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Psychological performance profiling among rural area cricket players

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Abstract

The purpose of the study was to analyse the mental toughness school level cricket players. The total sixteen cricket players selected from Cash Kerala cricket academy Rajakkad Idukki district Kerala. The academy run under Kerala Cricket Association. The investigator explains the performance profile variables and its application. Percentile analysis was used the statistical technique.

Keywords: Sports psychology, mental toughness and rural areas

Introduction

Sports and games is a necessary piece of training and a way to accomplish physical and emotional well-being individuals. It ought not to be accepted that physical training and is a favor useless issue and just a methods for the sake of entertainment and engagement of kids and young people. Interestingly, it ought to be viewed as a vital part of life exercises. Ideas, for example, wellness, wellbeing, individual and social advancement and emotional wellness are firmly identified with brandish and physical instruction.

Behind any successful athlete or team is a well-prepared coach or management team, who, with their athletes, has carefully plotted their campaign towards success. The quest for sporting excellence requires an understanding of the planning process. Performance profiling is widely used by sports coaches and trainers to enhance an individual's and team sports performance.

Games that include groups of people will require distinctive mental abilities for every person because of the diverse requests of their particular parts inside the group. A coach or a physical education teacher ought to have the capacity to distinguish these necessities through perception and appraisal. The appraisal will generally appear as some type of mental abilities profiling. There are numerous ways this can be accomplished, yet a coach is generally required to enable the person to end up noticeably mindful of their view of the mental requests put upon him or her. Once these have been distinguished, the competitor ought to be urged to analyze where he or she is as far as his or her mental qualities and short comings and procedures ought to be set up to enhance those regions that have been recognized as requiring change.

Sports psychology means applying psychological theories and concept to aspects of sports such as coaching, teaching, competition etc. While sports psychology is concerned with analyzing of human behavior in various types of sports settings.

Competition sports play a crucial role in modern society. Achievement in sports is appreciated and large number of people participated in sports activities as part of their daily life. Modern sports consist of variety of different disciplines, which in the course of history have evolved as group of physical activities that have lent themselves participating competition and matches. The dynamic development of sports shall continue to engender new forms. The past decade has seen a substantial increase in number of sports in which international championships are held.

In each competition the standard of performance in every sport attain new height. This is due to the influence of modern training system and the development in various science like Biomechanics, Exercise physiology, sports medicine, sports psychology etc. This helps the sports person to train through modern means and techniques.

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Materials and methods

The purpose of the study is to explore the role and function of performance profiling in sports and its application among rural area of Idukki district in Kerala under Kerala Cricket Association

The investigator explains the performance profile variables and its application. This would then allow the coach the ability to evaluate how the players perceive the current condition of the team. The most fundamentally crucial element of the whole process is to ensure that the player completing it is totally honest with themselves and their answers, and not just filling out what they think their coach wants to see.

Result and discussion

The result shows the level of mental toughness variables among CASH Kerala Cricket academy

Table 1: Mental toughness of cricket players

Self confidence	32.62
Motivation	36.62
Attention Control	38.5
Goal setting	33.5
Visual Imagery Control	24.25
Attitude Control	25.25

The table shows the level of mental toughness of cricket players of Cash Kerala cricket academy under Kerala Cricket Association

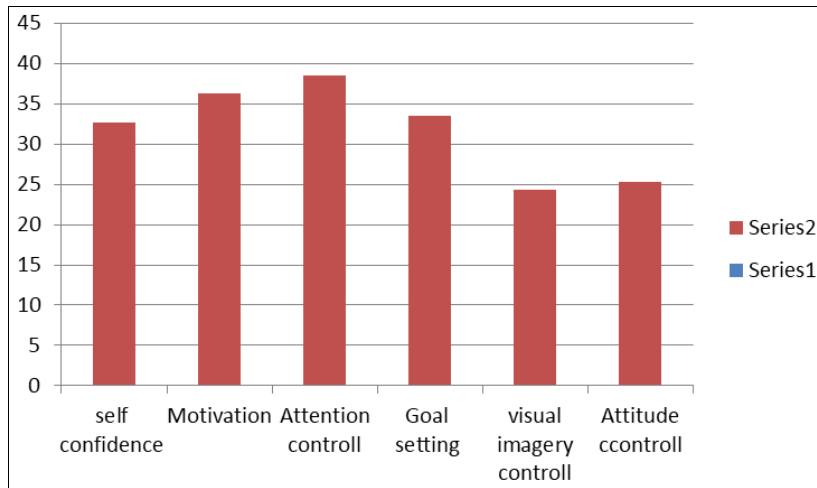


Fig 1

Conclusion

Base on the result the following conclusions are stated

- The high level mental toughness shows the players in the case of attention and control.
- The motivation and goal setting is equal level in between the players.
- Compare to other variables the visual imagery control and attitude control level is less.

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