



A STUDY ON PSYCHOLOGICAL VARIABLES AMONG PERSONALITY AND ANXIETY ON SPORTS WOMEN'S OF INDIA

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ABSTRACT:

Sports psychology was defined by Singer in 1978 as "the science of psychology applied to sport." Sports psychologists provide two major types of services: performance enhancement as a competitive strategy and counseling for a variety of issues affecting the athlete. Although not all athletes have access to a qualified sport psychologist, much can be learned from the available research. Although still in its infancy, this field already has much to offer. Many research findings have still not been communicated to the player and coach in an easily available format. Much knowledge is just waiting to be tapped.



KEYWORDS: psychological Variables among Personality and Anxiety on Sports Women's of India.

INTRODUCTION

Sport psychology is the scientific study of people and their behaviors in sport contexts and the practical application of that knowledge. Sport psychologists identify principles and guidelines that professionals can use to help adults and children participation and benefit from sport and exercise activities in both team and individual environments. Sport psychologists have two objectives: (a) to understand how psychological factors affect an individual's physical performance and (b) to understand how

participation in sport and exercise affects a person's psychological development, health and well-being. Sport psychology is 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, self esteem awareness and control, concentration, confidence, using rituals, attribution training, and periodization.

Now the question arises what other factors trigger anxiety, depression and suicidal tendency, these are personality traits, and kind of thinking they inherit thus

keeping in mind all these issues investigator formulated above mentioned research problem using such a combination of variables.

SIGNIFICANCE OF THE STUDY

The findings of the present study would help the coaches, sports trainers, Physical educationists in their professional work, the details which are discussed below.

1. The coaches will know about the importance of psychological training in ensuring the peak performance among the sports person.
2. It would also help the coaches to find out the level of personality traits, anxiety and

aggressive behavior and then apply the different relaxation techniques to bring their to the optimum level.

HYPOTHESIS

1. There would be significant different in personality traits anxiety, different level of sports participation.
2. There would not be significant different in personality traits anxiety, different level of sports participation.

LIMITATION:

1. Data will be collected by administering standardized scale and questionnaire on individual and group game participated at State, National, All India Inter University, sports participation of Karnataka Universities.
2. The selected for individual and group game the Study are limited to Karnataka.

DELIMITATIONS:

1. The Sample is delimited to Sportsperson participated at State, National, and All India Inter University sports participation of Karnataka Universities.
2. The subject's age ranged from 19 to 28 years.
3. The study is going to conducted on Women sportsperson.

DATA ANALYSES AND RESULTS

Introduction

However valid, reliable and adequate the data may be, it does not serve any useful purpose unless it is carefully processed, systematically classified and tabulated, scientifically analyzed, intelligently interpreted and rationally concluded.

After the data had been collected, it was processed and tabulated using Microsoft Excel - 2010 Software. The data collected on personality and its components (i.e. sociability, dominance, extroversion, conventionality, self-concept, mental toughness and emotional stability), anxiety and aggressive scores from sportswomen. Then the data were analyzed with reference to the objectives and hypotheses by two way ANOVA test followed by Tukeys multiple posthoc procedures for pair wise comparisons. Further, the Karl Pearson's correlation coefficient technique has been applied to assess the relationship among Personality anxiety and aggressive scores by using SPSS 20.0 statistical software. The statistical significance was set at 5% level of significance ($p < 0.05$) and the results obtained there by have been interpreted.

The purpose of the convenience, the different sections of chapter IV of the study has been organized under the following sections:

1. Differential statistics with interaction design
2. Correlation analysis for relationship between the variables
3. Multiple linear regression of anxiety scores of sportswomen by independent variables

Table: 1.1

Pair wise comparisons of levels of participation (State, National, All India University) with respect to component of personality i.e. anxiety scores of sportswomen by Tukeys multiple posthoc procedures

Interactions	State level	National level	All India University level
Mean	38.15	32.67	32.87
SD	7.05	3.22	2.88
State level	-		
National level	p=0.0001*	-	
All India University level	p=0.0001*	p=0.9527	-

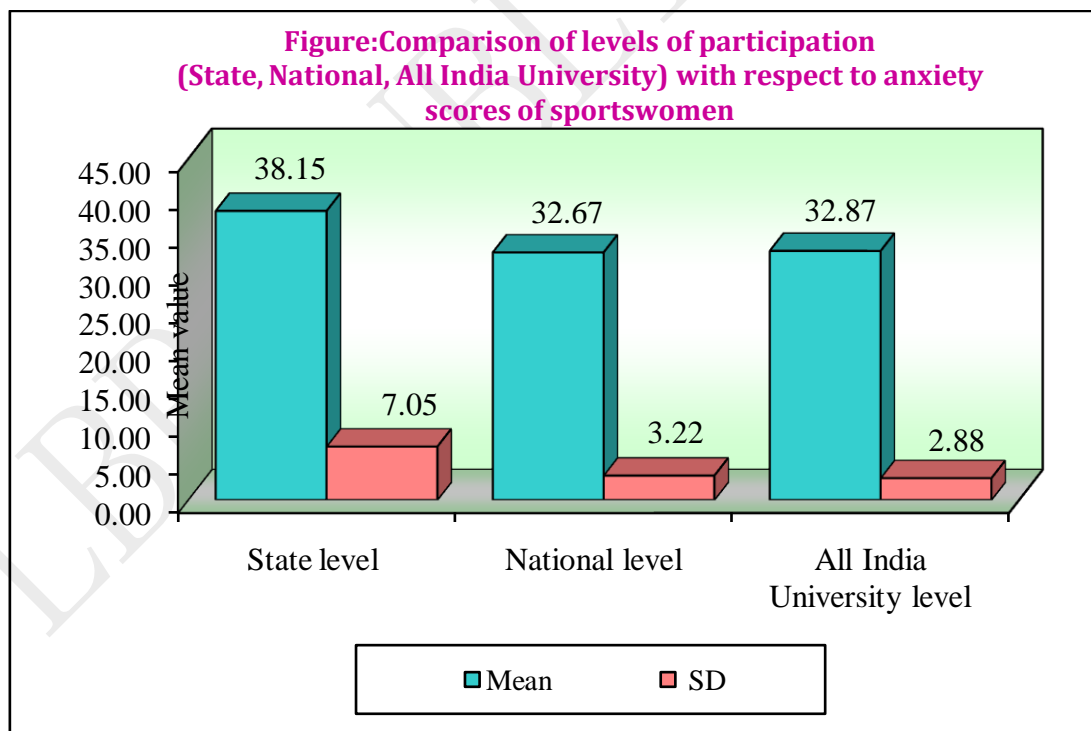
*p<0.05

From the results of the above table, it can be seen that,

- State level sportswomen and National level sportswomen differ with respect to anxiety scores at 5% level of significance. It means that, the State level sportswomen have higher anxiety scores as compared to National level sportswomen.
- State level sportswomen and All India University level sportswomen differ with respect to anxiety scores at 5% level of significance. It means that, the State level sportswomen have higher anxiety scores as compared to All India University level sportswomen.

National sportswomen and All India University level sportswomen do not differ with respect to anxiety scores at 5% level of significance. It means that, the National sportswomen and All India University level sportswomen have similar anxiety scores. The mean scores are also presented in the following figure.

Figure-1.1



Hypothesis: There is no significant interaction effect of levels of participation (State, National, All India University) and types of games (Group and Individual game) on anxiety scores of sportswomen

To achieve this hypothesis, the two way ANOVA was applied and the results are presented in the following table.

CONCLUSION

The women group player participation at state level has higher conventionality scores of personality as compared to national level sportswomen participated in individual game. The women group player participation at state level has higher conventionality scores of personality as compared to all India University sportswomen participated in group game. The group game sportswomen of state level have exhibited higher self-concept of personality traits comparing to national level group women players. The women group player participation at state level has higher self-concept scores of personality as compared to national level sportswomen participated in individual game. The group game sportswomen of state level have shown higher self-concept trait as compared to sports women participated in of all India university level with group game. The group game players of state have shown higher self-concept compared to sports women participated in individual at all India interuniversity tournament. The state level players participating in group game have shown lesser mental toughness personality traits as compared to individual game sports women participated at national level.

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