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Extroversion and anxiety between cricketers and swimmers: A psychological probe

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Abstract

The purpose of present study was to assess the Extroversion and Anxiety among Cricketers players and Swimmers. The present study was conducted on 50 Cricketers and Swimmers of Khalsa College Amritsar, Punjab. Keeping in view the objectives, the players were categorized into two main groups: Cricketers ($N_1=25$) and Other Team Game ($N_2=25$). The age of subjects ranged between 18 to 25 years. The difference in the mean of each group for selected variable was tested by "t" test. The level of significance was set at 0.05. Analysis of data revealed that there were significant difference between Cricketers and Swimmers in the Extroversion level and Sports Competition Anxiety level. It is evident that Cricketers and Swimmers in Extroversion test differed significantly, as the obtained t-value of 1.82 is more than the tabulated Value of $t = 1.71$. It is evident that Cricketers and swimmers in Sports Competition Anxiety test differed significantly, as the obtained t-value of 2.66 is much more than the tabulated Value of $t = 1.71$.

Keywords: Extroversion, Anxiety, Cricketers and Swimmers.

Introduction

The game of Cricket has had a long and complicated history in the West Indies. Originally imported to the West Indies as an agent of control and reaffirmation, the game steadily evolved into a cultural institution radically opposed to the original intentions of those who conspired for its import. The exact role Cricket has played in terms of resistance to the postcolonial hegemonic order in the West Indies is widely debated. Much of this debate has to do with the variety of ways in which Cricket culture has been allowed to progress according to specific histories of individual locales. Because of the diverse national histories in the region, styles of Cricket vary a great deal from one island to the next, as does the cultural work each style performs. One must therefore question the usefulness in talking in-depth about West Indian Cricket in ways that suggest the game developed throughout the region in a singular fashion. Having set forth this advisory, here I will attempt to point up some of the larger issues belonging to Cricket culture in the West Indies which may or may not be specific to any single locale. Discussion of these larger issues is merely meant to stimulate conversation on the topic of Cricket and its relatedness to postcolonial discourse. The game of Cricket was exported from England to all of its colonies, including those in Asia and Africa, during the nineteenth century as a way to reinforce a hegemonic cultural order in the face of the emancipation of England's slave population. A brief history of the state of affairs in the West Indies upon Cricket arrival will help explain why a re-commitment to England's Victorian ideals became necessary.

Once professional Cricketers become professional athletes who tour the world in pursuit of ever-increasing financial rewards, their faces become more recognizable in the various countries where they play and -- most importantly -- their style of play becomes less distinctive. This latter point is the result of international players who routinely play against one another and who have more opportunity than in previous ages to imitate the best aspects of one another's style. Adds Surin, "Cricketing styles become homogenized in consequence of this 'internationalization' of the game, and even the 'subjective' of Cricketers becomes Fungible. Sports psychology is at once the oldest and the youngest of the sciences.

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Psychology may be broadly defined as the science of mind. The word is derived from the Greek and means the science of the soul. In ancient and medieval times psychology was regarded as a branch of philosophy dealing with the principle of life, sensation, intelligence and conation, especially in human beings. It was essentially speculative and static, in contrast to the modern practical and Dynamic study of psychology.

Extraversion is "the act, state, or habit of being predominantly concerned with and obtaining gratification from what is outside the self". Extraverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious. They take pleasure in activities that involve large social gatherings, such as parties, community activities, public demonstrations, and business or political groups. Acting, teaching, directing, managing, brokering are fields that favor extraversion. An extraverted person is likely to enjoy time spent with people and find less reward in time spent alone. They enjoy risk-taking and often show leadership abilities. Extraversion is characterized by positive emotions, surgency, and the tendency to seek out stimulation and the company of others. The trait is marked by pronounced engagement with the external world. Extraverts enjoy being with people, and are often perceived as full of energy. They tend to be enthusiastic, action-oriented individuals who are likely to say "Yes!" or "Let's go!" to opportunities for excitement. In groups they like to talk, assert themselves, and draw attention to themselves.

Anxiety experienced during competition, known as competitive anxiety, can be defined as the feeling of apprehension an individual may experience in response to perceived threats during competition (Martens, 1977). Clearly there are situations in sport where athletes will doubt their own ability to put across a desired impression, either because of their own perceived lack of ability or due to external factors. For example, a skilled athlete who feels he needs to win to demonstrate his ability may still lose to a better competitor or because of factors beyond his control such as illness or injury. In these situations the inability to convey the desired impression may be perceived as a threat to athletes, social identity, which may result in feelings of anxiety.

Performance anxiety is known as „arousal“ state. Its role is very important in the competitive situation. Performance anxiety is used by more successful athletes in order to get better performance. For many less competent, the intensity of precompetition anxiety is always disturbing. It always gives or shows a sign of imperfect self-confidence, imperfect preparation or lack of control. When conceptual learning and mental practice work under high anxiety conditions, they are the best in directing anxiety into beneficial ways. Actually, managed or moderate anxiety is preferable to very low or very high state of anxiety.

Materials and methods

Samples

The present study was conducted on 50 Cricketers and Swimmers of Khalsa College Amritsar, Punjab. Keeping in view the objectives, the players were categorized into two main groups: Cricketers (N₁=25) and Other Team Game (N₂=25). The age of subjects ranged between 18 to 25 years. The purposive sampling technique was used to attain the objectives of the study. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

Table 1: Subjects' Demographics.

S. No	Cricketers	Swimmers	Total sample
1.	N ₁ =25	N ₂ =25	N=50

Selection of variables

Out of myriads of psychological variables associated with outstanding athletic performance, it was really a prodigious task to identify the most vital ones. The availability of reliable and valid instruments is also an important consideration in directing one's initiative for the choice of variables. Many psychological instruments i.e. test and inventories are relevant more often than not to the populations on which they have been standardized and for which they have been constructed. The Two variables are:

1. Extroversion.
2. Sport Competition Anxiety

Table 2: Reliability Quotient of Various Instruments

Sr.no	Variable	Test	Reliability
1.	Sports Competition Anxiety	Sports Competition Anxiety Test (SCAT)	0.85
2.	Personality Trait	Eysenk Personality Inventory (EPI)	0.73

Statistical analysis

Student's t-test for independent data was used to assess the between-group differences. The level of $p \leq 0.05$ was considered significant.

Results

The results of Extroversion variable in Cricketers players and Swimmers are presented in the following tables:

Table 3: Mean scores and standard deviations of the two groups on Extroversion variable are presented in Table.

Group	Number	Mean	SD	Mean difference	t-Value
Cricketers	25	11.4	1.96	1.0	1.82
Swimmers	25	10.4	2.08		

Significant at .05 level of significance

It is observed from the Table-2 that mean value of Cricketers and swimmers for extroversion variable was 11.4 and 10.4 respectively, whereas the standard deviation (SD) was 1.96 and 2.08. The critical value of t at 95% probability level is lower (1.684) than the observed value of t (1.82). The data does indicated that the difference between Cricketers and swimmers for extroversion variables are significant.

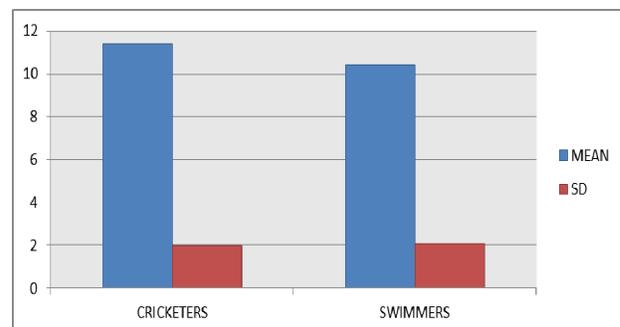


Fig 1: Comparison of Extroversion of Cricketers and swimmers

Table 4: Mean scores and standard deviations of the two groups on Sports Competition Anxiety are presented in Table.

Group	Number	Mean	SD	Mean difference	t-Value
Cricketers	25	22.3	6.42	5.0	2.66
Swimmers	25	17.3	6.96		

Significant at .05 level of significance

It is observed from the Table-3 that mean value of Cricketers and swimmers for Sports Competition Anxiety was 22.3 and 17.3 respectively, whereas the standard deviation (SD) was 6.42 and 6.96. the critical value of t at 95% probability level lower (1.71) than the observed value of t (2.66). The data does indicated that the difference between Cricketers and swimmers for Sports Competition Anxiety are significant.

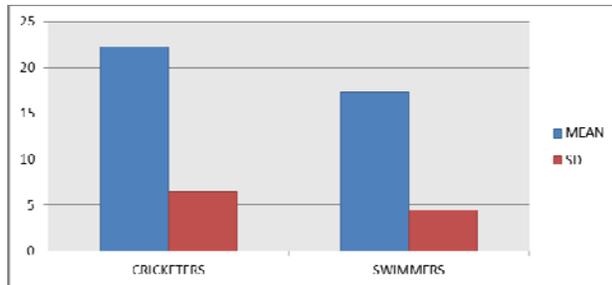


Fig 2: Comparison of Sports Competition Anxiety of Cricketers and swimmers

Discussion

The present study deals with the comparison of personality traits between Cricketers and swimmers with respect to Extraversion and Sports Competition Anxiety. The data was collected with the help of Sports Competition Anxiety, Eysenck personality inventory. This inventory provides Extraversion psychological dimensions.

From the analysis of data it has been found that there is significant difference between Cricketers and swimmers in the extroversion level. It is evident that Cricketers and swimmers in extroversion test differed significantly, as the obtained t-value 1.82 is more than the tabulated value of $t = 1.71$. It is obvious that there is significant difference between Cricketers and swimmers on extroversion level at 0.05 level as the mean difference 11.4 and 10.4. Hence the null hypothesis is rejected between these groups at extroversion level. The Cricketers players have high extroversion in comparison with other team game players because the reason may be Cricketers game is popular in world and other game not much popular. From the analysis of data it has been found that there is significant difference between Cricketers and swimmers in the sport competition anxiety level. It is evident that Cricketers and swimmers in sport competition anxiety test differed significantly, as the obtained t-value 2.66 is much more than the tabulated value of $t = 1.71$. It is obvious that there is significant difference between Cricketers and swimmers on sport competition anxiety level at 0.05 level as the mean difference 22.3 and 17.3. Hence the null hypothesis is rejected between these groups at sport competition anxiety level.

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