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A comparison of competitiveness and win orientation between weight lifting and power lifting players

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Abstract

Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan. To make a research paper interesting, it is necessary to have a good topic in hand. Since psychology offers a plethora of topics, students may have a difficult time in choosing one. The most important criteria for selecting a research topic is the student's interest and area of specialization. Writing a research paper in psychology involves a lot of reading as well as field work -- therefore, the topic chosen becomes utmost important. Most sub-fields of psychology are broad, like the main subject, and research on a vast topic can become problematic. Hence, it is necessary to opt for a topic that is narrow and concise. For instance, memory is a vast topic and just opting for memory as a research title might be impossible to tackle.

Keywords: competitiveness, win orientation, weight lifting, power lifting, sports, psychology

Introduction

Selection of Subjects

The researcher collected the data on one Hundred Twenty (N=120), Male subjects between the age group of 18-28 years. The subjects were purposively assigned into two groups:

- Group-A: Weight Lifting (n₁=60)
- Group-B: Power Lifting (n₂=60)

Statistical Technique Employed

Student's t-test for independent data was used to determine the Achievement Orientation between Weight Lifting Players and Power Lifting players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

Analysis of Data

Table 1: Comparison of Competitiveness between power lifters and weight lifters.

Variable	Group	N	Mean	S.D	t-value	p-value
Competitiveness	Power Lifters	60	54.11	6.17	9.81*	0.000
	Weight Lifters	60	62.15	1.43		

* indicates p<0.05

The mean score of competitiveness of power lifters and weight lifters is shown in Table-1. The mean value of competitiveness of power lifters and weight lifters was 54.11 and 62.15 respectively. As shown in the table the weight lifters were found to have significantly better competitiveness (t=9.81, p=0.000) as compared to the power lifters.

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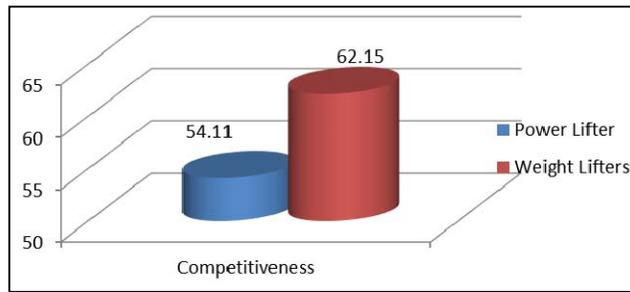


Fig 1: Mean value of Competitiveness of power lifters and weight lifters.

Table 2: Comparison of Win Orientation between power lifters and weight lifters.

Variable	Group	N	Mean	S.D	t-value	p-value
Win Orientation	Power Lifters	60	22.86	3.15	9.35*	0.000
	Weight Lifters	60	27.26	1.81		

* indicates $p < 0.05$

The mean score of Win Orientation of power lifters and weight lifters is shown in Table-2. The mean value of win orientation of power lifters and weight lifters was 22.86 and

27.26 respectively. As shown in the table the weight lifters were found to have significantly better competitiveness ($t=9.35$, $p=0.000$) as compared to the power lifters.

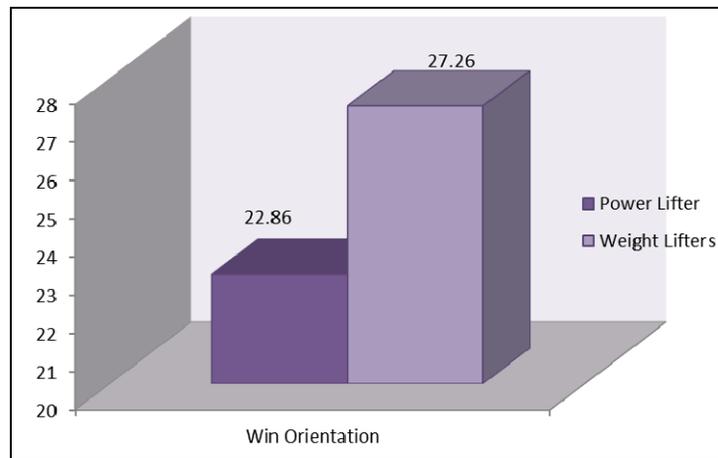


Fig 2: Mean of Win Orientation between power lifters and weight lifters.

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