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Association of impulsive behavior with motor ability, motor educability and kinesthetic perception among players of individual, team and combat sports

Bindiya Rawat and Deepak Bangari

Abstract

The purpose of this study was to determine the association of Impulsive Behaviour with Motor Ability, Motor Educability and Kinesthetic Perception among Players of Individual, Team and Combat Sports. The subject selected for this research work was 600 players from Individual, Team and Combat Sports studied in various universities of state Punjab. The subjects selected for this study had represented the intercollegiate. The variable selected for the purpose of this study was Impulsive Behaviour, Motor Ability, Motor Educability and Kinesthetic Perception. The scores on Impulsive Behaviour were obtained by using questionnaire prepared by Dr. S. N. Rai and Dr. Alka Sharma in case of Motor Ability, Motor Educability and Kinesthetic Perception, Barrow Motor Ability Test, Jhonson–Metheny Motor Educability Test, and The Shuffel board Distance Perception Test, was used respectively. To analysis the relationship of Impulsive Behaviour with Motor Ability, Motor Educability and Kinesthetic Perception among Individual, Team and Combat Sports, Pearson product moment correlation coefficient was used as a statistical technique at 0.05 level of significance. Findings of the study show that the relationship of Impulsive Behaviour with Motor Ability, Motor Educability and Kinesthetic Perception among Players of Individual, Team and Combat Sports found insignificant.

Keywords: Impulsive behaviour, motor ability, motor educability, kinesthetic perception, individual sports, team sports and combat sports

Introduction

Impulsive behavior implies precisely what it sounds like: following up on drive or acting without considering. Now and then following up on drive implies the distinction amongst life and demise. In case you're strolling over a street and an auto is speeding towards you, there's no opportunity to remain around and considering what to do. A drive instructs you to jump off the beaten path and you tail it without addressing. Now and then imprudent conduct can cause enduring genuine results. Impulsivity (or imprudence) is a multifactorial develop that includes a propensity to follow up spontaneously, showing conduct described by practically zero thinking ahead, reflection, or thought of the outcomes. Indiscreet activities are ordinarily "misguided, rashly communicated, unduly unsafe, or unseemly to the circumstance that frequently brings about bothersome outcomes," which endanger long haul objectives and procedures for progress. After the deep understanding of challenges researcher is able to understand that yes impulsive behavior exists in sports. Further information collected by the researcher related to Impulsivity, Motor ability, Motor Educability and Kinesthetic Perception has not research in various sports category namely Individual, Team and combat sports collaboratively. Therefore, the investigator, in this study has directed this attention towards an understanding of the relationship of Impulsive Behavior with Motor Ability, Motor Educability and Kinesthetic Perception among players of Individual, Team and Combat sports

Objective of the study

1. To find out the relationship of Impulsive behaviour with Motor Ability among players of Individual, Team and Combat Sports.
2. To find out the relationship of Impulsive behaviour with Motor Educability among players of Individual, Team and Combat Sports.

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- To find out the relationship of Impulsive behaviour with Kinesthetic Perception among players of Individual, Team and Combat Sports.

Hypothesis

- There will be a significant relationship of Impulsive behaviour with Motor Ability among players of Individual, Team and Combat Sports.
- There will be a significant relationship of Impulsive behaviour with Motor Educability among players of Individual, Team and Combat Sports.
- There will be a significant relationship of Impulsive behaviour with Kinesthetic Perception among players of Individual, Team and Combat Sports.

Procedure and methodology

The subject selected for this research work was 600 players from Individual, Team and Combat Sports studied in various universities of state Punjab. The subjects selected for this study had represented the intercollegiate. The selection of subjects was made on the basis of various sports categories by

keeping purpose in mind. The subjects selected were in the age range of 18-28 years. The variable selected for the purpose of this study was Impulsive behaviour, Motor Ability, Motor Educability and Kinesthetic Perception. The scores on Impulsive Behaviour were obtained by using questionnaire prepared by Dr. S. N. Rai and Dr. Alka Sharma, 1988 in case of Motor Ability, Motor Educability and Kinesthetic Perception Barrow Motor Ability Test, 1954, Jhonson–etheny Motor Educability Test, 1938 and The Shuffel board Distance Perception Test, 1966 was used respectively. To analysis the relationship of Impulsive and Aggressive Behaviour with Motor Ability, Motor Educability and Kinesthetic Perception among Individual, Team and Combat Sports Pearson product moment correlation coefficient was used as a statistical technique at 0.05 level of significance.

Result and discussion of the findings

The findings pertaining to descriptive statistics and product moment method of correlation technique for the various psychological and motor variables of Six hundred sports persons have been presented in table no.1.1 to 1.4

Table 1.1: Descriptive Statistics of Individual Game Players, Team Game Players and Combat Game Players in Relation to Impulsivity

	Team Game	Individual Game	Combat Sports
Number	200	200	200
Mean	16.07	13.30	15.84
Std. Error of Mean	0.297	.350	.300
Std. Deviation	4.206	4.959	4.178
Variance	17.694	24.593	17.455
Skewness	-.228	.003	.152
Std. Error of Skewness	.172	.172	.172
Kurtosis	.043	-1.042	-.994
Std. Error of Kurtosis	.342	.342	.342
Minimum	07	04	09
Maximum	27	23	24

Table 1.1 clearly depicts the descriptive statistics values for the individual, team and combative game players in relation to Impulsivity, which shows that the mean for team game, individual game and combat game players were found to be

16.07± 0.297, 13.30± 0.350and 15.84 ± 0.300 respectively. Standard deviations were 4.206, 4.959, and 4.178 respectively. The same has been graphically represented below in Figure 1.1.



Fig 1.1: Mean comparison of Individual Games, Team Games and Combat Games on Impulsivity

Table 1.2: Relationship of Impulsive Behaviour with Motor Ability in Relation to Individual Games Team Games and Combat Sports

	General Motor Ability	Individual Games	Team Games	Combat Sports
Impulsivity	Pearson Correlation	-.058	.075	.016
	Sig. (1-tailed)	.207	.145	.411
	N	200	200	200

DF (598)

Table-1.2 suggests the relationship of impulsive behaviour with general motor ability. The findings revealed positive but weak and insignificant correlation of .075 between impulsive behaviour and general motor ability in team games. Findings were negative but weak for individual games with

calculated value of -.058 and combat sports with a value of .016. As the level of significance is greater than the p-values. 145 in team games, .207 in individual games and .411 for combat sports, it can be assumed that calculated values are not significant enough.

Table 1.3: Relationship of Impulsive Behaviour with Motor Educability among Individual Games Team Games and Combat Sports

	Motor Educability	Individual Games	Team Games	Combat Sports
Impulsivity	Pearson Correlation	.006	.103	.036
	Sig. (1-tailed)	.466	.074	.307
	N	200	200	200

DF (598)

Table 1.3 suggests the relationship of impulsive behaviour with motor educability. The findings revealed positive but weak correlation of .103 between impulsive behaviour and motor educability in team games. Findings were also weak for individual games with calculated value of .006 and combat

sports with a value of .036. As the level of significance is greater than the p-values. 074 in team games, .466 in individual games and .307 for combat sports, it can be assumed that calculated values are not significant enough.

Table 1.4: Relationship of Impulsive Behaviour with Kinesthetic Perception in Relation to Individual Games Team Games and Combat Sports

	Kinesthetic Perception	Individual Games	Team Games	Combat Sports
Impulsivity	Pearson Correlation	-.022	.083	-.118*
	Sig. (1-tailed)	.380	.121	.048
	N	200	200	200

DF (598)* significant at 0.05 level

Table- 1.4 suggests the relationship of impulsive behaviour with kinesthetic perception. The findings revealed positive but weak correlation of .083 between impulsive behaviour and kinesthetic perception in team games. Findings were negative but weak for individual games with calculated value of -.022 and combat sports with a significant negative value of -.118. As the level of significance is greater than the p-values. 145 in team games, .207 in individual games, it can be assumed that calculated values are not significant enough. But in case of combat sports p-value is less than level of significance therefore, the finding is termed as significant.

Discussion of findings

The scholar examined the relationship of impulsive behaviour and aggression with general motor ability, motor educability and kinaesthetic perception. In order to test multiple hypotheses for establishing relationships Pearson's Product Moment Correlation was computed with the help of SPSS 16.0 version.

The first objective was to find out the relationship of impulsive behaviour with motor ability among players of individual, team and combat sports, so to test the hypothesis Pearson's Product Moment Correlation was computed. The findings revealed positive but weak correlation between impulsive behaviour and general motor ability in team games. This suggests that though positive correlation was there between the two it was not substantial enough to predict any interaction between them. The findings are in contrast with those of Guilherme M. L *et al* (2011) [16] where, relationships between impulsivity and technical performance in specific match situations was reported. Negative relationship was between impulsive behaviour with motor ability in relation to individual games, which denotes that if impulsivity increases motor ability will decrease and vice versa. The findings are in contradiction with that of Andrade M *et al*. (2016) [17] where it was concluded that impulsiveness is related to tactical performance of U-15 youth soccer players. For combat sports again, it was a weak correlation. Hickmann Sara A (2004) [15] stated Players who sustained a higher number of head injuries

were more likely to show higher levels of dysfunctional impulsivity and use a more impulsive problem-solving approach. Not much of the supporting evidences as reviews were found.

The second objective was to find out the relationship of impulsive behaviour with motor educability among players of individual, team and combat sports. The findings revealed positive but weak correlation between impulsive behaviour and general motor ability in team games as well as combat sports. For impulsive behaviour and Motor Educability in individual sport negative correlation was found, which suggests that impulsive behaviour can decrease the motor Educability of a player. This finding corroborates with that of Swinnen S *et al*. (1986) [18] where correlations between the reflection-impulsivity variables and gymnastic performance were generally low, it could be attributed to the fact that sports movements are often a tactical activity aimed at bringing desirable performance, on the contrary impulsiveness is not aimed at obtaining expected outcome with success, rather it is an unthoughtful action.

The third objective was to find out the relationship of impulsive behaviour with Kinesthetic perception among players of individual, team and combat sports. On computing the data, it unfurled that there was statistically a significant negative relation between impulsivity and kinesthetic perception. This indicates that high impulsivity will decrease kinesthetic performance of combat players, as impulsively driven player will lose the sense of judging his body position with respect to space. Though the findings lack the literature support, the general definitions suggest that impulsive behaviour lacks cognitive judgement therefore, a possibility of deteriorated decision making with respect to body position is not ruled out. The same was reported by Tseng M.H *et al* (2004) [19] in students affected by ADHD where, two predictors -attention and impulse control were prominent predictor of gross and fine motor skills.

Conclusion

On the basis of the analysis of data and findings of the study,

following conclusions were drawn: -

1. An insignificant relationship of Impulsive behaviour with Motor Ability in Individual games was not accepted as findings reflected weak relationship between the variables. An insignificant relationship of Impulsive behaviour with Motor Ability in Team games was not accepted as findings reflected weak relationship between the variables. An insignificant relationship of Impulsive behaviour with Motor Ability in Combat Sports was not accepted as findings reflected weak relationship between the variables.
2. An insignificant relationship of Impulsive behaviour with Motor Educability in players of Individual games was not accepted due to weak relationship between the parameters. An insignificant relationship of Impulsive behaviour with Motor Educability in players of Team games was not accepted due to weak relationship between the parameters. An insignificant relationship of Impulsive behaviour with Motor Educability in players of Combat Sports was not accepted due to weak relationship between the parameters.
3. An insignificant relationship of Impulsive behaviour with Kinesthetic Perception in players of Individual games was not accepted. An insignificant relationship of Impulsive behaviour with Kinesthetic Perception in players of Team games was not accepted. A significant relationship of Impulsive behaviour with Kinesthetic Perception in Combat Sports was accepted as there was a significant relationship between the two variables in relation to combat sports.

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