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A critical study on women varsity cricketers with reference to their psychological profile

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Abstract

The purpose of present study was to assess the Anxiety and Achievement Motivation in All India Intersarsity Women cricketers. The present study was conducted on 50 Women Cricketers from All India Interuniversity women cricket tournament. The ages of the subjects were between 19 to 25 years. Keeping in view the objectives, the players were categorized into two main groups Finalist two teams who achieved 1st and 2nd position selected as winner group ($N_1=25$) and randomly selected 2 teams from remaining teams who didn't get any position selected as loser group ($N_2=25$). This competition was organized by the Maharshi Dayanand University, Rohtak in the year of 2017. The difference in the mean of each group for selected variable was tested by "t" test. The level of significance was set at 0.05. Analysis of data revealed that the difference between winner group and loser group for State Anxiety variable are not significant. Whereas the difference between winner group and loser group for Trait Anxiety variable are significant. The data does indicated that the difference between winner group and loser group for Achievement Motivation variable are significant.

Keywords: State anxiety, trait anxiety, achievement motivation, and women cricketers

Introduction

Cricket is a sport that brings with it many psychological challenges and demands that players must deal with to be successful. Technical, tactical, and physical preparation are important for top class performances but it is often what happens inside a player's mind that is the difference between success and failure. Whether batting, bowling, or fielding, a player's psychological strength has been identified by coaches, players, and commentators as a critical ingredient for winning cricket matches. In sum, arguably the biggest challenge to a cricketer is not the learning of the skills – most players have reasonable techniques. Instead, the biggest challenge is being able to deal with the many psychological factors that can affect thinking and, ultimately, performance during a game Sports Psychology as a behavioral science had made its contribution in the field of sports, it has helped the coaches to train more efficiently and enhance sports man's performance more proficiently. Psychology is also concerned with the total wellbeing and personal adjustment to those involved in sports. Psychologists are concerned with behavior understanding explaining and ever predicting. Sports psychology is primarily interested in the analysis of behavior of sportsmen. Researchers are afforded ample opportunities to observe, describe and explain the various psychological factors that influence diverse aspects of sports and physical activity.

Anxiety experienced during competition, known as competitive anxiety, can be defined as the feeling of apprehension an individual may experience in response to perceived threats during competition. State anxiety describes the experience of unpleasant feelings when confronted with specific situations, demands a particular object or event. State anxiety arises when the person makes a mental assessment of some type of threat. When the object or situation that is perceived as threat goes away, the person no longer experiences anxiety. Thus, state anxiety refers to a temporary condition in response to some perceived threat. Trait anxiety (TA) arises in response to a perceived threat but it differs in its intensity, duration and the range of situations in which it occurs. Trait anxiety refers to the differences between people in terms of their tendency to experience state anxiety in response to the anticipation of a threat. People with a high level of trait anxiety experience more intense degrees of state anxiety to specific

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situations than most people do and experience anxiety toward a broader range of situations or objects than most people. Thus, trait anxiety describes a personality characteristic rather than a temporary feeling.

Achievement motivation is expressed as driving energy for achieving excellence, getting ahead, improving upon past records, beating competitors, doing things better, faster, more efficiently and finding unique solution to difficult problems. According to classification of the winner may be considered as highly motivated (30 and above) than normal and on the other hand the loser group may be considered as having moderate level of achievement motivation.

Materials and methods

Samples

The present study was conducted on 50 Women Cricketers from All India Interuniversity women cricket tournament. The ages of the subjects were between 19 to 25 years. Keeping in view the objectives, the players were categorized into two main groups Finalist two teams who achieved 1st and 2nd position selected as winner group (N₁=25) and randomly selected 2 teams from remaining teams who didn't get any position selected as loser group(N₂=25). This competition was

organized by the Maharshi Dayanand University, Rohtak in the year of 2017. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

Table 1: Subjects' Demographics.

S. No	winner group	loser group	Total Sample
1.	N ₁ =25	N ₂ =25	N=50

Selection of variables

Out of myriads of psychological variables associated with outstanding athletic performance, it was really a prodigious task to identify the most vital ones. The availability of reliable and valid instruments is also an important consideration in directing one's initiative for the choice of variables. Many psychological instruments i.e. test and inventories are relevant more often than not to the populations on which they have been standardized and for which they have been constructed. The Two variables are:

- 1 Anxiety (Trait and State Anxiety).
2. Achievement Motivation

Table 2: Reliability Quotient of Various Instruments

Sr.no	Variable	Questionnaire	Author
1	Anxiety	State and Trait Anxiety	Chattopadhyay, Mallick, and Spielberger (1986)
2	Achievement Motivation	SAMT.	Kamlesh (1987) ^[5]

Statistical analysis

Student's t-test for independent data was used to assess the between-group differences. The level of $p \leq 0.05$ was considered significant.

Results

The results of Anxiety variable in winner group and loser group of All India Intersarsity Women cricket Championship-2017 are presented in the following tables.

Table 3: Mean scores and standard deviations of State Anxiety of winner group and loser group variable of All India Intersarsity Women cricket Championship-2017 are presented in Table.

Group	Mean	SD	Mean difference	t-Value
Winner group	44.75	±5.02	1.71	1.264
Loser group	46.46	±4.32		

Significant at .05 level of significance

It is observed from the Table-3 that mean value of winner group and loser group for State Anxiety variable was 44.75 and 46.46 respectively, whereas the standard deviation (SD) was ±5.02 and ±4.32. The critical value of t at 95%

probability level is higher (1.711) than the observed value of t (1.264). The data does indicated that the difference between winner group and loser group for State Anxiety variable are not significant.

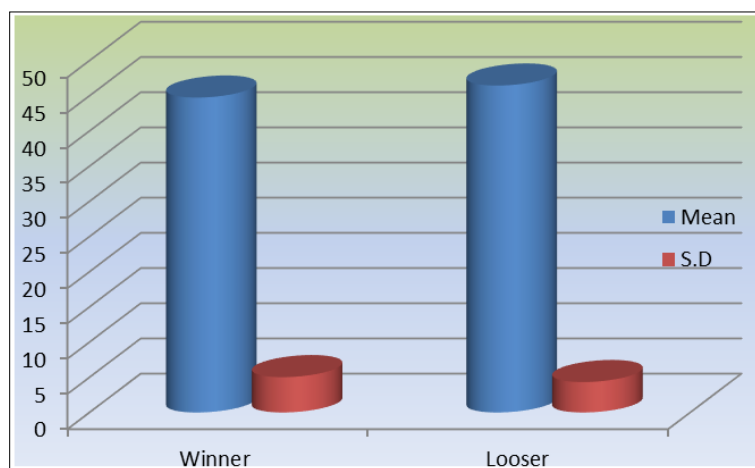


Fig 1: Comparison of State Anxiety of winner group and loser group of All India Intersarsity Women cricket Championship-2017.

Table 4: Mean scores and standard deviations of trait Anxiety of winner group and loser group variable of All India Intersvarsity Women cricket Championship-2017 are presented in Table.

Group	Mean	SD	Mean difference	t-Value
Winner group	47.29	±4.30	2.17	1.801
Loser group	49.46	±3.55		

Significant at .05 level of significance

It is observed from the Table-4 that mean value of winner group and loser group for Trait Anxiety variable was 47.29 and 49.46 respectively, whereas the standard deviation (SD) was ±4.30 and ±3.55. The critical value of t at 95% probability level is Lower (1.711) than the observed value of t (1.801). The data does indicated that the difference between winner group and loser group for Trait Anxiety variable are significant.

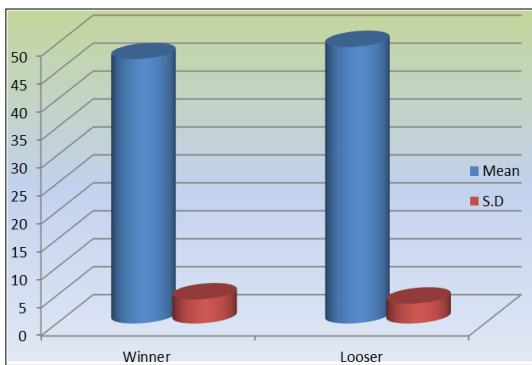


Fig 2: Comparison of State Anxiety of winner group and loser group of All India Intersvarsity Women cricket Championship-2017

Table 5: Mean scores and standard deviations of Achievement Motivation variable of winner group and loser group variable of All India Intersvarsity Women cricket Championship-2017 are presented in Table.

Group	Mean	SD	Mean difference	t-Value
Winner group	30.21	±1.84	2.71	3.482
Loser group	27.50	±3.34		

Significant at .05 level of significance

It is observed from the Table-5 that mean value of winner group and loser group for Achievement Motivation variable was 30.21 and 27.50 respectively, whereas the standard deviation (SD) was ±1.84 and ±3.34. The critical value of t at 95% probability level is Lower (1.711) than the observed value of t (3.482). The data does indicated that the difference between winner group and loser group for Achievement Motivation variable are significant.

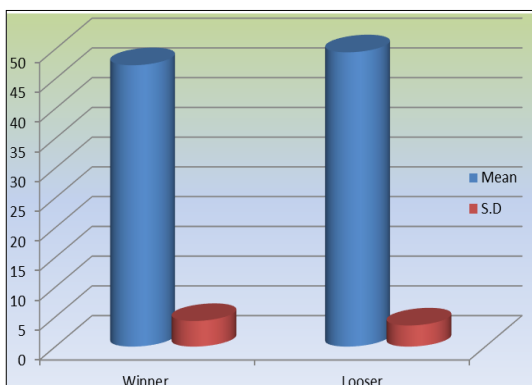


Fig 3: Comparison of Achievement Motivation of winner group and loser group of All India Intersvarsity Women cricket Championship-2017

Discussion

State anxiety describes the experience of unpleasant feelings when confronted with specific situations, demands a particular object or event. State anxiety arises when the person makes a mental assessment of some type of threat. When the object or situation that is perceived as threat goes away, the person no longer experiences anxiety. Thus, state anxiety refers to a temporary condition in response to some perceived threat opined that performance improves with increasing levels of arousal anxiety to an optimum point, whereupon further increment in arousal anxiety cause performance impairment. In the present study it has been observed that the mean of SA of winner and loser groups were in moderate level and no significant difference has been found between the groups. So the present study was in close proximity with other leading researcher.

Trait anxiety (TA) arises in response to a perceived threat but it differs in its intensity, duration and the range of situations in which it occurs. Trait anxiety refers to the differences between people in terms of their tendency to experience state anxiety in response to the anticipation of a threat. People with a high level of trait anxiety experience more intense degrees of state anxiety to specific situations than most people do and experience anxiety toward a broader range of situations or objects than most people. Thus, trait anxiety describes a personality characteristic rather than a temporary feeling. In the present study it has been observed that the mean TA of winner and loser group was moderate level. No significant difference was found between the groups.

Achievement motivation is expressed as driving energy for achieving excellence, getting ahead, improving upon past records, beating competitors, doing things better, faster, more efficiently and finding unique solution to difficult problems. According to classification of the winner may be considered as highly motivated (30 and above) than normal and on the other hand the loser group may be considered as having moderate level of achievement motivation. From the result it has been observed that there was a significant difference between winner and loser groups and winner groups had higher level of achievement motivation than loser group.

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