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Rowing and sportsman spirit

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Abstract

The purpose of the study was to determine the relationship between sportsman spirit and performance of rowers. One hundred forty-three rowers (seventy - seven males and sixty-six females) were the subjects of this study who had participated in All India Inter University Rowing Championship held at Sukhna Lake, Chandigarh their age ranged between 18 to 25 years. The subjects were administered Sportsman Spirit Test (2000) for measuring the sportsman spirit level of players. The result of present study indicates that there were significant relationship between the sportsman spirit and the performance of rowers.

Keywords: Rowing, sportsman spirit

Introduction

Life is full of failures and successes but it's up to us to decide how we perceive the outcome as well as our identity. When we play a game, we are bound to lose or win. Sportsman spirit is the act of accepting one's success with humility. This type of policy helps us to cope with failures and disappointments that come our way and make renewed and challenging efforts to achieve success next time. But at the same time, we will develop the way to concentrate and try to win the next game. At such situations, we learn to accept defeat gracefully. If we lose hope and curse ourselves and fate, we can never progress in life or in the field of sport. A player maybe practically reduced to nothing, but he can work hard and start right from scratch. He can recall how the other team's Calibre had inspired him to match up to their level and improve himself. One should make efforts always to cultivate and harvest sportsman spirit in themselves. A true sportsman possesses great morals, confidence and a competitive spirit. Studies have shown that people who play sports develop leadership qualities and team spirit. Especially in team-based sports, players are required to lead their teams to victory. A leader can lead his team only when he is confident and when he spreads confidence to his team members. In addition, competitive spirit automatically develops in a sportsman because a sport teaches an individual to be participative, instead of worrying about winning or losing. Since a sport involves interaction with a team or with an opponent, collective thinking and communication skills are honed as a result. When someone wins a game, his confidence level is automatically boosted. Mohammed Ali once said, "To be a great champion, you must believe that you are the best. If you are not, pretend that you are". This is what a sport is all about. You need to have confidence in yourself and your team mates. You need to believe that you are capable of winning. It is only when your mind and heart are filled with confidence that you will reap the sweet fruits of success. According to Jack Nicklaus, an American golfer, "Confidence is the most important single factor in this game, and no matter how great your talent is, there is only one way to obtain it – work". You will only work towards winning a game if you are confident of your abilities. So, confidence ranks higher than talent in sports. It is true that sportsman spirit gives you confidence. The spirit of winning and working as a team builds leadership skills and develops the confidence level of an individual. Stan Smith, a famous tennis player, said it beautifully, "Experience tells you what to do, and confidence allows you to do it".

Objectives of the Study

- To assess the relationship between sportsman spirit & performance of male rowers.

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- To assess the relationship between sportsman spirit & performance of female rowers.

Methodology

Subjects

Seventy-seven male and sixty-six female rowers were the subjects of this study who had participated in All India Inter University Rowing Championship held at Sukhna Lake, Chandigarh.

Tools employed

The subjects were administered a questionnaire of sportsman spirit test developed by L.N. Dubey (2000) [1] for measuring the sportsman spirit level of rowers.

Test administration

Sportsman spirit test

There are 40 items in the test. Each item consists 3 alternative responses. The response indicates high sportsman spirit should be awarded two marks, the response showing average sportsman spirit should be awarded one mark and the response indicating no sportsman spirit should be awarded zero mark. All the scores should be added.

Statistical analyses

To find out the relationship between sportsman spirit and rowers performance product movement co-relation method was used. The level of Significance was set at 0.01 level ($p < 0.01$)

Results and Discussion

Table 1: Correlation between performance and Sportsman spirit of male rowing players

Sr. No.	Sportsman spirit	Correlation coefficient	Level of significance
1	Sportsman spirit	0.97	< .01

Significant at .01 level of confidence $r > .292$ (df = 75)

Table 1 exhibits that significant correlation has been found between sportsman spirit and sports performance of male rowers with r value 0.97. The correlation has been found significant because the calculated value have been found greater than the table value.

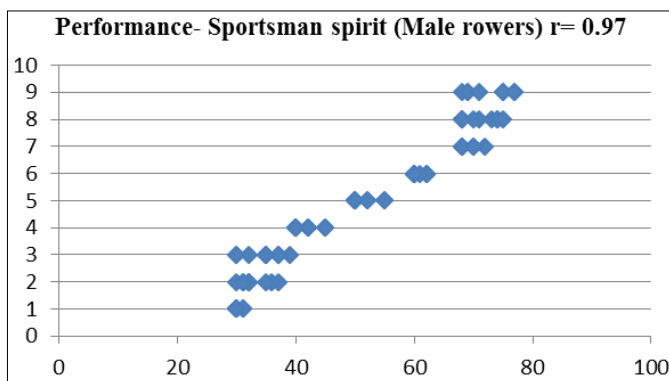


Fig 1: The graphically illustration of correlation between performance and sportsman spirit of male rowing players has been presented

Table 2: Correlation between performance and sportsman spirit of female rowing players

Sr. No.	Sportsman spirit	Correlation coefficient	Level of significance
1	Sportsman spirit	0.94	< .01

Significant at .01 level of confidence $r > .315$ (df = 64)

Table 2 exhibits that significant correlation has been found between sportsman spirit and sports performance of female rowers with r value 0.94. The correlation has been found significant because the calculated value have been found greater than the table value.

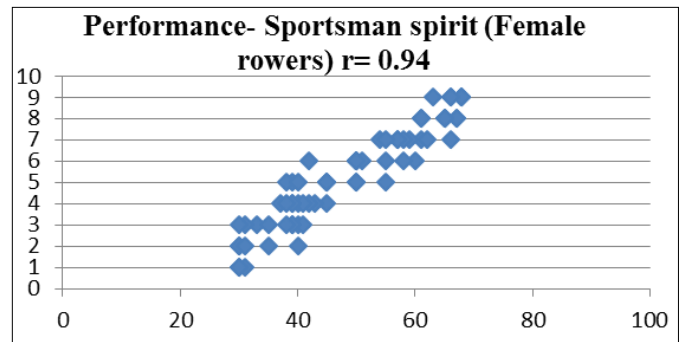


Fig 2: The graphically illustration of correlation between performance and sportsman spirit of female rowing players has been presented

Discussion

The findings of this study demonstrate that a significant relationship between sportsman spirit and performance of male and female rowers. Male rowers scored significantly higher than female rowers on the basis of sportsman spirit. This might be due that sportsman spirit indicates the standard of thinking, mode of behavior and general outlooks. It also determines certain characteristics of one's personality such as honesty, tolerance, courtesy, friendliness, cheerfulness, obedience and so on. Dubey Here high score on sportsman spirit indicates high level of sportsman spirit in the players and vice versa. According to the results, low level of sportsman spirit in players will affect the performance negatively and high level of sportsman spirit in players will affect the performance positively. Walker's study which reported that athletes those had anxiety, stress, nervousness, feeling of defeat showed poor performance in sports. He advocated that high sportsman spirit is essential to win the game.

Conclusion

Thus, it is concluded from whole result that male rowers were superior to female rowers in the sportsman spirit. There was significant relationship between the sportsman spirit and the performance of male and female rowers.

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