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## Comparative study of will to win among individual, team and dual sports players

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### Abstract

The aim of present study was to compare the will to win among individual, team and dual sports athletes. For the present study, the subjects were purposively selected from the college level players of various games. A total 450 male inter-college level individual, team and dual sports players between the age group of 17-28 years from various colleges of Guru Nanak Dev University, Amritsar were selected as subjects. The subjects were 150 individual sports players (Archery, Shooting, Fencing), 150 team sports players (basketball, handball, football) and 150 dual sports players (table tennis, lawn tennis, badminton). The mean values of the will to win parameter of the individual, team and dual sports players were 7.44, 7.15 and 7.62 respectively. Standard deviations of the will to win parameter of the individual, team and dual sports players were 2.35, 1.90 and 1.69 respectively. There were no significant differences on the parameter will to win among individual, team and dual sports athletes. It is concluded that no significant differences were reported on parameter will to win.

**Keywords:** Social support, players, team sport, dual sport, athletes

### Introduction

Sports psychology is the very important part of training programs in all the sports because it is the scientific study of mind, emotion, and behavior of an athlete. Sports psychology relates to athletic performance and physical activity. The mental demands of competitive sports can be enormous, making sports psychology a crucial part in the preparation of sportspersons. As the role played by psychological factors in the performance and over well-being of athletes has become better understood. Sports psychology is the very important part of training programs in all the sports because it is the scientific study of mind, emotion, and behavior of an athlete. Sports psychology relates to athletic performance and physical activity. The mental demands of competitive sports can be enormous, making sports psychology a crucial part in the preparation of sportspersons. As the role played by psychological factors in the performance and over well-being of athletes has become better understood. Therefore, it is clear that psychological characteristics differ between high and low performing athletes and teams. Moreover, the ability of psychological preparation is considered as a key element of such differences [1]. Will to win is an important parameter which makes great competitors. It has been observed in some competitions that players who although lacked physical fitness ended up winning the match, all due to their determination to win. Daino [2] defined will to win as the intensity of desire to defeat an opponent or to exceed some performance standard in given sports.

White [3] found that will to win is also related with competitive and by acknowledging this, an athlete is able to put in his best and complete the activity successfully. A correct attitude towards winning always helps in achieving high performance in sports. This ability to work to one's full potential is directly related to an individual's will to win. Low will to win indicates that competitors are careless about winning. An individual high in will to win should be very competitive and should feel that winning is the major (if not only) reason for competing. Winning or losing should affect their sense of self-esteem. There is some similarity between the will to win concept and need achievement [4] and, to a lesser extent, internal locus of control [5]. Will to win is also related to competence [3] and some aspects of aggression. Will to win may be a positive motivating force or it may interfere with successful performance in

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sports events. It is the factor that makes great competitors [6]. According to Kauss [7] how you feel is how you will play. The significance of will to win influence on sport performance has often been evident in most comments of spectators, team managers and sports analysts on athlete's and team's performance during and after competitions.

While considering the paramount importance of psychological variables with regard to sports, the present study aims to analyze and compare the social support in individual, team and dual sports athletes.

### Methodology

For the present study, the subjects were purposively selected from the college level players of various games. A total 450 male inter-college level individual, team and dual sports players between the age group of 17-28 years from various colleges of Guru Nanak Dev University, Amritsar were selected as subjects. The subjects were 150 individual sports players (Archery, Shooting, Fencing), 150 team sports players (basketball, handball, football) and 150 dual sports players (table tennis, lawn tennis, badminton). The classification of subjects from different games is presented in the following table.

**Table 1:** Details of subject groups of Individual, Team and Dual Sports

Sr. No	Individual Sports		Team Sports		Dual Sports	
	1	Archery	50	Basketball	50	Table Tennis
2	Shooting	50	Handball	50	Lawn Tennis	50
3	Fencing	50	Football	50	Badminton	50
Total		150	Total	150	Total	150

### Will to Win

Will to win level of the players of various sports was assessed with the help of will to win questionnaire developed by Kumar and Shukla [8]. The questionnaire consists of 14 simple items which have to be answered in either yes or no. The 14 items in the questionnaire assess the various aspects related to will to win among the players. Will to win questionnaire is a self-administering test and can be administered to an individual or groups. The instructions given on the test form are sufficient to take care of the statements that are given. Individual and oral administration, however, is effective for non-readers, who cannot respond to stimulus items without help. They should have items read aloud to them individually, and the examiner should record responses. Written or oral administration of the will to win questionnaire takes 5 to 10 minutes only. When subjects are working independently, they should be instructed to read and follow directions printed on the form when the examiner is reading and recording the subject's responses. The examiner should read the directions to the examinee, and again ask if there are any questions about what is to be done.

### Scoring and Interpretation

Will to win questionnaire consists 14 items, in which seven items are keyed true and rest of 7 false. For each item, one score should be given for following responses so that maximum score may be 14 on this questionnaire and minimum being 0 and the higher score reflects stronger will to win. The player's high will to win competes mainly to be first and may have something of a win at all costs attitude. The

low will to win indicates that the competitor cares less about winning or competes for other reasons.

### Statistical Analysis

Statistical analyses were performed using SPSS version 16.0 for Windows (SPSS Inc, Chicago, IL, USA). The data were presented as descriptive statistics such as mean, standard deviation. One Way Analysis of Variance (ANOVA) was employed to compare the players of individual, team and dual sports on the variables will to win. Where 'F' values were found significant, LSD (Least Significant Difference) Post-hoc test was applied. The level of significance was set at 0.05.

### Results

**Table 2:** Comparison of individual, team and dual sports athletes on the parameter will to win

Groups	No. of Subjects (N)	Mean	SD	F-value	P-value (Sig.)
Individual Sport	150	7.44	2.35	2.073	0.127
Team Sport	150	7.15	1.90		
Dual Sport	150	7.62	1.69		

Table 2 depicts the will to win among individual, team and dual sports players. The mean values of the will to win parameter of the individual, team and dual sports players were 7.44, 7.15 and 7.62 respectively. Standard deviations of the will to win parameter of the individual, team and dual sports players were 2.35, 1.90 and 1.69 respectively. There were no significant differences on the parameter will to win among individual, team and dual sports athletes. Since F-value was found insignificant, therefore, there is no need to apply the post-hoc test.

### Discussion

The present study has highlighted the significance of differences with regard to will to win among individual sports, team sports and dual sports players. It is evident from above results that significant differences were found on the parameters such as will to win among individual sports (archery, shooting and fencing) players. While calculating the mean values of all the groups, it was observed that archery players had demonstrated significantly better will to win as compared to their counterpart shooting and fencing players. The results depicted that archery players were more determined to play well, pay more attention, shown positive behavior, demonstrated fighting spirit and believe more in deriving pleasure while playing and better attitude towards winning and achieving high performance in sports. On the other hand shooting and fencing players low level of will to win indicates that they are not fully concerned about their win. Sidhu and Singh [9] reported that champion boxers have better will to win as compared to non-champion boxers at university, state and national level but not at the inter-varsity level. Kumar *et al.* [10] observed insignificant relationship between will to win and female sprinters performance. Reddy *et al.* [11] revealed insignificant differences among female short distance runners, long distance runners, jumpers and throwers on the parameter will to win. However, no significant differences were noticed on the parameter; will to win among Team Sports (Basketball, Handball & Football) and Dual Sports (Chess, Tennis & Badminton) players. It can be safely summarized that Team Sports and Dual Sports players were equally developed on the above said parameter.

Ghuman and Dhillon <sup>[12]</sup> also concluded that will to win of team players securing first three positions in the tournament showed higher scores than the team players who participated in the tournament but failed to achieve any position.

### Conclusion

It is concluded that the individual, team and dual sports players had no significant differences on parameter will to win.

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