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Comparison of the profile of mood states of the different groups of fide rated tournament chess players in Kerala

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Abstract

The purpose of the study was to compare the Profile of Mood States of the different groups of FIDE rated Tournament Chess Players in Kerala, India. 180 Tournament playing male FIDE rated Chess Players were selected as the subjects for the study. FIDE International Rating is used in Chess to calculate an estimate of the Chess playing strength of a player. The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Groups are given below: Class A- Players with the Rating of 2100 and above; Class B- Players with the Rating between 1900 and 2099; Class C- Players with the Rating between 1700 and 1899; Class D- Players with the Rating between 1500 and 1699; Class E- Players with the Rating between 1200 and 1499; Class F- Players with the Rating between 1000 and 1199. The Profile of Mood States Questionnaire (Mac Nair *et al.* 1991) was used to measure the Profile of Mood States (POMS) of the subjects under the study and the score was recorded to the nearest whole number. ANCOVA & Scheffé's Post Hoc test were used to determine the difference between the different Groups under the study. The findings of the study indicated that highly rated chess players have showed better scores in the Profile of Mood States questionnaire than lower rated chess players.

Keywords: Chess, rating, tournament, profile of mood states

Introduction

Chess is the most played game in the world today along with Football. Its universality is growing in popularity as chess can be played by people of any age. Inherent chess skills are self-control, the ability to think about different things, active mental activity, will-power, observation, creativity and concentration. Acquired Chess skills include excellent athleticism, unobtrusive temperament, objective thinking ability, high intelligence, high intelligence, self-confidence and emotion control. The purpose of the study was to compare the Profile of Mood States of the different groups of FIDE rated Tournament Chess Players in Kerala, India. 180 Tournament Chess Players were selected as the subjects for the study. FIDE International Rating is used in Chess to calculate an estimate of the Chess playing strength of a player. 180 Tournament playing male Chess Players were selected as the subjects for the study. The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Groups are given below: Class A- Players with the Rating of 2100 and above; Class B- Players with the Rating between 1900 and 2099; Class C- Players with the Rating between 1700 and 1899; Class D- Players with the Rating between 1500 and 1699; Class E- Players with the Rating between 1200 and 1499; Class F- Players with the Rating between 1000 and 1199. The Profile of Mood States Questionnaire was used to measure the Profile of Mood States (POMS) of the subjects under the study and the score was recorded to the nearest whole number.

Methodology

Subjects

Kerala was taken as the universe for the present study. 180 Tournament playing male Chess Players were selected as the subjects for the study. FIDE International Rating is used in Chess to calculate an estimate of the Chess playing strength of a player.

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Methodology

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Tool

Profile of Mood States Questionnaire

Purpose: To measure the Mood States.

Procedure:

The questionnaire was administered to all the subjects under the study by the investigator himself. The objectives of the study were explained to the subjects and they were asked to respond to each statement as quickly as possible and truthfully. As soon as they completed the test, the investigator collected the response sheets.

The data was collected through the administration of a questionnaire, which had 65 adjectives that described how subjects had been feeling during the week. The POMS was scored by computing a separate total for each of the 6 subscales with scores were ranging from a low of 0 to a high of 60. All items defined in each factors were keyed in the same direction except for two items, ie, 'Relaxed' in the Tension – Anxiety scale and 'Efficient' in the Confusion scale. These items received negative (-ve) weights in calculating the factor scores.

The Tension - Anxiety Subscale was scored by totalling the responses for the following 9 items: 2, 10, 16, 20, 22, 26, 27, 34 and 41.

The Anger - Hostility Subscale was scored by adding the responses to the following 12 items: 3, 12, 17, 24, 31, 33, 39, 42, 47, 52, 53 and 57.

The Depression - Dejection Subscale was scored by totalling the responses for the following 15 items: 5, 9,14,18,21, 23, 32, 35, 36, 44, 45, 48, 58, 61 and 62.

The Vigour - Activity subscale was scored by adding the responses to the following 8 items: 7, 15, 19, 38, 51, 56, 60 and 63.

The Fatigue - Inertia Subscale was scored by adding the responses to the following 7 items 4, 11, 29, 40, 46, 49 and 65.

The Confusion - Bewilderment Subscale was scored by adding the responses to the following 7 items: 8, 28, 37, 50, 54, 59 and 64.

Scoring: The score was recorded to the nearest whole number.

Procedure

The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Groups are given below: Class A- Players with the Rating of 2100 and above; Class B- Players with the Rating between 1900 and 2099; Class C- Players with the Rating between 1700 and 1899; Class D- Players with the Rating between 1500 and 1699; Class E- Players with the Rating between 1200 and 1499; Class F- Players with the Rating between 1000 and 1199 (N=30). Prior to the test, a meeting of all the selected subjects were held and they were explained regarding the objectives of the study, test procedure and effort they had to put in. The necessary data will be collected by administering the tests for the chosen variable.

Statistical Analysis of Data

ANCOVA & Scheffe's Post Hoc test were used to determine the difference between the different Groups under the study.

Results

The data pertaining to the Profile of Mood States Questionnaire of the six groups of the FIDE rated tournament chess players were analyzed by ANCOVA & Scheffe's Post Hoc test with the help of SPSS version 17. Findings pertaining to the Profile of Mood States of the six groups of the FIDE rated tournament chess players which were subjected to analysis of covariance have been presented in the table1. The mean difference of six groups of tournament chess players for the selected variable is presented in table 2, 3, 4, 5, 6 &7.

Table 1: Difference in Means of the six groups of FIDE rated tournament chess players in Profile of Mood States

Variable	Sources of Variance	df	Sum of Square	Mean Square	'F' Value
POMS(Tension –Anxiety Subscale)	Within group	173	197.37	1.14	107.45 *
	Between groups	5	612.91	122.58	
POMS(Anger - Hostility Subscale)	Within group	173	307.87	1.78	107.81 *
	Between groups	5	959.27	191.85	
POMS(Depression -Dejection Subscale)	Within group	173	291.80	1.687	113.504*
	Between groups	5	957.24	191.45	
POMS(Vigour - Activity Subscale)	Within group	173	134.88	0.78	121.87*
	Between groups	5	475.07	95.01	
POMS(Fatigue - Inertia Subscale)	Within group	173	122.94	0.711	121.45 *
	Between groups	5	431.52	86.30	
POMS (Confusion -Bewilderment Subscale)	Within group	173	134.64	0.778	160.47*
	Between groups	5	624.44	124.89	

* Significant at 0.05 level of confidence

F 0.05 (5,173) = 2.21

As the 'F' value was found to be significant in the case of the selected variable, the Scheffe's Post Hoc test was applied to test the significance of the difference between the paired

means separately for different groups of tournament chess players which was presented in table 2, 3, 4, 5, 6 &7.

Table 2: Significance of the difference between the paired means of POMS (Tension –Anxiety Subscale) for different groups of FIDE rated tournament chess players

Group F	Group E	Group D	Group C	Group B	Group A	Mean Difference
21.03	19.57					1.46 *
21.03		18.23				2.80 *
21.03			16.40			4.63 *
21.03				15.80		5.23 *
21.03					15.63	5.40 *
	19.57	18.23				1.34 *
	19.57		16.40			3.17 *
	19.57			15.80		3.77 *
	19.57				15.63	3.94 *
		18.23	16.40			1.83 *
		18.23		15.80		2.43 *
		18.23			15.63	2.60 *
			16.40	15.80		0.60
			16.40		15.63	0.77
				15.80	15.63	0.17

* Significant at 0.05 level of confidence. The computed value of critical difference at 0.05 level is 0.97.

Table 3: Significance of the difference between the paired means of POMS (Anger - Hostility Subscale) for different groups of FIDE rated tournament chess players

Group F	Group E	Group D	Group C	Group B	Group A	Mean Difference
21.03	19.57					1.46 *
21.03		18.23				2.80 *
21.03			16.40			4.63 *
21.03				15.80		5.23 *
21.03					15.63	5.40 *
	19.57	18.23				1.34 *
	19.57		16.40			3.17 *
	19.57			15.80		3.77 *
	19.57				15.63	3.94 *
		18.23	16.40			1.83 *
		18.23		15.80		2.43 *
		18.23			15.63	2.60 *
			16.40	15.80		0.60
			16.40		15.63	0.77
				15.80	15.63	0.17

* Significant at 0.05 level of confidence. The computed value of critical difference at 0.05 level is 0.97.

Table 4: Significance of the difference between the paired means of POMS (Depression -Dejection Subscale) for different groups of FIDE rated tournament chess players

Group F	Group E	Group D	Group C	Group B	Group A	Mean Difference
21.03	19.57					1.46 *
21.03		18.23				2.80 *
21.03			16.40			4.63 *
21.03				15.80		5.23 *
21.03					15.63	5.40 *
	19.57	18.23				1.34 *
	19.57		16.40			3.17 *
	19.57			15.80		3.77 *
	19.57				15.63	3.94 *
		18.23	16.40			1.83 *
		18.23		15.80		2.43 *
		18.23			15.63	2.60 *
			16.40	15.80		0.60
			16.40		15.63	0.77
				15.80	15.63	0.17

* Significant at 0.05 level of confidence. The computed value of critical difference at 0.05 level is 0.97.

Table 5: Significance of the difference between the paired means of POMS (Vigour - Activity Subscale) for different groups of FIDE rated tournament chess players

Group F	Group E	Group D	Group C	Group B	Group A	Mean Difference
21.03	19.57					1.46 *
21.03		18.23				2.80 *
21.03			16.40			4.63 *
21.03				15.80		5.23 *
21.03					15.63	5.40 *
	19.57	18.23				1.34 *
	19.57		16.40			3.17 *
	19.57			15.80		3.77 *
	19.57				15.63	3.94 *
		18.23	16.40			1.83 *
		18.23		15.80		2.43 *
		18.23			15.63	2.60 *
			16.40	15.80		0.60
			16.40		15.63	0.77
				15.80	15.63	0.17

* Significant at 0.05 level of confidence. The computed value of critical difference at 0.05 level is 0.97.

Table 6: Significance of the difference between the paired means of POMS (Fatigue - Inertia Subscale) for different groups of FIDE rated tournament chess players

Group F	Group E	Group D	Group C	Group B	Group A	Mean Difference
21.03	19.57					1.46 *
21.03		18.23				2.80 *
21.03			16.40			4.63 *
21.03				15.80		5.23 *
21.03					15.63	5.40 *
	19.57	18.23				1.34 *
	19.57		16.40			3.17 *
	19.57			15.80		3.77 *
	19.57				15.63	3.94 *
		18.23	16.40			1.83 *
		18.23		15.80		2.43 *
		18.23			15.63	2.60 *
			16.40	15.80		0.60
			16.40		15.63	0.77
				15.80	15.63	0.17

* Significant at 0.05 level of confidence. The computed value of critical difference at 0.05 level is 0.97.

Table 7: Significance of the difference between the paired means of POMS (Confusion -Bewilderment Subscale) for different groups of FIDE rated tournament chess players

Group F	Group E	Group D	Group C	Group B	Group A	Mean Difference
21.03	19.57					1.46 *
21.03		18.23				2.80 *
21.03			16.40			4.63 *
21.03				15.80		5.23 *
21.03					15.63	5.40 *
	19.57	18.23				1.34 *
	19.57		16.40			3.17 *
	19.57			15.80		3.77 *
	19.57				15.63	3.94 *
		18.23	16.40			1.83 *
		18.23		15.80		2.43 *
		18.23			15.63	2.60 *
			16.40	15.80		0.60
			16.40		15.63	0.77
				15.80	15.63	0.17

* Significant at 0.05 level of confidence. The computed value of critical difference at 0.05 level is 0.97.

Discussion

The analysis of the results revealed that improvement was seen in all the subscales of the Mood States in the case of the highly rated groups than the lower rated groups. With intense chess training, it is possible to have a normal state of transcendence or mind expansion which not only is physiological and stable, and a highly rated chess player can

invariably reflect in his every day behaviour, a higher state of joyous being. The findings of the study conducted by C. J., Terry & Lane, A. M. [1] also agree with it. After achieving higher FIDE rating the chess players may see a tangible achievement in their goals, they feel better and they develop a sense of competence that in turn provides them with feelings of mastery and control. The findings of the study conducted

by Hassmén, P., & Blomstrand, E. [2] also agree with it. The power of concentration, single mindedness and focusing ability are high among the higher rated chess players. All of these factors may contribute to the enhancement of all the subscales of the Profile of Mood States of higher rated chess players than others. In addition, they also developed their chess playing strength than lower rated players which in turn make them feel better about themselves and improve their self-confidence.

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