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FRUSTRATION TOLERANCE CAPACITY OF NATIONAL, STATE AND DISTRICT LEVEL CRICKET PLAYERS : A COMPARATIVE ASSESSMENT

Atul Choudhary¹ and Dr. Sunil Dudhale²

¹Research Scholar , Devi Ahilya University ,Indore, M.P.

²Department of Physical Education , Devi Ahilya University , Indore, M.P.



ABSTRACT :

The aim of the present study centred around frustration tolerance capacity of male cricket players with different level of participation. To conduct the study, 100 interuniversity/national male cricket players (Ave. age 22.30 years), 100 state level male cricket players (Ave. age 25.11 years) and 100 district level male cricket players (Ave. age 21.92 years) were selected as sample. The sample was collected through purposive sampling method. To assess frustration tolerance capacity of male cricket players, Reactions to Frustration Scale prepared by Dixit and Shrivastava (2007) was used. Results indicate that frustration tolerance capacity of national male cricket players was found to be superior as compared to state and district level male cricket players. It was concluded that national male cricket players possess that extra bit in terms of frustration tolerance capacity which enables them to cope with frustrating situations more effectively as compared to state and district level male cricket player.

KEYWORDS : Frustration tolerance, cricket, level of participation.

INTRODUCTION:

Normal cognitive and affective development includes frustration tolerance capacity. It is the ability to cope with adverse situations without getting frustrated. Rosenweig (1944) defined frustration tolerance as individual's capacity to withstand frustration without failure of psychological adjustment i.e. without resorting to inadequate modes of behaviour.

Frustration occurs when person's desired will or goals get obstructed due to some conditions be it external or internal. The internal source of frustration in sports like cricket may be failing to master some technical skills and may be external in terms of environmental factors, fellow team mates mistakes and/or official errors. This shows that when a sports persons continues to work hard for excellence despite adverse situation and failures is said to possess more magnitude of frustration tolerance.

Person's reaction to frustrating situation determines his frustration tolerance. So the frustration may motivate sports persons to greater and more well organised efforts towards achieving set goals or it may lead to lowered quality of sports performance. Hence frustration tolerance may affect sports performance.

In a team sport like cricket with its unique rules, it has been opined by famous cricket personalities like Glenn McGrath, Steve Waugh as well as TV commentators like Ravi Shastri that sports achievement in cricket is dependent on skill and mental ability. Cricketers from yesteryears also believes that psychological skills contributes about 80 to 90 percent. Although so many studies have been conducted in the past by researchers in which various issues related with performance in cricket as well as frustration tolerance as psychological variable in sports settings have also been explored [Martin, 1976; Waples, 2005; Gangyan, 2008; Kanaujia et al., 2012; Nara, 2013;

Solanki and Singh, 2013; Sahu, 2016] One noticeable fact in this regard is absence of study on frustration tolerance capacity of male cricket players with different level of participation. Hence the present study was carried out to comparative assess frustration tolerance capacity of national, state and district level male cricket players.

HYPOTHESIS

It was hypothesized that national male cricket players will show more magnitude of frustration tolerance capacity as compared to state and district level male cricket players.

Methodology :-

The following methodological steps were taken in order to conduct the present study.

Sample :-

To conduct the study, 100 interuniversity/national male cricket players (Ave. age 22.30 years), 100 state level male cricket players (Ave. age 25.11 years) and 100 district level male cricket players (Ave. age 21.92 years) were selected as sample. The sample was collected through purposive sampling method.

Tools:

Reactions to Frustration Scale :

Reactions to frustration scale, prepared by Dixit and Shrivastava (2011) was the preferred choice for assessing frustration tolerance of selected subjects. This scale assess frustration in terms of four reactions namely aggression, resignation, fixation and regression respectively. The reliability of this test is 0.79. The scoring pattern suggesting higher the score, lower is the frustration tolerance capacity.

Procedure:

After obtaining a written consent to participate in this study without any pressure, 100 inter-university/national, 100 state and 100 district level male cricket players selected. Reactions to Frustration Scale prepared by Dixit and Shrivastava (2011) was administered to male cricket players from chosen study groups in a comfortable environment. Instructions given in author's manual were followed to score off responses. The scores on RFS were tabulated and put to statistical treatment. Results shown in table 1 and 2 respectively.

RESULTS

Table 1

Mean and S.D. on Reactions to Frustration Scale in Study Groups Comprising of National, State and District Level Male Cricket Players (N=300)

Groups	N	Frustration Tolerance Capacity	
		Mean	S.D.
National Level Male Cricket Players	100	98.21	15.52
State Level Male Cricket Players	100	100.37	15.26
District Level Male Cricket Players	100	103.40	12.16
		F=3.27, p<.05	

Table 2

Comparison of Mean Scores on Frustration Tolerance Capacity in a Group of National, State and District Level Male Cricket Players (N=300)

Least Significant Difference Test with Significance Level .05

Mean (I)	Mean (J)	Mean Difference (I-J)
National Level Male Cricket Players	State Level Male Cricket Players	-2.16
	District Level Male Cricket Players	-5.19*
State Level Male Cricket Players	District Level Male Cricket Players	-3.03

* Significant at .05 level

The $F=3.27$ reported in table 1 indicate significant difference in frustration tolerance capacity of national, state and district level male cricket players at .05 level of statistical significance. To assess this result more minutely, Least Significant Difference was calculated. The results related to LSD Test yielded following inferences:

- Although national male cricket players showed more magnitude of frustration tolerance capacity ($M=98.21$) than state level male cricket players ($M=100.37$), the mean difference 2.16 was not found to be statistically significant.
- National level male cricket players showed more magnitude of frustration tolerance capacity ($M=98.21$) as compared to district level male cricket players ($M=103.40$) at .05 level of statistical significance. The mean difference of 5.19 also confirms this finding statistically.
- Although state male cricket players showed more magnitude of frustration tolerance capacity ($M=100.37$) than district level male cricket players ($M=103.40$), the mean difference 3.03 was not found to be statistically significant.

DISCUSSION:

Results indicate superior frustration tolerance capacity in national male cricket player as compared to state and district level male cricket players. The results are somewhat consistent with frustration aggression, frustration regression, frustration fixation and frustration resignation hypotheses. Frustration induce negative behaviour which sometimes results in hostile aggression. Hostile aggression is detrimental to sports performance because it is not within the law framed for that particular sports. Hence a player needs to possess superior coping skills to manage their frustration. The management of frustration is also importance for pursuance of desired goals. Hence the results of the present study is consistent with the theories and principles governing frustration tolerance because to perform at highest level a cricketer needs to overcome technical, tactical and environmental obstacle to achieve their goals.

CONCLUSION:

On the basis of results, it may be concluded that superior frustration tolerance capacity enables national male cricket players to pursue their goal more effectively as compared to state and district level male cricket players.

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Atul Choudhary

Research Scholar , Devi Ahilya University ,Indore, M.P.

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