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## Analysis of selected psychological parameters among professional physical education students in Kerala

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### Abstract

The purpose of the study was to analyse the selected psychological parameters among professional physical education students in Kerala. For the purpose of the study a total of 120 pg and ug students in Kerala were selected as subject. The Age of selected players was ranging from 18 to 27 years. The method adapted for the selection of the subject, administration of questionnaire and methods employed for statistical treatment of data have been explained. Psychological preparation and students need satisfaction in the society for the profession is an essential aspect of successful physical education student. the greater the psychological demands on the physical education students Indeed many sports psychologists would argue that psychological preparation and social need and satisfaction for any teaching profession is most important To effectively teaching and learning improve the student's psychological mindset an in depth understanding of the theories and models underpinning psychological strategies is essential. Sociogenic need and satisfaction for is dependent on a wide range of factors, which differ for each individual sports performer, therefore, understanding the underlying psychological principles and models will enable strategies to be adapted for a wide range of specific situation Alderman, 1974. The purpose of the study was to analyse the selected psychological variables among professional physical education students in Kerala. The investigator selected a total of one hundred and twenty physical education students in Kerala from four universities namely, Calicut university kannur university, mg university, Kerala university. The age of the subjects ranged between 18 and 27 years. The selection of tools Sociogenic need and satisfaction was assessed using a single Standardised questionnaire named S N S scale designed by N.S Chauhan & U. Dhar For the purpose of measuring psychological parameters, Descriptive statistics such as Mean, Median, Mode, Std. Deviation, Maximum Score, Minimum Score, Range, Skewness, Kurtosis, Percentile 25<sup>th</sup>, 50<sup>th</sup>, 75<sup>th</sup>. Calculated, this will give an idea of the score of data collected. The data was selected using analyzed of variance using analysis of variance ANOVA and the level of significance to test the hypothesis was set at 0.05.

**Keywords:** selected psychological parameters, professional physical education students.

### Introduction

Sport is a psycho-social activity it has a very important role in modern society. It has both psychological and social dimensions besides physical, physiological and technical aspects. Regardless age and sex, much of the attraction of sports comes from the wide variety of experience and feelings that result from participation of joy, anguish, success, failure, exhaustion pain relief and a feeling of belonging. Sports can bring money, glory, status and good will; sports can also bring tragedy, grief and even death. Sports can be classified on the basis of nature. Having this, the present study was taken to find out whether the players of selected competitive sports are differed from one another or not, on psychological variables. The brief history of physical education would start in just about 1820 when schools focused on gymnastics, hygiene training and care and development of the human body. By the year 1950, over 400 institutes had introduced majors in physical education. The Young Men's Christian Association launched its very first chapter in 1851 and focused on physical activities. Colleges were encouraged to focus on intramural sports particularly track, field and football. India has had a long history of physical education, far more ancient than Greece. But in our times When the Olympic Games occurring every four years have become probably the biggest planetary event, most people know that the Games originated more than two thousand years ago in Greece.

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In addition, Greeks have given the Western world through many beautiful statues a keen sense of bodily perfection, an ideal of physical beauty unsurpassed to this day. There was such an emphasis on the importance of beauty and physical processes that some of the highest honors in Greek society were bestowed on athletes, to an extent unknown before and unsurpassed since.

### Statement of the problem

The Purpose of the study is to analyze the selected Psychological parameters among professional physical education students in Kerala

### Delimitation

The study was delimited to the following aspects

1. The age group of subjects was ranged between 18 and 28 years.
2. The study was delimited to pg and ug physical education students from 4 universities of Kerala, kannur university, Calicut university, Mg university and, Kerala university
3. The study was further delimited to selected psychological variables namely acceptance, cooperation, Identification, Dominance, Rejection, Isolation, Differentiation and submission.

### Limitations

The following are considered as the limitations of the study

1. Questionnaire research may have its limitations. Such any bias that might have erupted into the response on this account were not taken into the consideration
2. Individual difference among the subjects such as lifestyle, daily routine, and other factors may have influenced the subject remain as a limitation of the study
3. no special motivational were used during the test and this limitation of this study
4. lack of positive attitude of students limitation of this study

### Hypothesis

1. It was hypothesised that there will not be any significant difference between selected psychological parameters among UG male and PG male professional physical education students.
2. It was hypothesised that there will not be any significant difference in selected psychological parameters among UG female and PG female professional physical education students
3. It was hypothesised that there will not be any significant difference in selected psychological parameters among UG and PG professional physical education students

### Significance of the study

This study help us to find out level of selected psychological parameters of professional physical education students in Kerala.

1. The findings of the study provide a great valuable feedback to improve upon the coaching and teaching programme.
2. The study will be helpful for the physical education students and teachers to evaluate their student.
3. The study will help to develop the psychological training programme.

### Definition and explanation

**Physical education:** Physical education is the integral part of

the total education process and has its aim the development of physically, mentally, emotionally and socially fit citizens through the medium physical activities which have been selected with a view to realizing their outcomes Charles A. boucher

**Sports psychology:** Sports psychology is a science which the principles of psychology are applied in a sports or exercise setting. The principles are often applied to enhance performance Richard H, Cox, 2002

**Acceptance:** Acceptance is something to which one agrees upon readily. Acceptance involves approval. An analysis of the rate of acceptance must deal with psychological problems. Razs Arasteh

**Dominance:** Dominance is a positive leadership quality where an individual tries to over power or be authoritative on others

**Rejection:** Rejection It is just an opposite quality of acceptance. Here the subject refuses or withdraws himself from involvement. Rejection experience promotes feelings of insecurity. Inferiority. inadequacy and anxiety

**Isolation:** Isolation is a feeling of separation. It is avoiding to get together. Here an individual remains by himself without getting along with others or sharing ideas, thoughts, feelings, wants, etc

**Differentiation:** Differentiation is a feeling of discrimination, separateness, and indifference. As learning proceeds. This refers to the number of dimensions in an identity, the larger the number. greater the differentiation

**Submission:** Submission This refers to the tendency of surrendering. It is agreeing upon the things uncritically. It is just a quality of blindly following the things suggested by others.

### Methodology

In this chapter the method adapted for the selection of the subjects, relation of variable relation of tools, administration of questionnaire and method employed for statistical treatment of data have been explained

### Selection of Subject

The investigator was selected a total of eighty men and women physical education students from different universities of Kerala state such as Kerala, mg university, Calicut university, kannur university. The age of subject was ranged between 17 and 28 years.

### Selection of Variables

The psychological variables elected for this study were,

1. Acceptance
2. Co operation
3. Identification
4. Dominance
5. Rejection
6. Isolation
7. Differentiation
8. Submission

### Selection of Tools

The psychological variables were assessed using a single questionnaire of sociogenic need and satisfaction scale devised by Chauhan N S, U. Dhar.

### Collection of Data

**Questionnaire 1 Assessment of variables Description**

The sociogenic need and satisfaction scale was selected which is devised by Chauhan N S, U. Dhar to measure the students Sociogenic need satisfaction level. It consist of fourty statements each items has 6 answers. there have 20 questions related with positive need satisfaction and 20 questions related with negative need satisfaction

### Statistical Techniques

For The Purpose of Measuring Selected Psychological Variable, Descriptive Statistics Such As Mean, Median, Mode, Std Deviation, Kurtosis Skewness, Cohesion Of Variance, Minimum Score, Maximum Score, Range, Percentile 25, 50, 75 were done. This Will Give An Idea Of The Scores Of Data Collected. The Level Of Significance To Test The Hypothesis Was Set At 0.05.

### Summary

The purpose of the study was to analyse the selected psychological parameters among professional physical education students in Kerala. For the purpose of the study a total of 120 pg and ug students in Kerala were selected as subject. The Age of selected players was ranging from 18 to 27 years. The method adapted for the selection of the subject, administration of questionnaire and methods employed for statistical treatment of data have been explained. Psychological preparation and students need satisfaction in the society for the profession is an essential aspect of successful physical education student. the greater the psychological demands on the physical education students Indeed many sports psychologists would argue that psychological preparation and social need and satisfaction for any teaching profession is most important To effectively teaching and learning improve the student's psychological mindset an in depth understanding of the theories and models underpinning psychological strategies is essential. Sociogenic need and satisfaction for is dependent on a wide range of factors, which differ for each individual sports performer, therefore, understanding the underlying psychological principles and models will enable strategies to be adapted for a wide range of specific situation Alderman, 1974. The purpose of the study was to analyse the selected psychological variables among professional physical education students in Kerala. The investigator selected a total of one hundred and twenty physical education students in Kerala from four universities namely, Calicut university kannur university, mg university, Kerala university. The age of the subjects ranged between 18 and 27 years. The selection of tools Sociogenic need and satisfaction was assessed using a single Standardised questionnaire named S N S scale designed by N.S Chauhan & U. Dhar For the purpose of measuring psychological parameters, Descriptive statistics such as Mean, Median, Mode, Std. Deviation, Maximum Score, Minimum Score, Range, Skewness, Kurtosis, Percentile 25th, 50th, 75th. Calculated, this will give an idea of the score of data collected. The data was selected using analyzed of variance using analysis of variance ANOVA and the level of significance to test the hypothesis was set at 0.05.

### Conclusions

1. There was a significant difference in selected psychological parameters among pg and ug male physical education students.
2. There was a significant difference in selected psychological parameters among pg, ug females
3. There was a significant difference in selected

psychological parameters among pg, ug classes

### Recommendation

The scholar makes the following recommendation for the research scholars, teachers, physical educators, coaches and players

1. Similar studies may be conducted using any other professional students in kerala
2. Similar studies may be conducted using state and national players
3. Similar studies may be undertaken using other psychological variables which was not related with this study
4. Studies involving larger samples may be conducted using the same variables, so as to establish more reliable results.
5. Similar studies may be conducted with subjects of different subjects of different subjects of different age groups other than used in this study

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