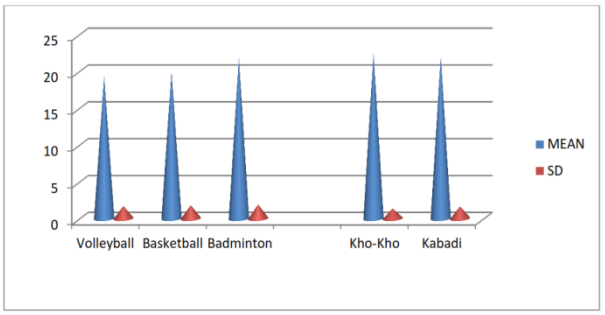
RESULTS AND FINDINGS

Table-I

Descriptive and ANOVA of Different Game Players on Emotions (U17 Players)

GROUP	MEAN	SD	SOV	S.S	DF	MS	F	Sig.
Volleyball	19.40	1.71						
Basketball	20.06	1.83	B	236.12	4	59.03		
Badminton	21.89	1.93					19.25	.000
Kho-Kho	22.57	1.39	W	456.87	149	3.06		
Kabadi	22.07	1.65						

Fig 1



It was evident from table-I that there was a significant difference among volleyball, basketball, badminton, kho-kho and kabadi players on the scores of emotions, since the obtained 'F' value is 19.25 was higher than required table value at 0.05 level. Hence to find out the paired mean difference scheffe's post hoc test was employed and the results were presented in table-II.

Table-II

Scheffe's Paired Mean Difference on Emotions

	Basketball	Badminton	Kho-Kho	Kabadi
Volleyball	.66	2.49*	3.16*	2.67*
Basketball		1.82	2.50	2.00
Badminton			.67	.18
Kho-Kho				.49

*Significant at 0.05 level

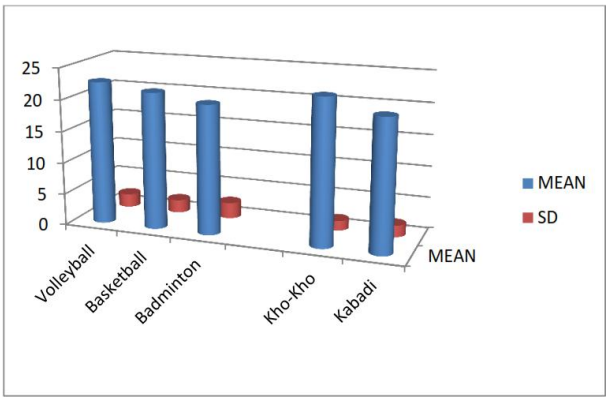
The result of the post hoc test indicates that, kho-kho, kabadi, badminton players were better than volleyball and basketball players on emotions. Hence, it was concluded that volleyball and basketball players are less emotional than kho-kho, kabadi, badminton players of under 17 years of Khelo India 2019 Games.

Table-III

Descriptive and ANOVAs of Different Game Players on Emotions (U21 boys Players)

GROUP	MEAN	SD	SOV	S.S	DF	MS	F	Sig.
Volleyball	22.63	2.13						
Basketball	21.60	2.04	B	116.55	4	29.13		
Badminton	20.40	2.52					7.61	.000
Kho-Kho	22.89	1.56	W	451.36	118	3.82		
Kabadi	20.65	1.84						

Fig 2



It was evident from table-III that there was a significant difference among volleyball, basketball, badminton, kho-kho and kabadi players on the scores of emotions (U21 boys Players), since the obtained 'F' value is 7.61 was higher than required table value at 0.05 level. Hence to find out the paired mean difference scheffe's post hoc test was employed and the results were presented in table-IV.

Table-IV

Scheffe's Paired Mean Difference on Emotions

	Basketball	Badminton	Kho-Kho	Kabadi
Volleyball	1.03*	2.23*	.26	1.98*
Basketball		1.20	1.29*	.95
Badminton			2.49*	.25
Kho-Kho				2.24*

*Significant at 0.05 level

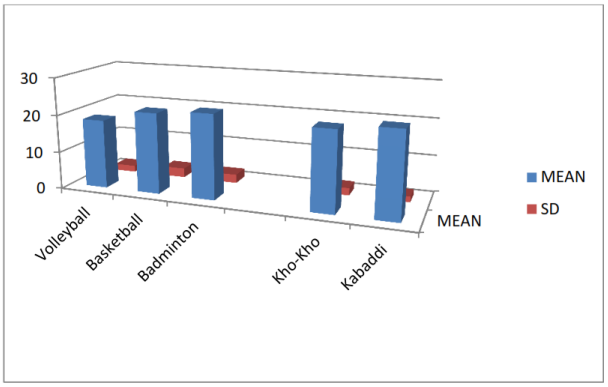
The result of the post hoc test indicates that volleyball players are better than kabaddi, basketball and badminton players. Further kho kho players were also better than basketball, kabaddi and badminton players on emotional status of U21 Khelo India 2019.

Table-V

Descriptive and ANOVA of Different Game Players on Self talk (U17 Players)

GROUP	MEAN	SD	SOV	S.S	DF	MS	F	Sig.
Volleyball	18.47	1.72	B	383.38	4	95.58	21.23	.000
Basketball	21.63	2.52						
Badminton	22.68	2.34						
Kho-Kho	21.38	1.98	W	672.58	149	4.51		
Kabaddi	22.76	1.53						

Fig 3



It was evident from table-V that there was a significant difference among volleyball, basketball, badminton, kho-kho and kabadi players on the scores of Self talk, since the obtained 'F' value is 21.23 was higher than required table value at 0.05 level. Hence to find out the paired mean difference scheffe's post hoc test was employed and the results were presented in table-VI.

Table-VI

Scheffe's Paired Mean Difference on Self talk

	Basketball	Badminton	Kho-Kho	Kabadi
Volleyball	2.89*	3.94*	2.63*	4.02*
Basketball		1.05	.25	1.13
Badminton			1.30	.07
Kho-Kho				1.38

*Significant at 0.05 level

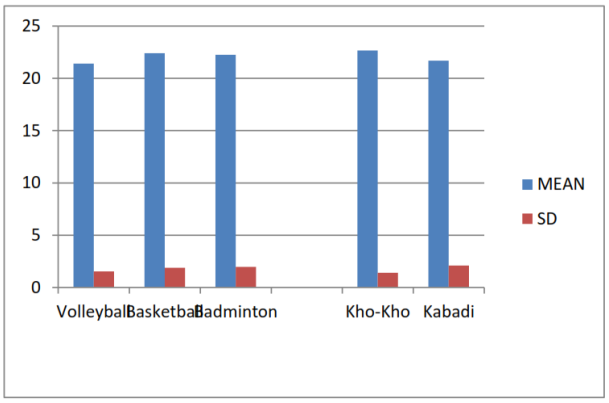
The result of the post hoc test indicates that, kabadi, Badminton, Basketball and kho-Kho players were better than Volleyball players on Self talk. Hence, it was concluded that Volleyball players are less self-talk than kabadi, Badminton, Basketball and kho-Kho players of under 17 year boys of Khelo India 2019.

Table-VII

Descriptive and ANOVA of Different Game Players on Self talk (U21 Players)

GROUP	MEAN	SD	SOV	S.S	DF	MS	F	Sig.
Volleyball	21.42	1.53	B	26.28	4	6.57	2.15	.078
Basketball	22.40	1.88						
Badminton	22.26	1.98						
Kho-Kho	22.66	1.40	W	359.63	118	3.04		
Kabadi	21.70	2.10						

Fig 4



It was evident from table-VII that there was insignificant difference among volleyball, basketball, badminton, kho-kho and kabadi players on the scores of Self talk, since the obtained 'F' value is 2.15 was lesser than required table value at 0.05 level.

DISCUSSION

The results of the study clearly stated that, boys under 17 years of different sports significantly differ on emotions. In particular kho-kho, kabadi, badminton and basketball players were better than volleyball players on emotions. Also it indicates that, kho-kho, volleyball, basketball and kabadi players were better than Badminton players on emotions among U21 players. There was significant difference in self-talk among U17 and insignificant difference in self- talk among U21 players participating in khelo India 2019.

Cole [7] provide a detailed discussion of an emotion regulation construct that could be relevant in sport. For instance, it is suggested that the term emotion regulation can denote two types of regulatory phenomena: emotion as regulating and emotion as regulated. Emotion as regulating refers to changes that appear to result from the activated emotion. Emotion as regulated refers to changes in the activated emotion (in emotion valence, intensity, or time course). These changes may occur within the individual or between individuals (e.g., a player provides support for a teammate).

Performance focus in emotion research is central in high achievement sport. However, it does not preclude seeing these results in a wider context. Specifically, emotion impact can have optimal and

dysfunctional outcomes not only for performance but also for general well-being of athletes and their health status, quality of leisure time and other domains of their life. The emphasis on performance, however, is understandable as sport and athletic achievement is one of the most important domains in the life of athletes [8].

It was evident that self-talk was used as a continual narrative and part of pre-performance routines that strategically determined performance and enhanced skill execution. Indeed, during these periods the participants indicated an increased use of motivational self-talk,proposing its convenience in improving self adeq uacy and center, while diminishing execution uneasin ess. The show consider are in line with past writing that has contended that self-talk impacts are connected to consideration and data handling [9,10].

A side from utilizing self-talk to divert center and improve certainty, a few members highlighted the utilize of self-talk as a behavioral incite. Much of the inquire about concerning the impact of self-talk on aptitude execution has watched changes in execution [13,14] and gave prove of moved forward forehand execution in tennis for those utilizing guidelines self-talk as contradicted to those accepting information of execution input. In spite of the fact that this consider advocates the utilize of self-talk and empowers the instruction of self-talk inside cricketers, there's a caveat with respect to the direction of self-talk development.

Hardy [16] recommended that ability level ought to oversee the sort of self-talk utilized, demonstrating that amateur and tip top entertainers may contrast in their utilize of self-talk. In differentiate with competitors within the independent stage of learning who may advantage from all-encompassing prepare self-talk, competitors at an prior organize of learning may be empowered to utilize prepare situated guidelines self-talk. Undoubtedly, this sort of self-talk may be of expanded advantage because it empowers the competitors to conversation themselves through the developments which would be of specific utilize inside the preparing environment [17].

CONCLUSION

Within the limitation of the present study following conclusions may be drawn:

- U17 volleyball players are having more emotional response than the rest of the game selected. Further U21 the result of emotional response is contradictory and infavour of volleyball than the rest of the game selected.
- U17 kabaddi players are more self-talk in nature than other sports person selected for this study.
- When age increases the psychological quality also change.

IMPLICATION

- It helps in understanding the behaviour of athletes or sportspersons engaged in competitive sports.
- Sports psychologist may prepare an emotional training or intellectual training programme for school level athletes.
- The result of the study will give an close to physical education teachers, coaches to understand the role of Emotions and Self-talk of different sports.

ACKNOWLEDGEMENT

The research work was done by using SPQ20, myskillprofil.com limited and Khelo India youth games held in Pune, Maharashtra 2019. Our special thanks to MYAS, India.

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