

INVESTIGATION OF PSYCHOLOGICAL SKILLS AMONG MALE PLAYERS OF INDIVIDUAL, TEAM AND COMBAT GAMES

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ABSTRACT

Psychological skills are important determinants of sport performance, and considerable emphasis has been directed at identifying relevant skill and instructing sport consultant, coaches, and athletes in how to teach, learn, and apply them. The purpose of the study was to compare and investigate the psychological skills among male players belong to individual, team and combat games. The sample consisted of seventy five ((Individual game =25 , Team game =25 and combat game =25), male players, who volunteer to participate in this study. were selected to serve as subjects for this study. M $\pm$ SD of age of male players was 19.56 $\pm$ 3.35 years. The ACSI-28 -Athlete Coping Scale Inventory-28 (Smith et al. 1995) was used to measure the psychological characteristics of male players of different type of games. To assess the psychological characteristics on seven factors for individual, team and combat game's players, means and standard deviations and F-ratio were computed. The results of the study revealed that Male players of three different type of games exhibited different psychological ability for concentration and pressure. and similarity in adversity, coach-ability, confidence, goal setting and worry factors of psychological characteristics. Male players of combat game had also greater concentration ability and pressure ability than their counter parts.

Keywords: Male players, Individual, Team and combat games, psychological characteristics

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INTRODUCTION

Psychological skills refer to specific behavior needed and consciously desired by the individual in order to function in an effective and satisfying manner, over an extended period of time, in a broad array of positive, negative and neutral inter-personal contacts. Various psychological characteristics like as self-confidence, will to win, concentration, persistence, and competitiveness were found to have great importance for athletic performance. The successful and non-successful athletes were observed to differ significantly on several instruments measuring psychological characteristics, for example self-confidence and competitiveness (Jacques & Van, 1996). Psychosocial factor like as attention, which was given to the mental qualities and preparation necessary to become an elite track and field athlete and to succeed at the highest competitive levels (Vernacchia et al., 2000). Mental skills such as goal-setting, thought control strategies, arousal management techniques, well-developed competition plans, well-developed competition strategies, and pre-competition readiness plans adopted by athletes were achieving their peak performance (Krane and Williams, 2006). Peaking under pressure and 'coach-ability' appeared to be strong predictor variables for earned run average (ERA), concentration for number of errors committed (ERR, and coach-ability for batting average (BA) of collegiate baseball players (Kimbrough, Louisa and Balkin, 2007). The confidence and achievement motivation and Peaking under Pressure were significant predictors and may be particularly robust correlates of athletic performance (Christiansen, 2000). Psychological skill demands differ among players in different playing positions, nor the positive correlation between psychological skills and team success (Jooste Barend, & Linda, 2014).

Male athletes of different team games and levels as whole had similarity on seven dimensions of psychological characteristics. Inter-university and All India level male athletes expressed significance difference on goal setting and mental Preparation. But the basketball players apparently are not free from worry about disappointing a coach or parent and teammates (Sharma & Nigam, 2011). The goal shooters showed the lowest psychological skill levels than other positional group of football players (Heinrich & Maryke, 2011). Male basketball players of different levels had significant differences on Specific Psychological Skills except that there was no significant difference between juniors and youth national boys basketball players on coping with adversity and peaking under pressure (Yadav, Shukla and Yadav, 2012). The free diving sport has positive effects on both situational and stable psychological characteristics i.e. state anxiety, stress level, internal locus of control, self confident and coping style (Alkan & Akis, 2013). Male judokas had higher confidence and achievement motivation, peaking under pressure, coping with adversity, freedom from worry and coach ability. In contrast, female judokas showed better on peaking under pressure, concentration, and goal setting/mental preparation. Male medalist judokas exhibited very high scores on coach-ability which reflected their ability to carry out coaching instructions during the game efficiently without become upset (Yadav, 2014). According to Shrivastava (2014), Indian Judo players at International, National and Inter-university levels, as whole, had similar psychological characteristics i. e. Adversity, coach-ability, concentration, confidence and goal setting. The purpose of the study was to compare and investigate the psychological skills

among male players belong to individual, team and combat games.

METHODOLOGY

Selection of Subjects:

The sample consisted of one hundred and fifty (Male=75, Female=75) players. In which, fifty players from Individual game (Males=25 and Females = 25), fifty from team game (Males=25 and Females = 25), and fifty from combat game, who volunteer to participate in this study. were selected to serve as subjects for this study. All the selected male and female players from different category of sports were taken part at inter-university level competition in their respective games. The mean and SD of age in case of male and female for total sample was 19.56 ± 3.35 and 23.45 ± 3.02 years.

Description of Measure:

The ACSI-28 -Athlete Coping Scale Inventory-28 (Smith et al. 1995) was used to measure the psychological characteristics of athletes on seven subscales; coping with adversity, peaking under pressure, goal setting/mental preparation, concentration, freedom from worry,

confidence and achievement motivation, and coach-ability. The ACSI-28 has demonstrated test-retest reliability (.47 to .87) and internal consistency for the subscales were accepted (from .64 to .81).

Administration of Measure:

For collection of data, the subjects were contacted personally at the site of their play ground and their sincere cooperation may solicited. Respondents will be called to a common place, when they were busy and have enough time to spare for testing. Necessary instructions were provided to the subject before the administration of each test, Confidentiality of the responses was guaranteed so that the subjects may not camouflage their real feelings.

RESULTS AND DISCUSSION

To assess the psychological characteristics on seven factors for individual, team and combat game's players, means and standard deviations and F-ratio were computed and data pertaining to this, has been presented in Table 1 to 3.

TABLE 1
DESCRIPTIVE STATISTICS OF SEVEN DIMENSIONS OF PSYCHOLOGICAL CHARACTERISTICS OF MALE AND FEMALE JUDO PLAYERS AT DIFFERENT LEVELS OF THEIR PARTICIPATION

Psychological Characteristics		Individual Game (N=25)	Team Game (N=25)	Combat Game (N=25)
Coping with adversity	M	7.20	7.56	7.91
	SD	1.87	2.52	2.64
Coach-ability	M	7.44	7.12	7.00
	SD	1.80	2.22	2.38
Concentration	M	6.40	6.20	8.44
	SD	1.84	2.48	2.56
Confidence and achievement motivation	M	7.88	8.40	8.96
	SD	2.15	2.67	2.56
Goal setting and mental preparation	M	7.48	8.24	8.32
	SD	1.50	2.50	2.59
Peaking under pressure	M	6.92	6.40	8.52
	SD	2.53	2.29	2.52
Freedom from worry	M	4.88	5.72	4.40
	SD	2.22	2.46	2.63

The mean scores of seven dimensions of psychological characteristics of male and female player of individual, team and combat games have been presented in Table 1.

TABLE 2
UNIVARIATE ANALYSIS OF VARIANCE ON PSYCHOLOGICAL CHARACTERISTICS
OF MALE PLAYERS BELONG TO DIFFERENT TYPE OF GAMES

S. NO.	Psychological Characteristics	Source of Variance	df	Sum of Squares	Mean Square	F-value
1.	Coping with adversity	Between Groups Within Groups	2 72	8.48 404.00	3.24 5.61	0.57
2.	Coach-ability	Between Groups Within Groups	2 72	2.59 332.80	1.29 4.62	0.28
3.	Concentration	Between Groups Within Groups	2 72	76.83 330.16	38.41 4.58	8.37*
4.	Confidence and achievement motivation	Between Groups Within Groups	2 72	14.58 439.60	7.29 6.10	1.19
5.	Goal setting and mental preparation	Between Groups Within Groups	2 72	10.75 366.24	5.37 5.09	1.06
6.	Peaking under pressure	Between Groups Within Groups	2 72	61.04 432.08	30.52 8.00	5.09*
7.	Freedom from worry	Between Groups Within Groups	2 72	22.32 429.68	11.16 5.96	1.87

Insignificant at .05 level

$F_{.05} (2, 72) = 3.11$

It is clearly evident from Table-2, that statistically significant differences were found among male players belong to different type of games in their concentration and peaking under pressure factors of psychological skills, as the obtained F-value of 8.37 and 5.09 were higher than the required value of $F_{.05} (2, 72) = 3.11$. But they did not differ significantly in their coping with adversity, coach-ability, confidence and achievement motivation, and freedom from worry factors of psychological skills, as the obtained F-

values of 0.57, 0.29, 1.19, 1.06 and 1.87 respectively were lesser than the required value of $F_{.05} (2, 72) = 3.11$.

As the F-ratio on concentration and peaking under pressure dimensions of psychological characteristics of individual, team and combat game's players were found to be significant, the Scheffe's Test of Post-hoc Comparison was applied to find out the significance of difference between ordered paired means of different type of game's players and data pertaining to this, has been presented in table 3.

TABLE 3
SIGNIFICANCE OF DIFFERENCES BETWEEN ORDERED PAIRED MEANS OF MALE
PLAYERS OF DIFFERENT TYPE OF GAMES ON CONCENTRATION AND
PEAKING UNDER PRESSURE DIMENSIONS OF PSYCHOLOGICAL
CHARACTERISTICS

Psychological Characteristics	Individual Game	Team Game	Combat Game	Paired mean difference	C.I.
Concentration	6.40	6.20	-	0.20	1.52
	6.40	-	8.44	2.04*	
	-	6.20	8.44	2.24*	
Peaking under Pressure	6.92	6.40	-	0.52	1.99
	6.92	-	8.52	1.60	
		6.40	8.52	2.12*	

*Significant at .05 level

It is quite obvious from table3, that there were significant differences on concentration factor of psychological characteristics between the ordered paired means of individual game - combat game and between team game- combat game male players. as the obtained mean differences of 2.04 and 2.44 respectively were higher than the confidence interval of 1.52. In case of peaking under pressure factor of psychological characteristics, significant difference was found between ordered paired means of team game and combat game male players. as the obtained mean difference of 2.12 was high than the confidence interval of 1.99.

DISCUSSION

F-ratio for seven factors of psychological characteristics of male players of three different type of games were taken separately, resulted in insignificant F- ratio in coping with adversity (0.57), coach-ability (.28), confidence and achievement motivation (1.19), Goal setting and mental preparation (1.06), and freedom from worry (1.87) factors of psychological characteristics. The difference in concentration (8.37), peaking under pressure (5.09) factors of psychological characteristics were significant, as the

F-ratios obtained for these factors were high than required value to be significant. It clearly indicates that the male players of different type of games had significant differences in their concentration and peaking under pressure factors of psychological characteristics. This may be attributed to the heterogeneity of the sample in terms of available training and competitive opportunity, socio -cultural and socio-economic environment. But they did not differ significantly in their coping with adversity, coach-ability, confidence and achievement motivation, and freedom from worry factors of psychological skills. This similarity of psychological characteristics at top level of competition may be attributed to the possible similar attitude , style and competitive orientation.

The application of Scheffe's Test of Post-hoc Comparisons indicated that male players of combat game were found to have more of concentration (8.44) than individual game (6.40) followed by team game (6.20). Further, male players of combat game were found to have more of peaking under pressure (8.52) than individual game (6.92) followed by team game (6.40).It indicates that male players of combat game were found to have greater concentration and peaking under

pressure than individual game players followed by team game players.

CONCLUSIONS

1. Male players of three different type of games exhibited different psychological ability for concentration and pressure.
2. Male players of three different type of games had similarity in adversity, coach-ability, confidence, goal setting and worry factors of psychological characteristics.
3. Male players of combat game had greater concentration ability and pressure ability than their counter parts.

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