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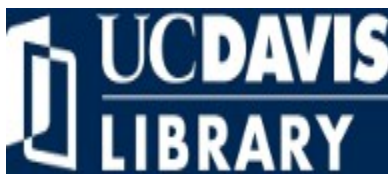
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**INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND  
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**VOLUME 13, NO. 3, JULY, 2023**

<b>NO.</b>	<b>TITLE OF PAPER &amp; AUTHORS</b>	<b>COUNTRY</b>	<b>PAGE NO.</b>
<b>1</b>	<b>A COMPARATIVE STUDY OF PERSONALITY DIFFERENCES BETWEEN MALE AND FEMALE SOFTBALL PLAYERS</b> SANDEEP BHAVSAR	<b>INDIA</b>	<b>1-12</b>
<b>2</b>	<b>EFFECT OF AQUA AEROBIC TRAINING AND YOGIC PRACTICES ON PHYSICAL PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES AMONG HOCKEY PLAYERS</b> DR. GAJENDRA. K	<b>INDIA</b>	<b>13-18</b>
<b>3</b>	<b>MAXIMISING ATHLETIC PERFORMANCE: ENHANCING STRESS TOLERANCE WITH THE CONCENTRATION GRID</b> SIMRANJIT SINGH	<b>ENGLAND</b>	<b>19-31</b>
<b>4</b>	<b>THE LIKELIHOOD OF EXTROVERTED INDIVIDUALS EXPERIENCING ANXIETY</b> ISHITA WALIA , APARNA JHA & DR. REETESH RIKU	<b>INDIA</b>	<b>32-38</b>
<b>5</b>	<b>TEST ANXIETY, STUDY HABIT AND INTELLIGENCE OF HIGHER SECONDARY SCHOOLS MALE AND FEMALE SPORTSPERSONS</b> DR. ASHISH KUMAR NIGAM & DR. RAJKUMAR SHARMA	<b>INDIA</b>	<b>39-43</b>
<b>6</b>	<b>IS IT RIGHT OR WRONG? VIEWS ABOUT SECOND TEST BETWEEN AUSTRALIA AND ENGLAND AT LORDS</b> DR RANJITH P V & DR TRIPTI ARVIND	<b>INDIA</b>	<b>44-47</b>

## **EDITORIAL**

I FEEL PLEASURE THAT THE **VOLUME 13, NO.3, JULY, 2023** OF "INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES" FROM THE STATE OF CHHATISGARH IS OUT FOR THE READERS. THIS ISSUE OF IJPESAS CONTAINS REPUTED RESEARCH ARTICLES FROM INDIA AND ABROAD ON IMPORTANT ASPECT OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES. THE LEAD ARTICLE BY THE YOUNG PHYSICAL EDUCATIONIST ARE GIVEN BELOW:

**BHAYSAR (RAJASTHAN)** REVEALED THAT MALE AND FEMALE SOFTBALL PLAYERS OF BOTH ZONE EXHIBITED SIMILARITY IN THEIR PERSONALITY PATTERN. IT WAS ALSO CONCLUDED THAT FEMALE SOFTBALL PLAYERS WERE HAVE BETTER PERSONALITY THAN THEIR MALE COUNTER PARTS. **GAJENDRA (TIRUPATI)** CONCLUDED THAT EIGHT WEEKS OF AQUA AEROBIC EXERCISES AND YOGIC PRACTICES WERESIGNIFICANTLY IMPROVED THE PHYSICAL PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF WOMEN HOCKEY PLAYERS COMPARED TO CONTROL GROUP. **SINGH (ENGLAND)** UNDERScoreD THE POTENTIAL OF TECHNOLOGY IN ENHANCING ATHLETES' STRESS TOLERANCE, ESPECIALLY IN INDIVIDUAL SPORTS. WHILE PROMISING, THE FINDINGS SHOULD BE INTERPRETED WITH CAUTION DUE TO THE LIMITED SAMPLE SIZE AND CONVENIENCE SAMPLING METHOD. THE INTEGRATION OF TECHNOLOGY IN SPORTS TRAINING, AS EVIDENCED BY THE POSITIVE IMPACT OF THE AUTUMN ARCADE (2022) MOBILE APPLICATION, SUGGESTS THAT MOBILE-BASED APPLICATION INTERVENTIONS COULD BE PIVOTAL IN ACHIEVING ATHLETIC EXCELLENCE. **WALLA , JHA & RIKU (U.P.)** SUGGESTED THAT THERE WAS A SIGNIFICANT DIFFERENCE BETWEEN PEOPLE WHO EXPERIENCED EXTRAVERSION AND THEIR LACK OF FAMILIARITY WITH ANXIETY. IN CONCLUSION, OUR FINDINGS SUPPORT A NEGATIVE CORRELATION BETWEEN EXTRAVERSION AND ANXIETY AMONG ADOLESCENTS; THAT IS, EXTROVERTED INDIVIDUALS EXPERIENCE AND DISPLAY MINIMAL SYMPTOMS OF ANXIETY OR NEUROTICISM **RANJITH & ARVIND (BANGLORE)** EXPLAINED THAT THE CASE IS AN EXPLANATION OF THE DILEMMA BETWEEN ETHICS AND TEAM WINNING THE GAME. THE DATE WAS JULY SECOND, 2023, AND THE TIME WAS MORNING 10 AM. THE PLAY WAS ABOUT TO BEGIN. PAT CUMMINS WAS THINKING HOW TO TAKE THE REST OF SIX WICKETS AND BEN STOKES, ENGLAND CAPTAIN, WAS THINKING ABOUT SCORING 257 RUNS MORE TO MAKE THE TEST SERIES 1-1. THEN AN INCIDENT HAPPENED WHICH CHANGED THE COURSE OF THE MATCH AND SERIES.



**DR. RAJKUMAR SHARMA**  
**EDITOR-IN-CHIEF**