



ISSN: 2456-0057
IJPNPE 2019; 4(1): 1599-1602
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www.journalofsports.com
Received: 04-11-2018
Accepted: 06-12-2018

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Assessment of psychological well-being among high and low cricket performers

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Abstract

The present study was designed to compare the level of psychological well-being between high and low cricket performers. A sample of one hundred twenty eight (N=128) inter-college level cricketers from the affiliated colleges to Panjab University, Chandigarh was selected for the present study. Out of 128, sixty four each (N=64) were assigned to the high and low level group of cricketers on the basis of their performance in inter-college tournament. The Psychological well-being of subjects was measured by employing Psychological Well-Being Scale constructed by Ryff & Keyes (1995) [13]. The test of significance ('t' test) was used to compare the psychological well-being between high and low level cricket performers. Descriptive statistics was also carried out. The level of significance was set at 0.05. The results of the present study indicated that the high level cricket performers were significantly better as compared to their low level counterparts with regard to the sub-variables; autonomy, environmental mastery, personal growth, positive relations, purpose in life, self-acceptance and on the variable psychological well-being (Total).

Keywords: Psychological well-being, high, low, cricket performers

Introduction

It is not an easy to define psychological well-being or being in a good and sound state of mental health because it depends on a number of multiple factors (European Commission, 2005) [6]. If defined, it would be associated with self-esteem, functioning of the mind, overall character and traits of a person. It would also take into account the behavior, cheerfulness, energy, misery and nervousness (Brown, 1992) [1]. Depression and anxiety are the unconstructive effects of mental health, could have hampering effects on the psychological well-being. So, it would not be wrong to link psychological well-being with health associated wellness. It could be best defined by one's own observations of physical, mental, social and emotional signs. The physical signs could be vigor and tiredness; mental signs could be attentiveness and reasoning power; social signs could be relationship building with family and peers and emotional signs could be stress, depression and anxiety (Rejeski *et al.*, 1996) [11]. Psychological well-being was an idea which dealt with emotions and sentiments of the people in their routine life. These emotions and sentiments varied on cognitive and psychological grounds such as anxiety, depression, stress, disappointment, unpleasant experiences, displeasure and emotional fatigue to a state understood as positive mental health (Warr, 1978) [16].

According to Diener *et al* (1999) [5] the psychological well-being has four components: (i) positive psychological well-being (good mental health, enjoyment, delight and pleasure); (ii) psychological distress (blame, embarrassment, sorrow, worry, rage and pressure); (iii) life satisfaction (contentment with growth of lifestyle) and (iv) domain satisfaction (job, family, spare time, vigor, economics).

The sports performance is complex phenomena. The performance in sports is influenced by several factors like body conditioning, type of physique and physiological factors. In order to achieve the desired results in sports one has to pay equal attention towards the development of all above said factors along with psychological well-being which also plays a vital role in better sports performance including the game of cricket.

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Cricket is unique sporting discipline as there are three different game formats, namely T20, One Day, and multiple-day (Test and first-class) cricket, in which the physiological demands vary greatly. Advancement of technology and the popularity of the game of cricket, introduction of professional T 20cricket and more number of matches played by the cricketers now-a-days have increased the expectations of players, coaches and spectators. Consequently, the players are under pressure to perform better constantly. To manage such huge pressure, the psychological training has to play an important role in cricket. The performance in sports is by and large influenced by the psychological factors.

While considering the growing popularity of Cricket and the importance of psychological well-being for the sports persons, the present study has been undertaken by the researchers to compare the psychological well-being between high and low level cricket performers.

Methodology

The present study was designed to compare the level of psychological well-being between high and low cricket

performers. One hundred twenty eight (N=128) inter-college level cricketers from the affiliated colleges to Panjab University, Chandigarh were selected to act as subjects for the present study. Out of 128, the subjects were assigned to the high (N=64) and low level (N=64) group of cricketers on the basis of their performance in inter-college tournament by adopting certain criteria. Cricketers who secured positions in the inter-college tournament were considered as high performer group whereas the loser of the first round were assigned to the group of low level cricket performers. The Psychological well-being of subjects was measured by employing Psychological Well-Being Scale constructed by Ryff & Keyes (1995) [13]. The test of significance ('t'-test) was used to compare the psychological well-being between high and low level cricket performers. Descriptive statistics was also carried out. The level of significance was set at 0.05.

Results

Descriptive statistics and significance of mean difference between high and low cricket performers with regard to psychological well-being have been presented in table-1.

Table 1: Descriptive Statistics and Significance of Mean Difference between High and Low Cricket Performers with regard to Psychological Well-Being and its sub-variables

Sub-Variab	Group	N	Mean	SD	MD	SEDM	t-value	p-value (sig)
Autonomy	High Cricket Performer	64	29.95	3.48	4.44	.73	6.10*	.000
	Low Cricket Performer	64	25.52	4.67				
Environmental Mastery	High Cricket Performer	64	28.07	4.22	2.98	.76	3.91*	.000
	Low Cricket Performer	64	25.09	4.39				
Personal Growth	High Cricket Performer	64	29.89	4.24	4.81	.76	6.31*	.000
	Low Cricket Performer	64	25.07	4.39				
Positive Relation	High Cricket Performer	64	29.21	3.88	4.41	.69	6.39*	.000
	Low Cricket Performer	64	24.81	3.91				
Purpose in Life	High Cricket Performer	64	31.42	3.53	3.88	.62	6.25*	.000
	Low Cricket Performer	64	27.54	3.49				
Self-Acceptance	High Cricket Performer	64	30.68	4.70	5.41	.79	6.78*	.000
	Low Cricket Performer	64	25.28	4.31				
Psychological Well-Being (Total)	High Cricket Performer	64	180.34	4.99	27.14	2.66	10.20*	.000
	Low Cricket Performer	64	153.20	15.11				

*Significant at 0.05 level (Degree of Freedom=126)

Table-1 indicates the Mean and SD value of high and low level cricket performers as 29.95 ± 3.48 and 25.52 ± 4.67 respectively with regard to sub-variable: autonomy. The Mean Difference (MD) and Standard Error Difference of Mean (SEDM) were 4.44 and .73 respectively. High and low level cricket performers found to be differed significantly ($p < 0.05$) with t-value = 6.10 and p-value (sig.) = .000. The comparison of mean values of high and low groups of cricket performers revealed that the high cricket performers demonstrated significantly better autonomy as compared to their low performer counterparts.

The Mean and SD value of high and low cricket performers were 28.08 ± 4.22 and 25.09 ± 4.39 respectively with regard to Psychological well-being sub-variable; environmental mastery. The MD and SEMD were 2.98 and .76 respectively. Significance of difference ($p < 0.05$) was observed between high and low cricket performers as their t-value was 3.91 with p-value (sig.) = .000. While comparing the mean scores of the both groups, it has been observed that the high cricket performers demonstrated better environmental mastery as compared to their lower performance counterparts.

The Mean and SD value of high and low cricket performers were 29.89 ± 4.24 and 25.07 ± 4.39 respectively with regard to psychological well-being sub-variable; personal growth.

The Mean difference and SEMD were 4.81 and .76 respectively. High and low cricket performers found to be differed significantly ($p < 0.05$) with t-value = 6.31 and p-value (sig.) = .000. When compared the mean scores of both the groups, it has been observed that the high cricket performers demonstrated better personal growth as compared to their lower performance counterparts.

The Mean and SD value of high and low cricket performers were 29.21 ± 3.88 and 24.81 ± 3.91 respectively with regard to Psychological well-being sub-variable; positive relation. The Mean difference and SEMD were 4.41 and .69 respectively. Significance difference ($p < 0.05$) was observed between high and low cricket performers as their t-value was 6.39 with p-value (sig.) = .000. While comparing the mean scores of both groups, it has been observed that the high cricket performers demonstrated better positive relation as compared to their lower performance counterparts.

The Mean and SD value of high and low cricket performers were 31.42 ± 3.53 and 27.54 ± 3.49 respectively with regard to Psychological well-being sub-variable; purpose in life. The Mean and SEMD were 3.88 and .62 respectively. High and low cricket performers found to be differed significantly ($p < 0.05$) with t-value = 6.25 and p-value (sig.) = .000. While comparing the mean scores of both groups, it has been

observed that the high cricket performers demonstrated better purpose in life as compared to their lower performance counterparts.

The Mean and SD value of high and low cricket performers were 30.68 ± 4.70 and 25.28 ± 4.31 respectively with regard to Psychological well-being sub-variable; self- acceptance. The Mean difference and SEMD were 5.41 and .79 respectively. High and low cricket performers found to be differed significantly ($p < 0.05$) with t-value = 6.78 and p-value (sig.) = .000. While comparing the mean scores of both groups, it has been observed that the high cricket performers demonstrated better self-acceptance as compared to their lower performance counterparts.

The Mean and SD value of high and low cricket performers were 180.34 ± 14.99 and 153.20 ± 15.11 respectively with regard to the psychological well-being (total). The mean difference and SEMD were 27.14 and 2.66 respectively. High and low cricket performers found to be differed significantly ($p < 0.05$) with t-value = 10.20 and p-value (sig.) = .000. While comparing the mean scores of both groups, it has been observed that the high cricket performers demonstrated better as compared to their lower performance counterparts with regard to the psychological well-being (total).

The graphical representation of mean scores with regard to the psychological well-being and it sub-variables of high and low cricket performers have been presented in figure-1.

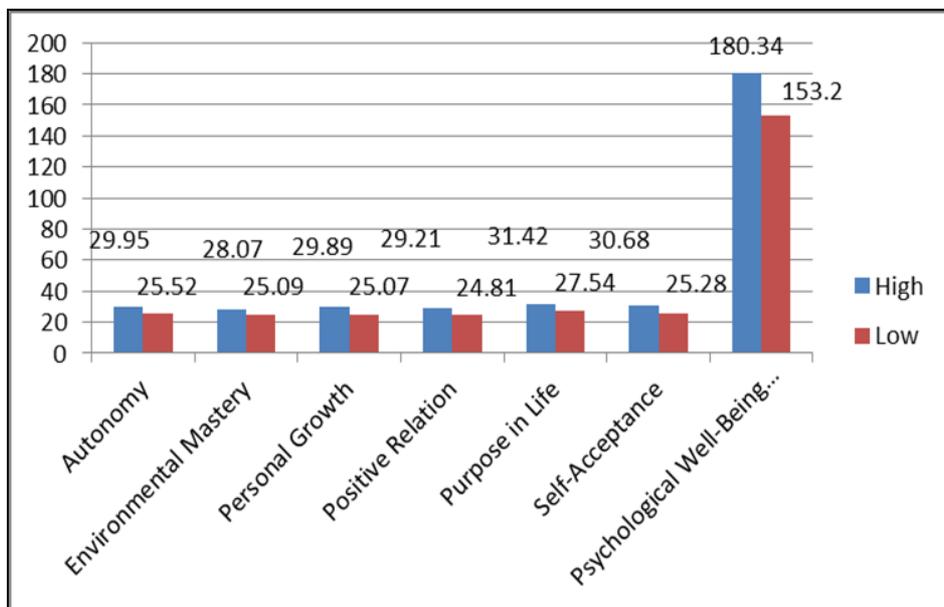


Fig 1: Graphical representation of Mean Scores with regard to the Psychological Well-Being and it sub-variables among High and Low Cricket Performers

Discussion

It is evident from table-1 that the high cricket performers demonstrated significantly better autonomy, environmental mastery, personal growth, positive relation, purpose in life, self-acceptance and on the variable psychological well-being (Total) as compared to their low level counterparts. The results of the study might be due to the reason that the sports performance is bio-product of physical and psychological factors. The high performers might be autonomous in making decisions and their decisions are not influenced by others. They might be open in thinking as compared to low performers.

High cricket performers also exhibited significantly better environmental mastery which signifies that they can easily handle the situations in which they are fit better with the people around them as compared to low performers. The high performers might be better in managing their daily life responsibilities than low performers and their lifestyle might also be according to their likings.

High performers reported significantly higher level of personal growth, seem to believe in having new experiences in developing personality through continuous learning. High performers recorded significantly higher score with regard to positive relations with others, which shows that they seem to be loving and affectionate in maintaining positive relations with people around them.

High performers exhibited significantly better with regard to purpose in life. It might be due to the sense of purpose and

directions in life, enjoy and making plans for future, thus, make them more optimistic in their lives.

High performers demonstrated significantly better on self-acceptance. It might due to the fact that they pleasingly accept the life. They are also positive and confident about their self. They like themselves and feel good about themselves. The cricket performance and psychological well-being facilitate each other as the performance in sports competition is influenced by physical as well as psychological aspects. The sports performance and psychological well-being are inter-linked. Therefore, the sportspersons possess better sports performance also exhibited better psychological well-being and vice-versa. The results of the present study are in line with the findings of Goodwin *et al.* (2012)^[8] which indicated that compulsive exercise was significantly associated with the emotional regulation. They further revealed that adolescents' compulsivity towards exercise is performed under different tense/emotional regulation situations. Similarly, Hernandez-Ardieta *et al.* (2002)^[9] concluded that the athletes are more independent, emotionally more stable and more concentrated in work than non-athletes. Fong *et al.* (2009)^[7] revealed that the college participants who had undertaken a recommended level of physical activity scored significantly higher emotional intelligence than their insufficient and inactive counterparts which plays a vital role in decision making. Steptoe and Butler (1996)^[15] also reported that the sport and vigorous recreational activity index was positively associated with emotional well-being independently of sex, social class, health status and use of hospital services. Butt (1987)^[2]. Cox

(1994) ^[3] and Saint-Phard *et al.* (1999) ^[14] reported that the competitive athletes present some psychological characteristics that distinguish them from other populations. They revealed that athletes showed higher emotional stability, extroversion, self-confidence and higher mental resistance when compared with the non-athletes. De Moor *et al.* (2006) ^[4] corroborated that male and female who were involved in various physical activities had demonstrated average anxiety as compared their non-participants counterparts. They substantiated that regular exercise is cross-sectionally associated with lower neuroticism, anxiety and depression, higher extraversion and sensation. Zaminian *et al.* (2011) revealed that elite women student athletes were significantly better than their counterpart non-athletes with regard to the variable emotional intelligence. Rathee (2009) ^[12] explored that sportspersons were significantly better than non-sportspersons on emotional intelligence. The results further reaffirm the view that sports participation enhances the level of emotional competence and thus resulting in higher level of emotional intelligence. Maresh *et al.* (1991) ^[10] while comparing a group of runners with a group of non-athletes indicated that athletes were more positive, thoughtful and more emotionally stable than non-athletes, top athletes were less inclined to emotional arrestment, losing control over their emotional responses and their behaviour in situations experienced as tense or emotionally charged.

Conclusion

It is concluded that better psychological well-being was observed among high level cricket performers as compared to their low level counterparts. The better psychological well-being and cricket performance affect each other in positive manner.

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