



Descriptive analysis of the selected psychological variables of All India Inter University swimmers

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Abstract

The purpose of the study was to study the selected psychological variables of All India Inter University Swimmers. For the purpose of the study, 100 male Swimmers were randomly selected as subjects of the study. The subjects were selected from the participants of All India Inter University Aquatics Championship 2015-16, held at Panjab University, Chandigarh. To ensure a homogeneous group on the basis of performance, the research scholar selected the subjects from Swimmers who had qualified for the finals of the each event. The necessary data was collected by administering State Sports Confidence Inventory (SSCI) developed by Robin S. Vealey, Trait Sports Confidence Inventory (TSCI) developed by Robin S. Vealey, Self-Concept Questionnaire (SCQ) developed by Dr. Raj Kumar Saraswat and Sports Morality Test developed by Dawn Slepahae and David Layed Shield on the selected subjects. The result revealed that the State Sports Confidence (90.16 ± 9.06), Trait Sports Confidence (87.98 ± 10.13), Self-Concept (175.15 ± 17.00) and Sports Morality (77.48 ± 8.04) were found high among the All India Inter University Swimmers.

Keywords: State sports confidence, trait sports confidence, self- concept, sports morality

Introduction

Physical education has various branches, and one of the most important branches of it is sports psychology. Many researchers have shown that performance in sports largely depends upon psychological factors. Psychology of sports deals with various psychological theories which help individuals to achieve their optimal performance. Sports psychology deals with the human behavior, motivation, and aspirations particularly sports. Sports psychology is an important ingredient of sports training programme dealing with the way in which various psychological states and traits influence sports performance. The main purpose of sports psychology is to understand the behaviour of an athlete, to modify it according to the demands of situations, and to optimize the benefits for elite performance and excellence. Sports psychologists are striving hard to investigate athletic performance, to stabilize it, and to improve sports performance by seeking an appropriate balance between physiological and psychological dimensions of performance.

Sports psychology is the scientific study of people and their behaviour in sports and exercise activities and the practical application of knowledge. Sports psychology concerns with both psychological factors that influence participation and performance in sports and exercise as well as psychological effects derived from them. Sports psychologists are involved in performance enhancements of athletes at the elite level. The personality of an athlete is one of the determining factors in the performance of an event. Personality of the athletes will vary depending upon the nature of the sports event. The psychological factors such as State and Trait Sports Confidence and behavioral characteristics such as Self-concept, Sports Morality, Achievement Motivation, Aggression, Anxiety etc will also affect the performance.

According to Singer "Sports psychology is encompassing educational and practical activities associated with the understanding and influencing of selected behaviors of

people in athletics, physical education, and dynamic recreational".

Today performance in sports not only demands systematic training to develop physical, physiological variable and technical aspect of sports but also demands training and consideration of psychological characteristics for success in this field. It is believed that superior athletic performance has benefited from knowledge about the physiology and mechanics of human motor activity. However, many coaches and psychologists throughout the world believe that future records will be broken primarily because of increased attention to the psychological parameter of human personality.

After understanding the importance of the psychological variables, this study was undertaken to study the selected psychological variables of All India Inter University Swimmers.

Procedure and Methodology

Subjects: For the purpose of the study, 100 male Swimmers were randomly selected as subjects of the study. The subjects were selected from the participants of All India Inter University Aquatics Championship 2015-16, held at Panjab University, Chandigarh. To ensure a homogeneous group on the basis of performance, the research scholar selected the subjects from teams who had qualified for the finals of the each event.

Measures: The necessary data was collected by administering State Sports Confidence Inventory (SSCI) developed by Robin S. Vealey, Trait Sports Confidence Inventory (TSCI) developed by Robin S. Vealey, Self-Concept Questionnaire (SCQ) developed by Dr. Raj Kumar Saraswat and Sports Morality Test developed by Dawn Slepahae and David Layed Shield on the selected subjects as per the instructions in the respective questionnaire manuals. Descriptive statistics were used for describing and categorizing raw data and for measuring Mean, SD and table drawing. For analyzing data the SPSS software was applied.

Results

Table 1: Descriptive Analysis of the Psychological Variables of All India Inter University Swimmers

Psychological Variables	Mean	Std. Deviation	Classification	Criteria
State Sports Confidence	90.16	9.06	High	13-47 : Low State Self Confidence 48-82 : Moderate State Self Confidence 83-117 : High State Self Confidence
Trait Sports Confidence	87.98	10.13	High	13-47 : Low Trait Self Confidence 48-82 : Moderate Trait Self Confidence 83-117 : High Trait Self Confidence
Self-Concept	175.15	17.00	High	Maximum score: 240 Minimum score: 40
Sports Morality	77.48	8.04	High	Maximum score: 96 Minimum score: 20

N=100

The above table reveals the selected psychological variables of the All India Inter University Swimmers. The level of state sports confidence (90.16 ± 9.06), Trait Sports Confidence (87.98 ± 10.13), Self-Concept (175.15 ± 17.00) and Sports Morality (77.48 ± 8.04) were found high among the All India Inter University Swimmers.

Discussions & Conclusion

The result revealed that the state sports confidence (90.16 ± 9.06), Trait Sports Confidence (87.98 ± 10.13), Self-Concept (175.15 ± 17.00) and Sports Morality (77.48 ± 8.04) were found high among the All India Inter University Swimmers. The result of the study supports previous researches that a national level athlete irrespective of sports possesses a high level of state and trait sports confidence, self concept and sports morality. It has been a known fact in the world of sports psychology that the self-confidence of an athlete majorly depends upon psychological variables especially in terms of Sports Confidence, Self Concept and Sports Morality as they all play an indispensable role in sports performance.

D. E. Attar, (2017) ^[1] found students have a good level of self-confidence as well as the existence of relationship between confidence and other psychological variables. These findings are consistent with research results Fung, Ng, JK & Cheung, (2001), (Gupta, 1984) & Patricia Perry. (2011) etc. It is also suggested that high level of State and Trait Self Confidence, Self Concept and Sports Morality helps in performing best and the interdependence may exist between athletes' goals and their response.

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