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A comparative study of ego strength among basketball and volleyball female players

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Abstract

The purpose of this study is to know the significant differences among basketball and volleyball state players on ego strength. For the above purpose the 40 female subjects were selected (basketball=n=20, volleyball=n=20) and sample Data was collected through Ego Strength Scale developed by Dr. Q. Hasan (1976). Results revealed that there is no statistical significant differences found between female basketball and volleyball players.

Keywords: Players, basketball, volleyball, strength

Introduction

Sports is a highly competitive field. To improve performance in the field of sports, psychological methods also play a very important role. The term Ego-Strength refers to the ego's relative effectiveness in relation to the id (instinct) and the forces of the environment with which the ego struggles. According to Kundu & Maili (1980) ^[1], an individual's ego refers to the power he exerts to control the motor and cognitive apparatus of the individual in order to master the operating forces from within and outside of the individual.

Objective of the study

The objective of this study is to find out significant differences among state basketball and volleyball female players on the variable of ego strength.

Hypothesis of the study

There will be no significant differences in state basketball and volleyball on the variable of ego strength.

Delimitations of the study

1. The study will be delimited to the female state basketball and volleyball players.
2. The study will be delimited to the age ranging 18-25 years.
3. The study will be further delimited to psychological variable i.e ego strength.

Method and Procedure

Selection of the subjects

In the present study the sample was selected by random sampling technique. Total sample comprised of 40 samples. The sample was collected from female state basketball and volleyball players Haryana state.

Selection of the variables

The following variable selected for the study namely:

- Ego strength

Criterion measures

Ego-strength was measured by ego strength scale developed by Dr. Q. Hasan (1976) ^[6].

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Analysis of data

t test was applied to determine the significance of difference between male and female basketball and volleyball players. The level of significance will be set at 0.05.

Findings and Discussions

	Zone	N	Mean	Std. Deviation	t-value	Sig. (2 tailed)
ES	Basketball	20	12.85	4.837	.201	.84
	Volleyball	20	12.60	2.741		

The above table reveals that there will be no significant differences found at 0.05 level of significance among female basketball and Volleyball players. Hence, the hypothesis for this study found to be accepted.

Conclusion

The following conclusions were drawn from the findings of the study that no significant differences are found among female state basketball and volleyball players.

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