



ISSN: 2456-4419
 Impact Factor: (RJIF): 5.18
 Yoga 2017; 2(2): 243-244
 © 2017 Yoga
 www.theyogicjournal.com
 Received: 15-05-2017
 Accepted: 16-06-2017

Parmjit Kaur
 Research Scholar, Ph. D,
 Department of Physical
 Education Guru Nanak Dev
 University Amritsar, Punjab,
 India

A descriptive analysis of shyness in sports: Baseball and softball

Parmjit Kaur

Abstract

The purpose of this study was to find out the Shyness in sports: a key towards success. The study has an aim to find out the difference of a Psychological variable i.e: Shyness between female baseball and softball players. The investigator had selected Thirty (N=30) female inter-college level baseball and softball players of 19 to 25 years of age as subjects. The result was pertaining to insignificant difference between baseball and softball players on the variable Shyness. To determine the statistically differences between baseball and softball players, unpaired t-test was employed for data analyses. To test the hypotheses, the level of significance was set at 0.05.

Keywords: Shyness, statistics, hypotheses, baseball, softball

Introduction

Shyness is a universal feeling present in all living beings on the root of which social sections could be created. Shyness is a nervousness and embarrassment one experiences when talking to other people. Shyness is a catch situation in which the people with inferiority complex find themselves. Basically shyness is categorized by the following signs of numerous trouble while talking, stammering, stuttering, blushing, sweating hands with a mixture of fear, tension and worry. Shyness is an anxiety disorder. It pertains to feelings of emotional discomfort and fear in social situations". According to Pear and Martin (1996) ^[1], children who expect to benefit from a behaviour tend to engage in the behaviour including being shy. Children learn a great deal through observing the behaviour of parents and others and hence may learn to be shy also. Phillips J. Lazarus (1982) ^[3] studied the "Incidences of shyness in the elementary school age children" and found that there is no sex difference in shyness among these children as against the adults.

Procedure: Shyness: Shyness was measured by applying Shyness questionnaire developed by Md. Rafi (2002) ^[2].

Findings and Analysis

Table 1: Insignificant differences in the Mean scores of Baseball and Softball players on the variable Shyness.

Variable	Baseball Players (N=15)			Softball Players (N=15)			t-value	P-Value Sig.
	Mean	SD	SEM	Mean	SD	SEM		
Shyness	60.33	1.76	0.45	60.07	1.71	0.44	0.42	0.67

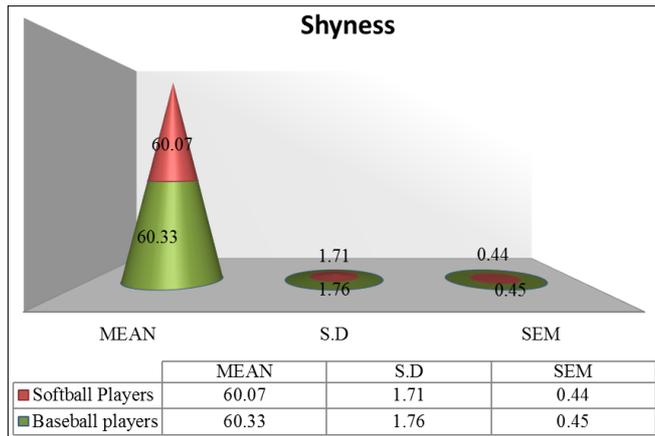
*Significant at 0.05 level
 Degree of freedom= 28

Shyness

Table-1 presents the results of baseball and softball players with regard to the variable shyness. The descriptive statistics shows the Mean and SD values of baseball players on the variable shyness as 60.33 and 1.76 respectively. However, softball players had Mean and SD values as 60.07 and 1.71 respectively. The 'p'-value 0.67 as shown in the table above was found statistically insignificant ($P > .05$).

Correspondence
Parmjit Kaur
 Research Scholar, Ph. D,
 Department of Physical
 Education Guru Nanak Dev
 University Amritsar, Punjab,
 India

But while comparing the mean values of both the groups, it has been observed that baseball players have demonstrated higher shyness than the softball.



References

1. Martin, Pear. UNE - Psychology - Helping Young Children Overcome Shyness, 1996. www.une.edu.au/css/psychology/john-malouff/shyness.php.
2. Md. Rafi. Shyness and Self Esteem of High School Students, unpublished M.Ed. Dissertation, Regional Institute of Education, Mysore, 2002.
3. Philip Lazarus J. Incidence of Shyness in Elementary School Age Children- Psychological Reports. Lazarus, P.J. and Jacson J. 1982; 51:904-906. www.philiplazarus.com/publications.
4. The Henderson/ Zimbardo Shyness Questionnaire. <http://www.shyness.com/q2.html> as retrived on 10th August, 2009.
5. The Revised Cheek and Buss Shyness Scale (RCBS). <http://www.wellesley.edu/psychology/cheek/research.html> as retrived on 10 Aug, 2008.