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Comparative study on psychological fitness of Punjab University Athlete and Non-Athlete

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Abstract

In this study researcher compare the university Athletic player and Non-Athletic male player. For this study 80 University Athletic player and 80 student those who are not participate in any game. Their age ranging 19 to 23 years. Necessary data on a on the selected Psychological variables is stress, Anxiety, Self-Confidence, Aggression measure and compare the Athletic and Non-Athletic.

For the present study, Stress will be measure by Bist Battery of stress scale. Anxiety will be measure by Cattlls self Analysis Anxiety Questioner. Self-Confidence will be measure by Pandya Self-Confidence. Aggression will be measure Aggression Scale by Dr. Naqui. After the collection of data analysis with the table to compare the selected psychological variables between the Athletic and Non-Athletic player, 't' test was used and significance of hypothesis was tested at 5% Level. Within the limitation of the study it may be concluded that Athlete Psychological factors of Self-confidence is higher compare to Non-athlete and Stress, Anxiety, and Aggression level is less compare to Non-athlete and statically significance difference between Athlete and Non-athlete.

Keywords: Yoga, pranayama, aged women, breath holding capacity, vital capacity

Introduction

The physical education profession is entering one of the most exciting, dynamic eras in its history. Traditionally the physical education profession has been viewed as providing services within the educational field, specifically to the schools and to the school aged population.

Physical education is an educational process that has as its aim the improvement of human performance and enhancement of human development through the medium of physical activities selected to realize this outcome.

Physical education may be defined as an education through the physical where many of educational objectives are achieved by means of big muscle-play activities. It is a vital phase of education and an integral part of the total educational process.

Regular physical activity, fitness, and exercise are critically important for the health and well being of people of all ages. Research has demonstrated that virtually all individuals can benefit from regular physical activity.

Participation in physical education activities and sports is not only important by essential in order to build up body strength, endurance, flexibility, Agility, and psychological factor stress, Anxiety, Self-Confidence, Aggression. Present study is concerned with comparison between Physical and Psychological variables of university Athletes and Non-athletes.

The WHO describes a widely accepted definition of health, which states that "good health is a state of complete physical, Mental & social wellbeing & not merely the absence of disease or infirmity."

Statement of the Problem

Physical education as well as promoting healthy exercise and healthy living, also aims to promote team building and working as a member of a team. Sports and Games such as Athletic events and Steeplechases, Cross-Country where the use of teams are a must aims to help the students build a rapport with their counterparts and also show how they can win or at least play to their best whilst working as a unit. Ideally healthy habits, including a fitness program, should begin early in life It's easier to proactive a healthy life style as an adult if you grew up eating healthy foods and exercising. If you haven't exercised in a while, you will begin to see a

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training effect within a week or two after you start your program. Your heart muscles will become stronger. You'll begin to have greater endurance for every day task. After about eight weeks of the exercise program your body will adapt to the increased demands. If you want to see continued improvement, you may need to increase the time or the intensity of your workout and or add some new activities. Adding variety to your workout will help to keep it interesting and will increase your ability to be consistent in exercising week after week.

It is evident from the previous studies that the physical activity is declining in college students in particular and, indicates risk factors for developing various metabolic disorders. Therefore, there is need to develop a exercise program which will be effective in improving health related physical fitness of college students. In fact, there are very few research reports comparing the effect of physical exercise and weight training on psychological fitness among college students. Hence, this study entitled "Comparative study on psychological Measurement of Punjab University Athletic and Non-Athletic player's" seems to be logical and justified.

Sukhdev Singh and Dr. Amarjeet kaur. He compare of Attitudes of Athletes and Non-Athletes in this study compare Athletes and Non-Athletes Attitudes and find it to significance difference. (Laur, 2006) [4]. Suchil kumar gautam compare physical fitness of football and water polo players. Within the limitation of the study and procedure followed the conclusion that there was a significant difference between football and water polo players in selected physical fitness components such as agility, shoulder strength and abdominal strength as result shows that water polo players having better agility, shoulder strength h and abdominal strength than the football players. (Gautam, 2006) [2].

Dr. A. S. Sejwan conduct his study motor fitness components and anthropometric measurement of 100 and 400 meters sprinter after administering the test on selected motor fitness component and anthropometric measurements for both 100

and 400meter sprinters. The significant of difference between the means of the selected variables. There is a significant difference between 100 and 400 meter sprinter in endurance, but is the case of speed, agility, power and reaction time no significant difference were found. (Sejwan, 2006) [7].

Objective of the study: To study the Psychological fitness of Punjab University Athletic and Non Athletic Male Player. Stress, Anxiety, Self-Confidence and Aggression of Punjab University Athletic and Non-Athletic Male Player.

Hypothesis: No significance difference between Athletic and Non-athletic male players in their Psychological fitness

Methodology: In this study researcher compare the university Athletic player and Non-Athletic male player. For this study 80 University Athletic player and 80 student those who are not participate in any game. Their age ranging 19 to 23 years. Necessary data on a on the selected Psychological variables is stress, Anxiety, Self-Confidence, Aggression measure and compare the Athletic Player and Non-Athletic player.

For the present study, the following variables were tested: 1) Stress will be measure by Bist Battery of stress scale. 2) Anxiety will be measure by Cattlls self Analysis Anxiety Questioner. 3) Self-Confidence will be measure by Pandya Self-Confidence. 4) Aggression will be measure Aggression Scale by Dr. Naqui.

After the collection of data analysis with the graf and table to compare the selected psychological variables between the Athletic player and Non-Athletic player, independent samples 't' test was used and significance of hypothesis was tested at 5% Level.

Results of the Study

The collected data on stress, Anxiety, Self-confidence, Aggression statistically analyzed and presented in Table I

Table 1: Stress, Anxiety, Self-confidence, Aggression statistically analyzed and presented

	Self-confidence		Stress		Anxiety		Aggression	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Non Athlete	35.93	3.47	18.56	1.87	36.63	1.48	97.5	5.22
Athlete	28.35	3.67	14.01	1.6	30.58	7.56	87.2	4.52

Table II: Non-athlete and Athlete Significance Table II

Variables		Mean	Mean Diff	SD	SDE	T-Test	DF	*Value
Self-Confidence	Non-Athlete	35.93	7.58	3.57	0.56	13.43	158	1.96
	Athlete	28.35						
Stress	Non-Athlete	18.56	4.55	1.76	0.28	16.35	158	1.96
	Athlete	14.01						
Anxiety	Non-Athlete	36.63	6.05	2.09	0.33	18.25	158	1.96
	Athlete	30.58						
Aggression	Non-Athlete	97.5	10.3	6	0.94	10.85	158	1.96
	Athlete	87.2						

Table-I and II shown that Self-Confidence of Non-Athlete Mean is 35.93 and Athlete mean is 28.35 and SD 3.57 significance t-test computed value 13.43 is greater than 158 DF table value. So that Athlete Self-confidence is higher than Non-Athlete. In the evidence of table II the significance difference between Non-athlete and Athlete Self-confidence. Stress of Non-Athlete mean 18.56 and athletic mean 14.01 and SD 4.55 and significance t- test computed value 16.35 is greater than table value. So we found that Non-athlete stress level is more than athlete stress level. In the evidence of table

II the significance difference between Non-athlete and Athlete Stress.

Anxiety of Non-Athlete mean 36.63 and athletic mean 30.58 and SD 6.05 table II shown that significance t-test value 18.25 is greater than table value. Anxiety of Non-athlete mean is more and Athlete anxiety is less. In the evidence of table II the significance difference between Non-athlete and Athlete Anxiety.

Aggression of Non-athlete mean 97.5 and athlete mean 87.2

and SD 6 table II shown that Significance t-test value 10.85 is greater than table value. Table I is shown that Non-athlete Aggression level is high and Athlete Aggression level is low. Table II shown that significance difference between Non-athlete and Athlete Aggression.

Conclusions

On the basis of the results of this study, we conclude that Athlete self-confidence is more than Non-athlete. The self-confidence is more develop in Athlete compare to Non-athlete.

And also athlete stress level is low compare to Non-athlete. Athlete Anxiety level is less compare to Non-athlete and aggression level of Athlete is less than Non-athlete. Within the limitation of the study it may be concluded that Athlete Psychological factors of Self-confidence is higher compare to Non-athlete and Stress, Anxiety, and Aggression level is less compare to Non-athlete and statically significance difference between Athlete and Non-athlete.

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