



## A COMPARATIVE STUDY OF SELECTED PSYCHOLOGICAL VARIABLES OF MALE THROWERS OF DIFFERENT THROWING EVENTS



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### ABSTRACT

The purpose of the study was to assess a Comparative Study of selected Psychological Variables of Male Throwers of Different Throwing Events. One hundred Eighty (180) male Indian throwers were selected as subjects for the purpose of study. Keeping in view the objectives, the throwers were categorized into four groups i.e. International (15 male), National (15 male) and All India Intersarsity (15 male) were selected as subjected for the study. The performance of throwers although researcher has selected variable on the bases of their highly importance in throwing competition the research Scholar had gone through discussion, critical as well as allied literature related to the problem. The Following Psychological Variables were selected Sports Competition Anxiety. The data was analyzed by applying Analysis of Variance (ANOVA) in order to assess and Comparative Study of selected psychological variables for Male Throwers of Different Throwing Events. The level of significance was set at 0.05. In Anxiety Variables no significant difference was found between different male throwers.

**KEY WORDS:** Anthropometric, Athlete and Throw.

### INTRODUCTION :

The modern world appears to be much more concerned with the world of sports. The hold of sports has grown very strong on the mind of individuals in the society at large. Sportsmen and spectators are very clear about the value and significance of sports. There is hardly any individual who has been deprived of its impact in the developed countries of the world. Now winning the competitions involves the national prestige as each nation strive to win a tournament in which they compete. There are certain nations/states which try to project the superiority of their political ideology and socio-political system through spectacular achievements in the sports world. They show their excellence by winning the maximum number of medals in all the international competitions. The participating competitors in sports, at the international level to win the name, fame and laurels for their countries and also raise their prestige. The origin of anxiety may be either psychic or somatic or even both. The most vital point in each case is the intensity of abating, that triggers off psychochemical reaction on the body and creates



a vicious circle. Complex psychic state like depression, helplessness, threat to ego and aggressions etc. may produce psychological imbalance.

Anxiety is a state of apprehensive or uneasiness related to fear the object of anxiety is ordinarily less specific than the object of fear, according to WEBSTER anxiety is a state of being uneasy, apprehensive or worried about what may happen it is Characterized by varying degrees of emotional disturbance and psychic tension, the more important the competition, the more likely you will experience these anxiety' symptoms.

Sports is one of the avenues of mankind's never ceasing strive for excellence. Its uniqueness lies in the intimacy between the physical happenings of our bodies and their repercussions on our minds as well as in the general re-cognisability of the social and aesthetic values. Sports evokes experience that is exclusively human and independent of the changing forms, patterns, customs of a civilization which involves profoundly modifying concepts of our environment.

From its very simple form, sports have emerged into highly organized activity of human society. Sports is highly organized form of play and play is a general innate tendency. Play is very important for preservation, growth and development of organism.

#### **OBJECTIVE-:**

The purpose of the study was to assess a Comparative Study of Anxiety of Indian Elite Male Throwers of Different Throwing Events.

#### **METHODOLOGY:**

One hundred Eighty Male Indian throwers were selected as subjects for the purpose of study. Keeping in view the objectives, the throwers were categorized into four groups' i.e. International (15 male), National (15 male) and All India Intervarsity (15 male).The International throwers comprised of those who had represented India in Senior and Junior International Athletics competitions held in India or abroad and National throwers were those who had represented in Senior National and Junior National Athletics competitions held in India only were selected as subjects for purpose of the study who were true representative to the population of Indian throwers. All India Interuniversity throwers who represented in AIU competitions.

It was really a very difficult task to select variables for the study because many variables contribute for the performance of throwing event in track and field and every psychological characteristic influence the task and performance of throwers although researcher has selected variable on the bases of their highly importance in throwing competition. Secondly, availability of reliable and valid instruments is also an important consideration in directing one's ingenuity for the choice of variables. And also the research Scholar had gone through discussion, critical as well as allied literature related to the problem. The Following selected psychological variables of Anxiety.The tests were administered to the three sample elite throwers group i.e. International, National and Intervarsity Players.

The researcher personally visited the venues of competition of different championship and request to coach/manager of the team to permit their respective team member to serve as subjects for the study and also contact personally to the throwers when they were not busy and request to them to serve as subjects for the study. The researcher personally visited the venues of International and National tournaments, coaching camps and approached the subjects with the questionnaires.

Necessary instructions were given to the subjects before the administration of each test. Subjects were ensured that the responses given by them on the questionnaire will be kept strictly confidential and would not be exposed to anyone in any circumstances. At the same time research scholar motivated the respondents by promising to send a separate abstract of the conclusions of his study to each of them. It was clearly explained to the subjects that overall purpose of the study was to allow each subject to acquire deeper insight into her psychological functioning. Confidentiality of responses was guaranteed so that the

subjects would not camouflage their real feelings. During response researcher stand with them to clear doubt or to motivate them feel boredom.

The responses given by the throwers in the questionnaire were separated as tabulated alternatives and thus the table was prepared for the analysis of data.

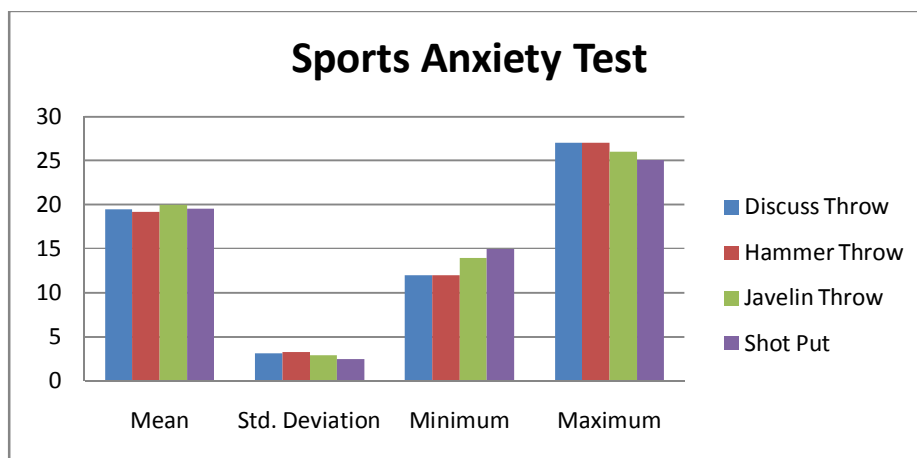
**STATISTICAL ANALYSIS:**

The data was analyzed by applying Descriptive Statistic i.e. Mean, Standard Deviation, Minimum and maximum & Analysis of Variance (ANOVA) in order to assess and Comparative Study of Anthropometrical Characteristics and Anxiety of Indian Elite Male Throwers of Different Throwing Events The level of significance was set at 0.05. The data was analyzed by SPSS version 16.

**Table – 3 (A)**  
**DESCRIPTIVE ANALYSIS OF SPORTS COMPETITIVE ANXIETY**  
**IN DIFFERENT THROWER**

	Mean	Std. Deviation	Minimum	Maximum
<b>Discus</b>	19.40	3.13	12.00	27.00
<b>Hammer</b>	19.18	3.29	12.00	27.00
<b>Javelin</b>	19.98	2.93	14.00	26.00
<b>Shot Put</b>	19.51	2.51	15.00	25.00

Table-3(A) reveals the descriptive analysis of Sports Competitive Anxiety in different thrower, Discus Thrower, Hammer Thrower, Javelin Thrower and Shot Put mean and SD values were 19.40 ± 3.13; 19.18 ± 3.29; 19.98 ± 2.93; 19.51 ± 2.51 respectively. The minimum and maximum values of Discus Thrower, Hammer Thrower, Javelin Thrower and Shot Put were 12 & 27, 12 & 27, 14 & 26, 15 & 25 respectively.



**Figure 1: Descriptive chart of sports competitive anxiety in different male thrower**

**Table – 3 (B)**  
**ANALYSIS OF VARIANCE OF SPORTS COMPETITIVE ANXIETY AMONG DIFFERENT MALE THROWERS**

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	15.35	3	5.117	.574	.633
Within Groups	1567.60	176	8.907		
Total	1582.95	179			

**\*Significant at 0.05 level of confidence**  
**F0.05 (3,176) = 2.65**

Table-3(B) reveals that there is significant difference among different male throwers, in relation to Sports Competitive Anxietas obtained 'F' ratio of .574 which is lower than the tabulated value of 2.65 required for significance at 0.05 level with (3,176) degree of freedom.

As the F-ratio was found insignificant in the case of Sports Competitive Anxiety the least significant difference (L.S.D.) test of post-hoc test was not applied to test the significant difference between paired means.

### DISCUSSION OF FINDINGS

No Significant difference was found in case of anxiety within the players of different throwers. It may be due to the greater awareness of multi-discipline players towards physical, social, temperamental, educational, moral and intellectual ability. Insignificant difference in anxiety may be due to the nature of the game they played like discus, shot put, hammer and javelin throws. These individual games/sports require comparatively more aggression than in other team sports.

The insignificant difference in sports competition anxiety test between players having represented university/national/international in two or more games/sports and players having represented university/national/international in one sport may be due to the reason that the players were almost of the same standard with a similar kind of experience which must have been a probable cause.

In addition, players have been coached by specialist coaches who must have played a significant role by imparting psychological aspects in the coaching which might have been a contributing factor in not finding out the significant difference. In addition, the university level players get a similar kind of exposure which also must be a contributing factor in the insignificant difference.

### CONCLUSION

1. In Anxiety Variables no significant difference was found between different male throwers

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