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Dr. Sanjeet Malik

Director, Department of
Physical Education, BPSMV,
Khanpur Kalan, Haryana, India

A study of aspiration level among female Kabaddi player of Haryana at different levels of participation

Dr. Sanjeet Malik

Abstract

The present study is an attempt to find out level of aspiration among female kabaddi players participated at inter-university and state level championships. A sample of 250 female kabaddi players was taken on the basis of random sampling method. Level of Aspiration (LOA) test developed by Bhargava and Shah (1996) was used to collect the data. Findings revealed that female kabaddi players participated state level championships have more goal discrepancy score as compared to female kabaddi players participated at interuniversity level championships. Further it was revealed that female kabaddi palyers participated interuniversity level championships have more attainment discrepancy score as compared to female kabaddi players participated at state level championships. The female kabaddi players participated at state level championship have more level of aspiration than female kabaddi players participated at interuniversity championships.

Keywords: Kabaddi, level of aspiration, goal discrepancy and attainment discrepancy

Introduction

Sports Psychology is the study of the psychological factors that affects participation and performance in sports. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, attribution training and periodization.

Level of aspiration

Level of Aspiration is a psychological construct which reflects a cognitive type of motivation of the individual. Frank (1935) ^[4] defines it in terms of the level of future performance in a familiar task, which an individual, knowing his level of past performance in the task, explicitly undertakes to reach the set target. James Drever (1923) explains it as a frame of reference involving self-esteem or alternatively as a standard with reference to which an individual experience, i.e, has the feeling of the success of failure. Thus, the term 'Levels of Aspiration' involves the estimation of his ability (whether over, under or realistic) for his future performance on the strength of his past experience (goal discrepancy), his ability and capacity, the efforts that he can make towards attaining the goal thus set by him. The goal setting behaviour as well as the process of attaining the goal are consequences of his past experience, whether failure struck or success oriented, level of effort made by him in that direction, and his capacity to pursue the goal. Thus, four main points are distinguished in a typical sequence of events in a Level of Aspiration situation.

- Last Performance
- Setting of Levels of Aspiration for the next performance;
- New Performance; and

Corresponding Author:

Dr. Sanjeet Malik

Director, Department of
Physical Education, BPSMV,
Khanpur Kalan, Haryana, India

Goal discrepancy score and attainment discrepancy score

The difference between the level of last performance and that of the new goal is called 'Goal Discrepancy' whereas the difference between the goal level and that of the new performance is called 'Attainment discrepancy'. The greater the discrepancy, whether of goal or attainment, the lesser the chances of attaining the goal and the wider the frustration that the individual may experience. Thus, neither over estimation, nor under estimation, whatsoever, it is the realistic estimation in terms of least goal or attainment discrepancy that brings home to an individual the highest level of satisfaction, ascertaining his reality oriented personality and consistency between his goal setting behaviour and his ability and efforts to attain the same.

The Levels of Aspiration is usually measured in terms of goal discrepancy score (GDS). When GDS is very high or very low it may be claimed that one is merely imaginative, fantastic, unrealistic, below or above his self esteem; on the contrary when, actual performance and expectance of the individual is about the same, it may be said that person is realistic and practical in life. Thus, setting of levels of aspiration may itself motivate the individual to try for his best level, though sometimes acknowledging how well one has performed previously may equally be effective. The performance in the last trial enables one to estimate how well he will do in the next trial, whether he would exceed or fall short of his estimate. It is generally found that majority of the people tend to set their levels of aspiration slightly above the previous performance and continue to adjust the level of successive trial. If one has reached the level set by him previously, the number is lowered on the subsequent trial. The greater the success, the stronger will be the tendency to raise the level whereas the greater the failure, the stronger the tendency to lower it.

A level of aspiration is an individual's future expectation or ambition. It refers to the estimate of one's future in a given task. In today's world of competitiveness, there is not a single individual who is devoid of ambition in some or other form. A great deal of individual variation is found with regard to goal setting behaviour of every person. Persons with an equal amount of ability may also differ significantly in their goal setting behaviour. One may set it very low, still others may set to their performance level. Thus, in choosing life goals and in doing daily activities people differ largely in their expectations and aspirations.

Review of literature

Babita (2004) ^[1] found that players have a good attitude towards games & sports then non players and also have higher aspiration level. The aspiration level also positively correlated with the favorable attitude than non-players. Kumar (2013) ^[5] found that aspiration levels of students who are players have lower level of aspiration as compared with non-player boys. The level of aspiration and attitude towards game & sports have shown then inter relationship. Rahman and Goswami (2013) ^[8] stated that every one of us possess some sort of aspiration. Generally, a great deal of individual differences is found in goal setting behaviour. One may set his goal very high, while some other very low and some may have aspiration level near to their performance level of capacity. But, setting ones goal and level of aspiration in accordance with his socioeconomic status as well as psychophysical condition is of vital importance for balanced development of personality. Boora (2015) ^[2] indicates that two of the three measures of level of aspiration showed significant correlation

with different achievement levels of cricket players. Goal discrepancy score (GDS) yielded negative correlation, while number of time goal reach score (NTRS) showed a positive correlation with achievement in cricket. Correlation between attainment discrepancy score (ADS) and achievement level of cricket players is not found to be significant. Different achievement groups differ significantly on GDS and NTRS while no difference was found among cricket players on ADS (a measure of LOA). Sharma (2015) ^[9] concluded that the level of aspiration plays an important role in the performance of an athlete, a lower level of aspiration deteriorates athletes performance. Mitra (2016) ^[7] showed that the significant difference was found between tribal and non-tribal soccer players in relation to goal discrepancy (GDS) and number of times the goal reach (NTRS) whereas no significant difference was found in attainment discrepancy.

Significance of the study

Level of aspiration plays an important role in sports achievement. There is a significant baseline correlation between high school sports participation and higher rates of aspiration for individual students. Traditionally kabaddi players were chosen were chosen based on the individual skills such as riding, holding and catching. Selection of the best players of the kabaddi is done from subjective observation of playing performance during selection trails. In addition, their performance in past years was also discussed and then the final team was selected. Recent researches have revealed one of the most undeniable facts that not only the performance but the physical, physiological and psychological conditions also pay a prominent role in overall performance of an individual/sportsman.

Thus the aforesaid arguments lead an investigator to believe that the playing ability in a game can be predicted if he can identify the variables which determine the performance could be scientifically ascertained in the case of each level of players. The precise understanding and manipulation of the variables are expected to help in choosing right composition of training method as well as in the prediction of the performance level of players in a particular game context. The investigator will try to the problem of enhancing the performance of university level kabaddi players. The purpose of the study is to investigate, interpret and ascertain the above factors that help to predict the performance level and affect the performance of female kabaddi players in Haryana state.

Objective of the study

1. To compare the level of aspiration among female kabaddi players of Haryana participated at interuniversity and state level championship.

Hypothesis

1. There is no significant difference in the level of aspiration among female kabaddi players of Haryana participated at interuniversity and state level championship.

Methodology

For present study a purposive survey method was adopted. Survey method deals with the collection of relevant data through the use of appropriate tools.

Population

Population in the present study will constitute the female kabaddi players of Haryana who participated in university and

state level championships.

Sample

The present study conducted on a sample of 250 female kabaddi players of Haryana. In this study only those female kabaddi players will be included in the sample who have took part in interuniversity level and state level championship.

Tool used

Level of Aspiration (LOA) test developed by Bhargava and Shah (1996).

Statistical techniques used

Mean, Standard deviation and 't' test.

Results

Table 1: Mean, Standard Deviation and 't' value for means scores of goal discrepancy score and attainment discrepancy score (dimensions of level of aspiration) of female kabaddi players of Haryana participated at interuniversity and state level championship

Variable	Group	N	Mean score	S.D.'s	t-value
Goal Discrepancy score (GDS) Dimension of level of aspiration)	Interuniversity level players	150	4.32	2.64	3.110**
	State level players	100	5.29	2.06	
Attainment discrepancy score (ADS) (dimension of level of aspiration)	Interuniversity level players	150	-.6000	3.37102	4.514**
	State level players	100	-2.2750	1.89621	

**Significant at 0.01 level of significance

From table 1, It is evident that the 't' value on the first dimension of levels of aspiration, i.e GDS of female kabaddi players participated at interuniversity and state level championship is 3.110, which is significant at 0.01 level of significance. It indicates that kabaddi players participated at interuniversity and state level championships differ significantly on GDS. Further the mean scores reveal that kabaddi players participated at interuniversity championships (4.32) are found to be lesser on GDS as compared to kabaddi players participated at state level championships (5.29). It may, therefore, be concluded that female kabaddi players participated at state level championships have more goal discrepancy score as compared to female kabaddi players participated at interuniversity level championships.

The next section of the table 4.1, revealed that the 't' value on the second dimension of levels of aspiration i.e. ADS (attainment discrepancy score) of female kabaddi players participated at interuniversity and state levels championships 4.541 which is significant at 0.01 level of significance. It indicates that kabaddi players participated at interuniversity and state levels championships differ significantly on ADS. Further the mean scores reveal that kabaddi players participated at interuniversity championships (-0.600) are found to be higher on ADS as compared to kabaddi players participated at state levels championships (-2.275). Thus, the null hypothesis i.e. "There is no significant difference in the level of aspiration among female kabaddi players of Haryana participated at interuniversity and state levels championships" is not retained. It may, therefore, be concluded that female kabaddi players participated interuniversity level championships have more attainment discrepancy score as compared to female kabaddi players participated at state levels championships. The female kabaddi players participated at interuniversity championships.

Findings of the study

In the present study it is found that there is a significant difference in the level of aspiration among female kabaddi players of Haryana participated at interuniversity and state levels championship. It may, therefore, be said that female kabaddi players participated state levels championships have goal discrepancy score as compared to female kabaddi players participated at interuniversity level championships. The study further found that female kabaddi players participated interuniversity level championships have more attainment discrepancy score as compared to female kabaddi players participated at state levels championships. The female

kabaddi players participated at state levels championship have more level of aspiration than female kabaddi players participated at interuniversity championships.

Conclusion

The present study provides an in-depth exploration in the level of aspiration among female kabaddi players participated at interuniversity and state levels championships in Haryana. In the present study, it was found that female kabaddi players participated in state levels championships have better level of aspiration in comparison to those female kabaddi players participated in interuniversity championships. Many studies indicated that level of aspiration plays a significant role in improving sports performance. Level of aspiration is a psychological construct which reflects a cognitive type of motivation of the individual. Every one aims at reaching a definite goal or excellence in performance and in doing so. He/she sets a desire for distinction which has an inner structure known as level of aspiration. Level of aspiration is invoked in reference to the goal striving behavior of an individual presented with a task. Generally, a great deal of individual differences is found in goal setting behaviour. One may set his goal very high, while some other very low and some may have aspiration level near to their performance level or capacity. But, setting ones goal and level of aspiration in accordance with his socio-economic status as well as psychophysical condition is of vital importance for balanced development of personality. To facilitate the maintenance of an athlete's level of aspiration, sports achievement motivation and sport confidence, interventions targeted towards their specific needs are urgently required. The sources from which athletes derive their level of aspiration, sports achievement motivation and sports confidence are not only sport specific, but also influenced by demographic and organizational factors. The findings of the present study have obvious applied implications for physical education and sports in our country. Sportsmen/women, participating in various categories of sports activities, express significant variations in their psyche. Sport participation helps in increasing the level of aspiration that further contributed to better performance. Level of aspiration is highly related to performance in sports and games. Level of aspiration factor is important in the field of coaching and performance. It is clear from the review of related literature that level of aspiration played significance role in sports performance. The study may help in developing efficient coaching performance considering the above component of the psychology in the field of physical

education. Hence, it is recommended that the finding of the study must be used to design appropriate training programmes to help athletes acquire suitable coping strategies so as to enhance their level of aspiration levels and enhance their performance.

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