

A STUDY OF COMPETITIVE BEHAVIOUR OF NATIONAL LEVEL PLAYERS OF BALL BADMINTON

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ABSTRACT

The present study was undertaken to study the competitive behaviour and their relationship with performance of National level male and female Ball badminton players. One hundred male and female athletes, who represented their respective States of India and voluntarily participated in the study, were selected as the subjects of the study. Competitive Behavior scale by Harris and Harris were administrated on all subjects during the competitions. For testing the hypothesis and significance of difference among the probable occurrence of obtained responses, the level of significance chosen was .05. Means and standard deviations were computed for all the variables. Percentage was calculated to analyze the sub areas of subjects on competitive Behavior scale. Person's Product moment method of correlation coefficient was used to find out the relationship competitive Behaviors and National of National level male and female player's ability which revealed that no significance relationship existed between selected variables and National level student ability.

Key words: *Competitive behaviour, National level, Playing ability, Performance*

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INTRODUCTION

Nowadays the level of competition has reached the nerve breaking stage. Only separately fit players or team can think of achieving a success at high level. Success in games seems to be dependent in part on Psychology status and trait the case of athletics personality profile in concert with knowledge of their past experience, coach's rating anatomic and physiological characteristics and so on can enhance the of prediction in a number of sports.

Competition is one of the outgrowths of modern life. It is a nature human activity which is inevitable in life and the education process should assist in the preparation of individuals for the battle of life. Competition provides the means by which one can show one's worth through success.

All sports lead to competition. Competition is a conscious struggle or rivalry in which an individual seeks to gain in terms of performance. Competition is a special phenomenon (Individual attempt to get success in their performance "excelling" "doing better" "surpassing" are source of the expressions which are generally used to denote competition)

Competitive sports are a place where the young and super challenging players fight for supremacy and records. The players are sophisticatedly prepared by experts, sports scientists and coaches to tussle among themselves, hence to win and then to enjoy their dreams and fruits of the efforts put in for years together. The fact is that today players are simply stronger, faster and more efficient than yesterdays and tomorrows may be still better.

Athletes are highly charged with "Psychological Electricity", energy which rarely permits either spectator or athlete to stand ideally by and not become emotionally involved with the highly visible nature of sports, together with those who participate. The physical power to gather the emotional strength needed to perform well inevitably changes the hearts and the minds of coaches and players alike.

Success in competitive sports places high psychophysical demands on the participants. They have to be physically fit, technically sound and tactically prepared to have a grip over the competitive situation. However, their psychological aliveness to the situation has been described by -any to be of paramount importance. At the time of competition, the psyche of the players which moves them to use their physical fitness, tactical and technical preparedness at its maximum. Sports of all competitive level, i.e. in sports arena, become more of a psychological phenomenon than physical.

METHODOLOGY

Selection of Subjects

One, hundred and twenty male and female national level players were randomly selected among the player representing their respective states in national level Ball badminton competition held at Bangalore (Karnataka) during the session 2012-13. Their age ranged from 21 years and above. Keeping in view the importance of the competitive Behaviour in this study, the following variable had been selected.

Description of Questionnaire and collection of Data

The competitive Behavior questionnaire designed by Harris and Harris was used to assess the Behavior of player during competition which consists of fifty statements the subject is required to respond to the statement according to the frequency of occurrence of Behavior i.e. "always" "some time" and "never" in competitive situation. The best desired response has been given one point, sometime 2 points, least desired Behavior 3 points.

In order to ensure full co-operation from the subjects The researcher had a meeting with players in presence of their respective coaches. The purpose of study was made clear by

explanation in order to ascertain that there was no ambiguity among the subjects regarding the effects which they had to put in for the successful completion. The entire subject voluntarily extended their full cooperation and the player of respective team ensured that the subjects were made available for the collection of data as and when required.

RESULTS AND DISCUSSION

To assess that National level male and female Athletes selected 100 players competitive behaviors. Analysis of mean and standard deviation were computed. The level of significance was set at .05 levels. The data collected on competitive Behavior of National level players was analyzed using percentages and chi-square test and data pertaining to this have been presented in Table 1

TABLE 1
CHI-SQUARE ANALYSIS AND PERCENTAGE OF RESPONSES ON COMPETITIVE BEHAVIOR
OF NATIONAL LEVEL MALE AND FEMALE PLAYERS

S. N0.	Competitive Behavior	Response			Chi
		Always	Sometimes	Never	
1.	I perform much better in practice than in completion.	53 (42.50)	51 (42.50)	16 (13.33)	21.65*
2.	Having important people watch me perform bothers me.	12 (10.00)	28 (23.33)	80 (66.66)	63.2*
3.	Before completion I have difficulty in sleeping.	22 (18.33)	48 (40.00)	50 (41.66)	12.2*
4.	I worry about what others think of my performance.	22 (18.33)	24 (20.00)	74 (61.66)	43.2*
5.	What make a mistake during competition I have difficulty	29 (24.16)	53 (44.16)	38 (31/36)	7.35*
6.	I find that my mind wanders during competition.	10 (8.33)	19 (15.83)	91 (75.83)	98.55*
7.	I follow a specific routine when preparing for competition.	96 (80.00)	13 (10.83)	11 (9.16)	117.6*
8.	I make more mistakes when the pressure is on and the score is	11 (9.16)	41 (34.16)	68 (56.66)	40.65*
9.	I feel like I panic in close competition situations.	11 (9.16)	41 (34.16)	68 (56.66)	40.65*
10.	I berate myself during the competition when I made dumb	61 (50.83)	45 (37.5)	14 (11.66)	28.55*
11.	When the coach or a teammate yells at me] I have difficulty concentrating during the rest of the game.	49 (20.00)	34 (28.33)	62 (51.66)	19.4*

Table (Continued)

12.	It takes me a little while to work out the butterflies in my stomach & settle into the game.	49 (40.83)	23 (19.16)	48 (40.00)	10.85*
13.	In important competitions, I am afraid that I will not play as well as I can.	19 (15.83)	37 (30.83)	64 (53.33)	25.65*
14.	Playing to my Potential is very important to me.	100 (83.33)	9 (7.50)	11 (9.16)	25.65*
15.	I am a "cloth Player" in Pressure situations.	91 (75.83)	18 (15.00)	11 (9.16)	135*
16.	I am able to concentrate in a positive manner on the upcoming completion while warming up and	96 (82.5)	20 (16.56)	04 (3.33)	120.8*
17.	I have my own game worked out in my head in detail.	99 (82.5)	09 (7.5)	21 (10.00)	130.6*
18.	I get nervous and worry before Important competitions.	19 (15.83)	41 (34.16)	60 (50.0)	21.05*
19.	My thoughts wander out of control before competition.	20 (16.66)	29 (24.16)	71 (59.16)	37.05*
20.	I am easily distracted and irritated prior to performance.	33 (27.5)	34 (28.33)	53 (44.16)	6.35*
21.	I need some time to myself prior to a completion in order to mentally	45 (37.5)	27 (22.)	48 (40.00)	6.45*
22.	I perform best when I know the specifics about what I am to do, when, and with whom	87 (72.5)	26 (21.66)	07 (5.83)	87.35*
23.	The more difficult the challenge, the better I perform.	85 (70.83)	26 (21.66)	09 (7.50)	79.55*
24.	I perform best when I am nervous and worried.	39 (32.5)	37 (30.83)	44 (36.66)	0.65*
25.	I perform best when I am relaxed, calm and confident.	103 (85.83)	12 (10.00)	05 (4.16)	194.4
26.	I mentally go over everything I can in preparation for the competition.	86 (71.66)	20 (17.50)	14 (11.66)	79.8*
27.	When I am really concentrating on the coach's instructions called from the sidelines	26 (21.66)	42 (35.00)	52 (43.33)	8.6*
28.	When I am really concentrating on the game, I miss the coach's instructions called from the sidelines.	29 (24.16)	35 (29.16)	56 (46.66)	10.05*
29.	I enjoy competition more than practicing for it.	88 (73.33)	15 (12.50)	17 (14.19)	86.45*
30.	I perform best when my coach and teammates me. compliment	64 (53.33)	34 (28.33)	22 (18.33)	23.4*
31.	I can recall everything that happened during the competition after it is over.	88 (73.33)	21 (17.50)	11 (9.16)	87.65

Table (Continued)

32.	I replay the competition in my head and see/feel myself playing as I would like to have Played.	77 (64.16)	37 (30.83)	06 (5.00)	63.65*
33.	I set my own performance goals for each practice.	78 (65.00)	30 (25.00)	12 (10.00)	58.2*
34.	I set my own performance goals for each competition.	83 (69.16)	21 (17.50)	16 (13.33)	69.66*
35.	After the each competition is over I feel that I could have performed better than I did.	83 (69.16)	32 (26.66)	05 (4.16)	78.45*
36.	If I could "psych out" my opponents, I would.	59 (49.16)	35 (29.16)	26 (21.66)	14.55*
37.	I worry about getting injured when I perform	20 (16.66)	20 (16.66)	80 (66.66)	60.00*
38.	After a competition I think about how I played and what I can do to improve my next performance.	91 (75.83)	22 (18.33)	07 (5.83)	100.3*
39.	When the official makes a bad call, I let it pass and come back to focus on what is happening.	74 (64.66)	28 (23.33)	18 (15.00)	44.6*
40.	I make many trips to the toilet before a competition.	24 (20.00)	29 (24.16)	67 (55.83)	27.65*
41.	I feel weak and practically sick just before the game.	12 (10.00)	25 (20.83)	83 (69.16)	71.45*
42.	I try not to think about the upcoming competition because it makes me too nervous.	17 (14.16)	22 (18.33)	81 (67.50)	63.35*
43.	Just before the competition, I feel that I cannot remember anything.	36 (30.00)	26 (21.66)	58 (48.33)	13.4*
44.	My performance is consistently at or near my potential.	73 (60.83)	37 (30.80)	10 (8.33)	49.95*
45.	I enjoy practices more than competition because there is less pressure to perform.	57 (47.5)	32 (26.66)	31 (25.83)	10.85*
46.	If my mind wanders during competition, I can refocus immediately back to what is happening.	92 (76.66)	18 (15.00)	10 (8.33)	102.2*
47.	The larger the crowd, the more nervous I get.	13 (10.83)	13 (10.83)	94 (78.33)	109.3*
48.	It someone important to me comes to watch me play, I am more nervous than usual.	12 (10.00)	13 (10.83)	95 (79.66)	113.4*
49.	I think a lot about how I play and how I want to Play when I am away from practice and completion.	74 (61.66)	27 (22.50)	19 (15.83)	44.15*
50.	I can see and feel myself clearly performing just as I wish when I mentally rehearse my skills and strategies in my "mind's eye".	56 (49.166)	46 (38.33)	15 (12.5)	25.55*

Insignificant at .05 level, $\chi^2_{.05}(2) = 5.99$

It is evident from Tables 1 that National level Ball badminton male & female players significantly differ in responses to different competitive situations, as the χ^2 values was more than the required value of $\chi^2_{.05}(20) = 5.99$, except in the case of statement No. 24 i.e. "I perform best when I am nervous and worried" for which the responses yield a χ^2 values of 0.65 which is much less than the required value of 5.99.

DISCUSSION

Descriptive analysis of data on various National level male and female players indicates that National level players Significantly differ in response to different competitive situations.. When the responses of players on competitive Behavior scale were tested on probability of equal occurrence it was found that the National level male and female players differed significantly in their responses on all the questions, except question No. 24 as the χ^2 value of 0.65 was much less than the required value of $\chi^2_{.05}(2) = 5.99$.

CONCLUSIONS

Within the limitations of the present study the following conclusions may be drawn :

1. 44.16% of National level male & female players feel that they always perform better in practice than competition. 42.50% players some time performed better in competition and 13.33% players performed better competition than practice.
2. 10.00% of players always feel bothered when the important people are watching the competition, 23.33% of players sometime bothered the presence of important people and 66.66% of players never bothered the presence of important people watching the performer.
3. 18.33% of players have always difficulty in sleeping before competition where as 40.00% of players have sometime difficulty in sleeping and 41.66% of them never had any difficulty in sleeping before competition.
4. 18.33% of players always worry about what others think on their performance; 20.22% of players sometimes worry about what others think and 61.66% players never worried what others think of their performance.
5. 24.16% of players have always a difficulty in regaining the concentration after committing a mistake, where as 44.16% of players have sometime in difficulty in regaining the concentration.
6. 31.66% of players never had any difficulty in regaining concentration, after committing a mistake. 75.83% of players were found that their mind never wanders during competition.
7. 80.00% of players always prepared a specific routine for competition, where as 10.83% sometime prepared a specific routine, and 9.16% of players never prepared any routine for competition.
8. 9.16% of players make more mistake when the pressure is on and the score is close, but 34.16% of players sometime make mistakes when pressure is on and 56.66% of players never had any problem under pressure or when the score is close.
9. 9.16% of players always felt panic during close competitive situations where as 34.17% of players felt sometime panic; and 56.66% never had any panic during close competitive situations.
10. 50.83% of players always berate when they make some mistakes during competition, where as 37.58% of players sometime berate when they make some mistakes and 11.66% of players never berate when they make mistakes during competition.

11. 20.00% of players always have difficulty in concentration when the coach or team mate shouts at them; where as 28.33% players sometime had difficulty in concentration and 51.66% of players never had any difficulty in concentration when the coach or team mate shout at me.
12. 40.83% of players always little to settle into the game or warm up the game, 19.16% of players sometime take little time to settle and 40.00% of players never settled (ate the game).
13. 15.83% of players are always afraid that they may not be able to perform in an important competition; whereas 30.83% of players Sometime afraid of their performance and 53.33% of players are never afraid of their performance in an important competition.
14. 83.33% of players feel that playing to their potential is very important, where as 7.50% of players feel sometime and 9.16% of players never felt that playing to their potential is very important.
15. 75.83% of players feel that they are cloth athlete or they are under control in pressure situations where as 15% of players sometime feel that they are cloth athlete and 9.17% players never felt they are cloth athlete in pressure situations.
16. 81.00% players are always able to concentrate positively even while warming up for the for the upcoming contest, 16.56% of players sometimes could concentrate positively; and 3.43% of players never able to concentrate positively even during warming up for the upcoming contest.
17. 15.83% of players always had own game plan in their mind while only 7.5% players had sometimes these game plan in their mind and 10% of players never had any game plan.
18. 15.83% of players always get worried and nervous before the competitions; where as 34.16% players sometimes get worried and 50.00% of players never get worried or nervous before the competitions.
19. 16.66% of players were found always that their thought wanders out of control before competition where as 24.16% of players felt sometime; and 59.16% never had any problem in their thoughts before competitions.
20. 27.50% of athlete always easily distracted and irritated prior to the performance, while only 25.33% of players sometimes distracted and 44.16% of players never distracted and irritated priors to the performance, while only 25.33% of players sometimes distracted and 44.16% of players never distracted and irritated prior to the performance.
21. 37.50% of players always need some time for the mental preparation prior to the competition; 22.50% of players sometimes need mental preparation before the competition, and 40% of players never need any mental preparation.
22. 72.50% National s players always feel that they perform best when they know about the specifics of the game (such as what to do, when to do, how to do, with whom, etc.) 27.66% players feel sometime; and 5.83% of players never felt any difference.
23. 70.83% of players always feel that they perform better when the challenge is more difficult, 21.66% of players feel sometimes they perform better if the challenge is more difficult where as 7.5% of players never performs better is more challenging situation.
24. 32.5% of players always perform better when they are nervous and worried, where as 30.83% players sometimes give their best and 36.66% of players never give their best when they are nervous and worried.
25. 85.83% of players always feel they perform best when they are relaxed, calm and confident 10.00% of players sometimes feel that they perform best when they are

- relaxed and 4.16% of players never feel they perform best when they are relaxed, calm and confident.
26. 26. 71.66% of players always prepare mentally in all the aspects of game; where as 17.50% of players sometimes prepare themselves mentally and 11.66% of players never do any mental preparation for the competition.
 27. 21.66% of National level players the coach's instruction when they are really concentrating on the game; 35.00% of players sometimes miss the coach's instruction and 43.33% players never miss the coach's instruction from side line when the players are really concentrating on the game.
 28. 24.16%) of players always have difficulty concentrating on what is happening when the things do not go as planned during the contest, where as 29.16% feel sometimes and 46.66% never had any difficulty concentrating on what is happening when the things do not go as planned.
 29. 73.33% players always enjoy competition rather than practicing for it, where as 12.50% players sometime enjoy competition and 14.16% players never enjoyed competition.
 30. 53.33% players always perform better when their coach or team complaints about him where as 28.33% players sometimes play their best and 18.33% of players never performed better even after the complained by the coach or team mates.
 31. 73.33% players could always recall the things happened during the competition after it is over, where as 17.50% of players sometimes recalled the happenings of the competition, and 9.16% of players never recalled the things happening in the competition.
 32. 64.16% of players replay the competition in their head and imagine how he would like to have played, where as 30.83% of players sometimes imagine the 5.00% of players never reply or imagines the way that he would like to have played.
 33. 65.00% of players always set their own performance goals for each practice session, 25.00% of players sometimes set their performance goals and 10.00% of players never set any performance goal in the practice.
 34. 69.16% of players always set their own performance goals in competition, 17.50% of players sometimes set own performance goals where as 13.33% of players never set any performance goals in competition.
 35. 69.16% of players always feel that they could have performed better than they had done, where as 26.67% of players sometimes feel and 4.16% of players never feel that they could have performed better than they had done.
 36. 49.16% of players always could 'Psyche out' their opponents, 29.16% of players sometime psyche out their opponents and 21.16% of players never psyche out their opponents.
 37. 16.66% of players always worried about being injured when they perform, 16.66% of players sometime worried about being injured and 66.66% of players never worried about being injured when they perform,
 38. 75.83% of players always after the competition, how they played and what can be done to improve their performance, 18.33% of players sometimes analyze their performance and 5.83 of players never analyze their performance after the game.
 39. 61.66% of players always let it pass and focus on what is happening when the official makes a bad call, where as 23.33% of players sometime let it go; and 15.00% of players never let it pass the officials bad call and could not focus on the game.

40. 20.00% of players always go many trips to the toilet before a competition, 24.16% of players go sometimes and 55.83% of players never go many trips to the toilet before competition.
41. 10.00% National players always feel weak and practically sick just before the game; where as 20.83% of players feel sometimes and 69.16% of players never feel weak and sick before the game.
42. 14.16% of players always try, not to think about the upcoming competition because it make them too nervous and 18.33% of players sometimes try not to think and 67.50% of players never try not to think about the upcoming contest.
43. 30.00% of players always feel that they can't remember anything just before the competition; where as 21.66% of players sometimes feel that they can't remember anything and 48.33% of players never feel that they can't remember anything.
44. 60.83% of players always feel that their performance is consistently at or near their potential where as 30.83% of players sometimes feel that their performance is at or near to their potential and 8.33% of players feel that their performance is at or near to their potential.
45. 47.50% of players always enjoy practice more than competition because of less pressure to perform whereas 26.66% of players sometimes enjoy practice more than competition and 25.83% of players never enjoy practice more than competition.
46. 76.66% of players always could refocus immediately back to see what is happening if the mind is wandering during competition, whereas 15.00% of players sometimes could refocus immediately if the mind was wandering during competition and 8.33% of players never could refocus their mind immediately.
47. 10.83% of players always get more nervous if the crowd is larger where as 10.83% of players sometimes feel more nervous and 78.33% of players never get nervous even if the crowd is larger.
48. 10% of players always feel nervous more than usual if someone important to them comes to watch them, 10.83% of players sometimes feel and 79.66% of players never feel nervous more than usual if someone important to them come to watch them.
49. 61.66% of players always think a lot away think a lot about how they play and how they want to play when they are away from practice and competition where as 22.50% of players sometimes think about how they play and how they want to play and 15.83% of players never think about how they play.
50. 49.16% of players always perform just as they mentally rehearse their skills and strategies where as 38.33% of players sometimes perform just as they wish and 12.50% of players never feel clearly perform just as they wish when they mentally rehearse their skills and strategies.
51. National level male and female players indicated the significant difference in the majority of responses in different competitive situations except question 24.

RECOMMENDATIONS

Psychological skill training should be implemented for the Players with poor psychological skills. The coaches must eliminate the recognition scheme to keep the recognition in proper perspective. The Players seeking the approval of coach or/and teammates must be made to understand that they are valued as people, not just as players who perform well. The players should be taught to shift attention. This study was mainly confined to players who represented

states in one particular year. It will be worthwhile to make a similar study on a larger population of players on both sexes and at various levels.

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