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**Dr. Abhijit Kadam**

Assistant Professor, Savitribai  
Phule Pune University,  
Ganeshkhind, Pune,  
Maharashtra, India

## A comparative study of concentration ability between achiever and non-achiever karate players

**Dr. Abhijit Kadam**

### Abstract

The purpose of the study was to measure and compare the concentration between achiever and non-achiever karate players from Pune city. The research was descriptive comparative survey method 60 boys (30 achiever and 30 non-achiever), aged between 16 to 19 years was purposively selected as sample for the study. Dr. Alan Golberg's questionnaire of mental toughness was administered to measure mental toughness (Factors: rebound ability, ability to handle pressure, concentration ability, confidence level, motivation), there was 30 questions and responses was evaluated on scoring which they get. The data was analysed using Descriptive statistic. The result shows that the mean and standard deviation of achievers in the entire factor were higher than non-achievers. To find the differences in the mean score of achiever and non-achiever karate players, independent sample 't' test was used. There is significant difference found in concentration ability ( $P=.000$ ) at 0.05 level of significance. Based on the result it is concluded that there is significant difference found in achiever and non-achiever karate players.

**Keywords:** Concentration ability, achiever and non-achiever

### Introduction

Sports play a pivotal role in the makeup of a young athlete, especially in the middle school to high school years where student athletes are much more mature and mentally developed. It not only helps in learning values like discipline, responsibility, self-confidence, and sacrifices in their individual completions but also function in a competitive society (Rakesh Tomar, Sandip Tiwari, Sandhya Tiwari, Mohammed Hamdan. 2012) [1].

Successful achievers do have some characteristic in common. Some typical characteristics for younger children can be indicators of problems for older children. For example, younger children have more problems coping with frustration or paying attention than older children in whom these same symptoms might signal a problem. Furthermore, children may appear to be achievers before they have had to copy with challenge and might change their pattern in the face of challenge.

Underachievers, although they may be very capable students, do careless work or don't hand it in at all. They give up easily, complain about boredom, and have few interests related to learning and school. They may be inattentive, have poor study habits, and sometimes have behaviour problems. They may have uneven abilities, e.g., they are very good at some skills and below average in others, as they tend to avoid doing whatever they find difficult, but are willing to do easy tasks. They are often disorganized, specifically related to areas of learning in which they have low confidence. Successful athletes are supposedly thought of as being not only physically tough but mentally tough as well. The reason for this thought originates out of the realization that top level sport is a ruthless, cold and hard business where there seems to be no place for the tender spirited and tender-hearted.

As we can see being psychologically strong is very essential. Concentration is one of the essential psychological factors that are important for sports players now days go through a lot of stress and hence it is very important for them to be mentally tough. It has been seen that a higher level of mental toughness has a direct correlation on performance. Also the achievers in sports have better psychological stability than the non-achievers.

**Correspondence**

**Dr. Abhijit Kadam**

Assistant Professor, Savitribai  
Phule Pune University,  
Ganeshkhind, Pune,  
Maharashtra, India

**Objectives of the study**

1. To assess the concentration of Achiever’s.
2. To assess the concentration of Non-Achiever’s.
3. To compare concentration of Achiever and Non Achiever Karate Players.

**Methodology** [2]

This is a descriptive comparative survey method which measures the mental toughness of the state level achiever and non-achiever karate players.

**Population and Sampling**

**Population**

Population for the study was all karate players (boys) of Pune city aged between 16 to 19 years, who participated in the state level competition.

**Sample**

Researcher was selected 60 karate players, 30 Achiever and 30 Non-Achiever as subjects for testing by using purposive sampling technique.

**Research Procedure** [4]

In this study the researcher was measure the level of mental toughness before the performance subjects were selected by purposive sampling technique. For this research the researcher were select the Achiever and Non- Achiever for testing researcher were conducting testing on them. The subjects have been given the mental toughness questionnaire and they were filling the questionnaire. Based on that score researcher was collect the data and analyse the data with the help of descriptive statistic and independent sample ‘t’ test. Based on that result researcher were compare the concentration level of achiever and non-achiever karate players. Further the researcher was found whose concentration is better.

**Statistical Tools Used** [4]

For the research the researcher used Descriptive statistics - Mean, Median, Standard deviation and to compare concentration independent sample ‘t’ test was used.

**Analysis of concentration**

**Descriptive statistic**

**Table 1:** Descriptive statistic of concentration between Achiever and Non-Achiever Karate Players.

Type	N	Mean	Std. Deviation	Std. Error Mean
Concentration Achievers	30	4.07	1.42	.258
Non- achievers	30	2.20	.92	.169

Table no.1 shows that achievers mean is 4.07 and standard deviation is 1.42 and it also shows that there was 30 non-achiever and they have a mean of 2.20 and standard deviation

is .92 respectively. Achievers have higher level of concentration than Non-Achievers.

**Table 2:** Comparision of concentration between Achiever and Non-Achiever Karate Players

		Levenes Test for Equality of Variances							95% confidence interval of the differences	
		f	sig	t	df	Sig.(2-tailed)	Mean diff.	Std. Error Diff.	Lower	Upper
Concentration ability	Equal variance assumed	4.797	.033	6.056	58	.000	1.867	.308	1.25	2.48
	Equal variance not assumed			6.056	50	.000	1.867	.308	1.25	2.48

Table no.2 shows the statistical analysis for Concentration using independent sample t test. Since the significant value is less than 0.05 equal variance is assumed. The calculated t value (6.056) for df 58 shows that there is a significant difference in Concentration between Achiever and Non-Achiever Karate players at 0.05 significance level (p=.000). Hence the null hypothesis is rejected and research hypothesis is accepted.

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**Conclusion**

The conclusion of this research is that the concentration ability of achievers and non-achievers does difference at state level.

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