

ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 836-838

© 2018 Yoga

www.theyogicjournal.com

Received: 10-11-2017

Accepted: 12-12-2017

Gurpreet Kaur

Faculty of Teaching, Chandigarh
Education Department, UT,
Chandigarh, Punjab, India

Will to win: Analysis of high performing swimmers

Gurpreet Kaur

Abstract

The purpose of the study was to find out the role of will to win among high performing school, college and university level swimming players. Therefore, the investigator decided to find out the significantly better group among high performing swimming players on will to win. In this study one hundred and five (N=105) swimming players were selected randomly for the collection of data from schools, colleges and university. The purposive random sampling technique was used to collect the data of swimming players. The test of Will to Win by Kumar and Shukla (1988) was administered to record the response of school, college and university level swimming players. Analysis of Variance (ANOVA) was applied to find out the difference between school, college and university level high performing swimming players. If results found significant then least Significant Difference (LSD) post-hoc test was also applied to find out the best group among high performing swimming players. On the basis of results of this study it is concluded that will to win variables have great importance for victory and perform at top levels. The will to win improve among players as they improve their level i. e. from school to college and college to university which indicated that will to win improves as per the maturity level of players. This variable needs to introduce for teaching from development stages.

Keywords: will to win, swimming, performance

Introduction

A sportsperson need a good combination of physical, physiological as well as psychological fitness in order to succeed. Of all the factors affecting sports performance, it seems that the most important is the attitude of the player towards winning which always help in achieving top level performance in sports. Will to win is the psychological variable which makes great competitors. It is an athlete's mind-set of crystallized attitude and his outlook which is given the name as will to win. It is surely an emotional act intimately connected with the athlete's personal esteem, his regard and importance of self. A feeling of this nature helps an athlete to put in his best and maintain it, till the end of the activity and competitions. Paul (1960) rightly remarked "A winner never quits and the quitters never win". That means if one has the desire to win surely wins. It indicates that where there is a will, there is a way. It is expressed by scientist that the ability to work to the capacity is directly related to will to win. The psychological build-up is known to create a state of readiness. The main thrust of the modern sports is on winning, not just participating and playing. Will to win phrase has two important words i. e. will and win. Will is the strength of the self, character, attitude, determination, unrevokable decision and total perception of situation. Will is the faculty by which a person decides or conceives himself as deciding upon and initiating action. Will is man's power on the mind, a control exercised by a deliberate purpose over impulse. Will is the determination of the mind coupled with all bodily resources which helps the person to moves forward for the achievement of goal. Pezer and Brown (1980) [4] have reported in their study that will to win is significantly related to performance and analysis indicated that high, moderate and low will to win groups differed significantly from each other. The ultimate goal of player is the victory, nothing short of that the determination with which an athlete runs, throws, jumps and swims. The goal in perception is pursued by players with the spirit of do or die, with the energy of going farther than the farthest, picking up heavier than the heaviest, rising higher than the highest, in sports competitions. It is the factor that makes great competitors. Thus, it is desirable to know whether will to win has something connection with competitive performance. The ability to work to the capacity is directly related to the will to win.

Correspondence

Gurpreet Kaur

Faculty of Teaching, Chandigarh
Education Department, UT,
Chandigarh, Punjab, India

It allows through concentration on the task which in turn increases strength of incoming impulse and generates greater nerve power that results increased capacity and greater determination to win. The literature reviews of Vealey, 1994; Weinberg and Williams; 2001; Gordon, 1990; Orlick, 1986^[8, 9, 1, 3] support that psychological interventions and skills played positive and effective role for higher level performance in competitive sports. It will be only repetition to harp upon the allegation that Indian players lack the will to win. Let us see experimentally and scientifically whether this is a fact or a mere conjecture. Therefore, the investigator decided to analyse the will to win among high performing swimming players to find out the best group among school, college and university level players.

Methodology

The sample of study, tools and statistical treatment used in this study explained for proper understanding of the methodology of study

Selection of subjects: The data of one hundred and five (N=105) swimming players was collected from Schools, Colleges and University of Chandigarh. Thirty five (N=35) swimmers each from schools, colleges and university were

randomly selected as subjects for this study. The purposive random sampling technique was used. The data was collected only from male swimming players. First three position holder in inter-school, inter college and open state competitions consider as high performing swimming players.

Tools: The test of Will to Win by Kumar and Shukla (1988)^[2] was administered to record the response of school, college and university level swimming players.

Statistical analysis: Analysis of Variance (ANOVA) was applied to find out the difference between school, college and university level high performing swimming players. The significance level was checked at 0.05 level of confidence. If results found significant then least Significant Difference (LSD) post-hoc test was also applied to find out the best group among high performing swimming players.

Result and Discussion

The results of analysis of variance and least significance difference post-hoc-test among high performing swimming players are presented in tables and interpretations given accordingly.

Table 1: Analysis Of Variance of Will to Win Among School, College and University Level High Performing Swimming Players

Anova				
Groups	Sum of square	Df	Mean square	
Between-Groups	124.1333	2	62.0667	<i>F</i> =62.52201
Within-Groups	101.2571	102	0.9927	
Total	225.3905	104		

The p-value (Sig) is <.00001. The result is significant at *p*<.05.

It can be seen from table-1 that significant differences was found with regard to the parameter will to win among school, college and university level high performing swimming

players as the P value (Sig.) 0.00001 was found lower than 0.05 level of significance (*p*<0.05).

Table 2: Least Significant Difference (Lsd) Post-Hoc Test Among High Performing School, College And University Level Swimming Players With Regard To Will To Win

Level and Mean values		Mean difference	Std. Error	P-Value (Sig)
School (Mean=9.94)	College (Mean=10.74)	0.8	.02	.024
College (Mean=10.74)	University (Mean=12.54)	1.8	.03	.001
University (Mean=12.54)	School (Mean=9.94)	2.6	.03	.001

*significant at 0.05 level.

It has been observed from the table-2 that mean difference between school and college level players was found 0.80. The P-value (Sig). 024 showed that the college level players had demonstrated significantly better on will to win than their counterpart school level players. The mean difference between college and university level players was found 1.8. The P-value (Sig). 0.001 revealed that the university level

players had exhibited significantly better on will to win than their counterpart college level players. The mean difference between university and school level players was found 2.6. The P-value (Sig.) 0.001 showed that the university level players had demonstrated significantly better on will to win than their counterpart school level players.

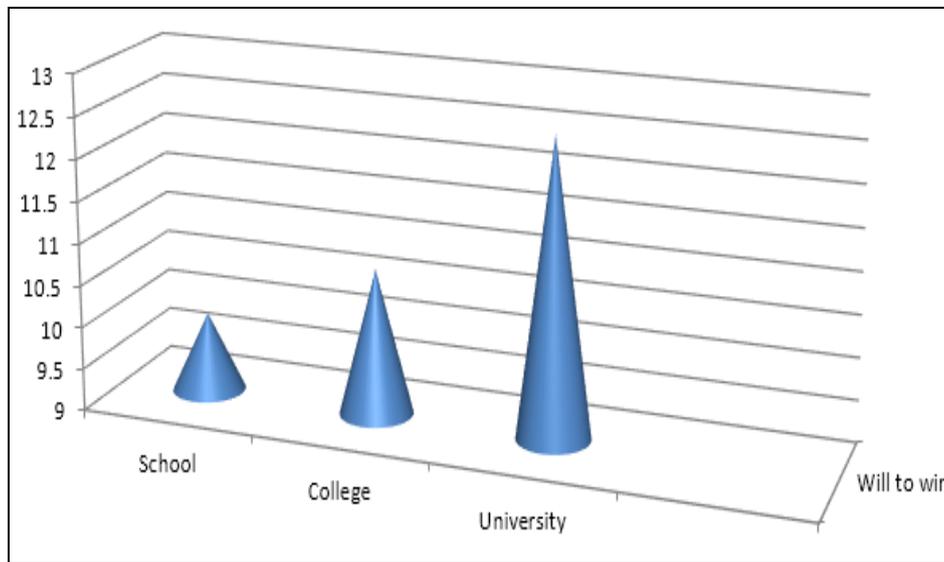


Fig 1: Graphical Representation Of Mean Scores Of Will To Win Among School, College And University Level High Performing Swimming Players

Discussion

The will to win variable may be an important factor which played a vital role to decide the winner or loser during sports competitions. The analysis of will to win among high-performing swimming players reveals that the university group had more will to win as compared to school and college groups. The findings of previous studies conducted by Sidhu & Singh (2006) [5] concluded that state and national champion boxers have better will to win as compared to non-champion boxers. Singh *et al.* (2012) [6, 7] also concluded that professional football players are significantly better on will to win as compared to non-professional football players. Pezer and Brown (1980) [4] showed that college-level winning women basketball players showed more will to win as compared to losing players. Kumar & Shukla (1988) [2] found that high-performing hockey players have more will to win as compared to low-achieving players. Singh (2012) [6, 7] found that high-achiever sports persons have higher will to win as compared to low-achiever sportsmen. Above-quoted studies clearly indicated that university-level high performers have more will to win. The findings of this study are similar to the above-mentioned studies conducted by other researchers at different levels of performance. As per the results of this study, it is recommended that the will to win variable requires proper and systematic application during training and competition periods. Will to win variables also introduced in psychological preparation of budding players of swimming games. The results of this study also indicated that will to win ability improves as per the maturity of players. Therefore, it is needed to include these variables for the teaching of swimmers.

Conclusion

On the basis of the results of this study, it is concluded that will to win variables have great importance for victory and performance at top levels. The will to win improves among players as they improve their level, i.e., from school to college and college to university, which shows that will to win improves as per the maturity level of players. These variables need to be introduced for teaching from development stages.

References

1. Gordon S. A Mental Skills Training Program for Western Australia Cricket Team. *The Sport Psychological*. 1990; 4:368-399.
2. Kumar DR, Shukla PS. Manual of Indian Adaptation of

will to Win Questionnaire. Kumar Publication Company, 4/98 Kala Mahal, Agar, India, 1988.

3. Orlick T. *Psyching for Sports: Mental Training for Athletes*. Champaign, IL: Leisure Press, 1986.
4. Pezer V, Brown M. Will to Win and Athletic Performance. *International Journal of Sports Psychology*. 1980; 11(2):121-131.
5. Sidhu AS, Singh A. Will to Win of Champion and Non-Champion Boxers at Different Levels of Competition. *Journal of Sports and Sports Sciences*. 2006; 29(1):5-10.
6. Singh J, Dureja G, Singh S. A Cross Sectional Analysis of Mental Toughness and Will to Win among Elite Football Players. *Brazilian Journal of Biomechanics*. 2012; 6(4):285-292.
7. Singh J. Comparison of Psychological Parameters of Professional and Non-Professional Football Players. *Journal of Health and Fitness*. 2012; 4(1):27-32.
8. Vealey RS. Current Status and Prominent Issues in Sports Psychology Interventions. *Medicine and Science in Sports and Exercise*. 1994; 26:495-502.
9. Weinberg RS, Williams JM. *Integrating and Implementing a Psychological Skill Training Program*. Mountain View, CA: Mayfield Publishing Company, 2001.