



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 29-32

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www.theyogicjournal.com

Received: 22-11-2018

Accepted: 26-12-2018

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Comparative study of psychological profiles of cricketers of Punjab

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Abstract

The purpose of the study was to assess the difference with regards to various psychological variables among the cricketers of major and minor districts of Punjab. To meet the objectives of the study 300 cricketers i.e. 150 from six major districts and 150 from six minor districts were selected randomly as a sample. Three psychological variables were assessed. Sports Achievement Motivation was assessed by using Sports Achievement Motivation Test framed by M. L. Kamlesh (1990). Mental Toughness was measured by applying Mental Toughness Inventory developed by Middleton *et al.* (2005) and Sports Competitive Anxiety was measured by applying Competitive Sports Anxiety Inventory-2 developed by R. Martens (1990). The results of the study revealed that there is a significant difference among the cricketers of major districts and minor districts and it was concluded that cricketers of major districts were superior to cricketers of minor districts in all three psychological variables.

Keywords: Comparative, psychological, cricketers

Introduction

Rivalry is a societal procedure that happens when prizes are given to individuals based on their exhibition contrast and presentation of other doing likewise task or partaking on a similar occasion. Rivalry in whatever structure, as well as continues the intrigue, gives thrill, and fulfils one's inclination for acknowledgment and predominance. Indication of brilliance and a battle for flawlessness are the fundamental thought processes behind games rivalries. (Coakley, 1994) ^[1].

In last few years, games and sports have gained incredible attractiveness all over the world, which is still increasing at faster pace. Competition has become an important aspect of sports. Each country wants to prove its superiority through sports at international level. For this they are making their utmost efforts to soar high in national and international competitions. Sports performance is without a doubt a part of complex human executions which has several proportions. Thus many disciplines of games and sports science are required to work in a planned way to investigate the idea of games exhibitions and the way toward improving sports performance, (Vasanthi & Kaleem, 2013) ^[5].

Motivation is an irreplaceable part of human character. It coordinates an individual's movement and makes it pretty much energetic. Devoid of the longing to do well other psychological characteristics and capacities don't offer about such a great amount of impact on execution. Achievement motivation impacts different variables influencing execution in game like: physical preparing, method, strategies and even way of life, (Khan, *et al.* 2011) ^[6, 7].

Mental toughness inculcates optimism which promotes self-esteem by taming pessimism and charge over negative emotions. Mental toughness takes action against the forces that try to break you and let you down. It is the ability or quality to flow consistently without being affected by any scene and hold back the negative thoughts and emotions to swing at high/beyond that affect positive flow of skill.

Anxiety is an essential part of games and sports. Anxiety is a psychological as well as physiological phase portrayed by somatic, arousing, cognitive and behavioral factors. The root denotation of anxiety is to displease or inconvenience; in nonexistence or occurrence of psychological pressure, anxiety know how to make sentiments of dread, uneasiness, and fear. Anxiety is viewed as a typical response to a stressor. It might assist an individual with dealing with a troublesome circumstance by provoking one to adapt to it.

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Methodology

A survey study had been designed to assess the psychological profile of cricketers with regard to the selected psychological variables.

The sample was composed of 300 cricketers *i.e.* 150 from major districts and 150 from minor districts of Punjab. The cricketers, who had participated in the Katoch trophy, were considered for the sample of the study. The six major districts and six minor districts of Punjab were selected for the study. Further 25 players from each district were selected for the sample through purposive sampling technique. The age of subjects ranged between 18 to 30 years.

To obtain the required information regarding the psychological variables such as Sports Achievement Motivation, Mental Toughness and Sports Competitive Anxiety, Sports Achievement Motivation Test (SAMT) developed by Kamlesh. M. L. (1990) [2], mental toughness inventory (MTI) developed by Middleton *et al.* (2005) [4] and Competitive State Anxiety Inventory-2 (CSAI-2) developed by Martens. R., Vealey. R. S. and Burton. D. (1990) [3] was applied. Further to find out the significant differences data was statistically analyzed by employing t-test. The significance level was set at 0.05.

Results

After the administration of the test following outcomes were observed:

Table 1: Comparison of Mean and Sd Between the Cricketers of Major and Minor Districts of Punjab On The Variable Achievement Motivation

| Districts | Mean | SD | t |
|-----------|-------|------|---------|
| Major | 32.69 | 1.97 | 17.149* |
| Minor | 28.44 | 2.30 | |

$t_{0.05} (298) = 1.962$

The Mean, SD and ‘t’ values of achievement motivation among the cricketers of major and minor districts of Punjab are shown in table - 1. This table depicts that the Mean and SD values of achievement motivation among cricketers of major and minor districts is 32.69 ± 1.97 and 28.44 ± 2.30 respectively. Further the table statistically reveals that the calculated t value 17.149 for achievement motivation of the

cricketers of major districts and minor districts of Punjab is greater than table value 1.962. Therefore the values of table – 1 prove that, there was significant difference in terms of achievement motivation between cricketers of major and minor districts of Punjab. The results of table - 1 are also illustrated in figure - 1.

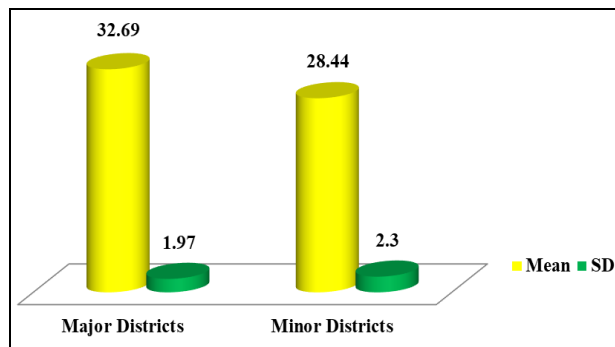


Fig 1: Comparison of Mean and Sd Between The ricketers Of Major and Minor Districts of Punjab On the Variable Achievement Motivation

Table 2: Comparison of Mean and Sd Between the Cricketers of Major and Minor Districts of Punjab On the Variable Mental Toughness

| Districts | Mean | SD | t |
|-----------|--------|-------|--------|
| Major | 242.48 | 12.93 | 4.296* |
| Minor | 237.85 | 2.56 | |

$t_{0.05} (298) = 1.962$

The Mean, SD and ‘t’ values of mental toughness among the cricketers of major and minor districts of Punjab are shown in table - 2. This table depicts that the Mean and SD values of mental toughness among cricketers of major and minor districts is 242.48 ± 12.93 and 237.85 ± 2.56 respectively. Further the table statistically reveals that the calculated t value 4.296 for mental toughness of the cricketers of major districts and minor districts of Punjab is greater than table value 1.962. Therefore the values of table –2 prove that, there was significant difference in terms of mental toughness between cricketers of major and minor districts of Punjab. The results of table - 2 are also illustrated in figure - 2.

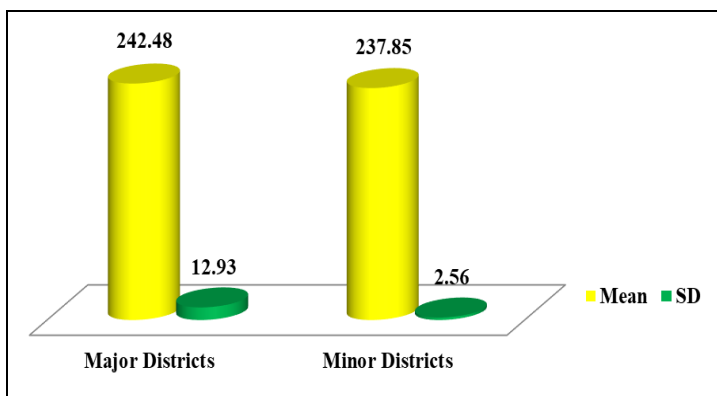


Fig 2: Comparison of mean and SD between the cricketers of major and minor districts of Punjab on the variable mental toughness

Table 3: Comparison of Mean and Sd Between the Cricketers of Major and Minor Districts of Punjab On the Sub Variable Cognitive State Anxiety (Sports Competitive Anxiety)

| Districts | Mean | SD | t |
|-----------|-------|-----|---------|
| Major | 16.93 | .79 | 23.230* |
| Minor | 19.10 | .82 | |

$t_{0.05} (298) = 1.962$

The Mean, SD and ‘t’ values of cognitive state anxiety among the cricketers of major and minor districts of Punjab are shown in table - 3. This table depicts that the Mean and SD values of cognitive state anxiety among cricketers of major and minor districts is $16.93 \pm .79$ and $19.10 \pm .82$ respectively. Further the table statistically reveals that the calculated t value 23.230 for cognitive state anxiety of the

cricketers of major districts and minor districts of Punjab is greater than table value 1.962. Therefore the values of table – 3 proved that, there was significant difference in terms of cognitive state anxiety between cricketers of major and minor districts of Punjab. The results of table - 3 are also illustrated in figure - 3.

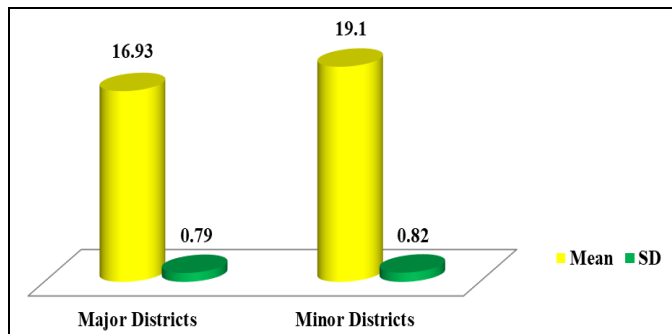


Fig 3: Comparison of Mean and Sd Between the Cricketers of Major and Minor Districts of Punjab On the Sub Variable Cognitive State Anxiety

Table 4: Comparison of mean and Sd between the cricketers of major and minor districts of Punjab on the sub variable somatic state anxiety (Sports Competitive Anxiety)

| Districts | Mean | SD | t |
|-----------|-------|-----|---------|
| Major | 17.01 | .67 | 21.307* |
| Minor | 19.02 | .94 | |

$t_{0.05} (298) = 1.962$

The Mean, SD and ‘t’ values of somatic state anxiety among the cricketers of major and minor districts of Punjab are shown in table - 4. This table depicts that the Mean and SD values of somatic state anxiety among cricketers of major and minor districts is $17.01 \pm .67$ and $19.02 \pm .94$ respectively. Further the table statistically reveals that the calculated t value 21.307 for somatic state anxiety of the cricketers of major districts and minor districts of Punjab is greater than table value 1.962. Therefore the values of table-4 prove that, there was significant difference in terms of somatic state anxiety between cricketers of major and minor districts of Punjab. The results of table - 4 are also illustrated in figure – 4

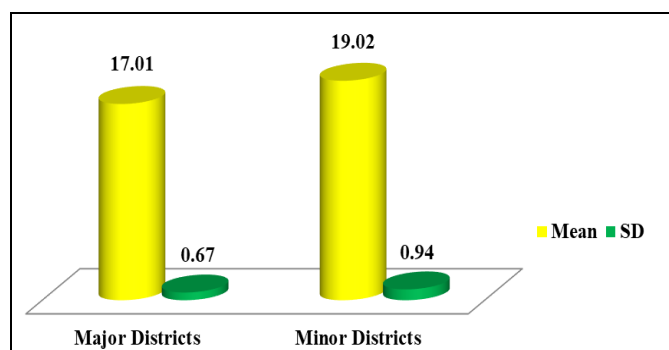


Fig 4: Comparison of Mean and Sd Between the Cricketers of Major and Minor Districts of Punjab On the Sub Variable Somatic State Anxiety

Table 5: Comparison of Mean and Sd Between the Cricketers of Major and Minor Districts of Punjab On the Sub Variable Self-Confidence (Sports Competitive Anxiety)

| Districts | Mean | SD | t |
|-----------|-------|------|---------|
| Major | 28.94 | .87 | 26.152* |
| Minor | 26.01 | 1.06 | |

$t_{0.05} (298) = 1.962$

The Mean, SD and ‘t’ values of self-confidence among the cricketers of major and minor districts of Punjab are shown in table - 5. This table depicts that the Mean and SD values of self-confidence among cricketers of major and minor districts is $28.94 \pm .87$ and 26.01 ± 1.06 respectively. Further the table statistically reveals that the calculated t value 26.152 for self-confidence of the cricketers of major districts and minor districts of Punjab is greater than table value 1.962. Therefore the values of table –5 prove that, there was significant difference in terms of self-confidence between cricketers of major and minor districts of Punjab. The results of table - 5 are also illustrated in figure – 5.

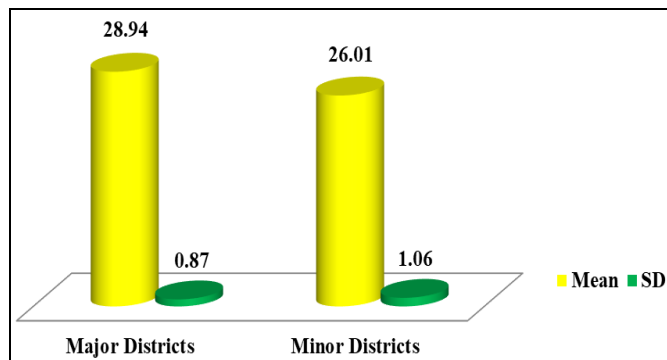


Fig 5: Comparison of Mean and Sd Between the Cricketers of Major and Minor Districts of Punjab On the Sub Variable Self-Confidence

Discussion

The result of the study revealed that there was significant difference in terms of achievement motivation, mental toughness, cognitive state anxiety, somatic state anxiety and self-confidence between cricketers of major and minor districts of Punjab. Dureha *et al.* (2010) [8] organized an investigation on national and international hockey players of India and found out that there is a significant difference between international and national level hockey players regarding the variables Sports Competitive Anxiety and Sports Achievement Motivation i.e. international players had displayer lower level of anxiety as compared to national level players. Same might be there in case of cricketers major and minor districts of Punjab. As the major districts face tougher level of competition which makes them mentally tough and let them feel lesser anxiety pre and post competition and also gives a boost to their self-confidence.

Conclusions

It is concluded that the cricketers of major districts of Punjab have demonstrated significantly better in terms of psychological variables such as Sports Achievement Motivation, Mental toughness and Sports Competitive Anxiety, as compared to minor districts of Punjab.

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