



ISSN: 2456-0057

IJPNPE 2019; 4(1): 2478-2480

© 2019 IJPNPE

www.journalofsports.com

Received: 05-11-2018

Accepted: 12-12-2018

Nidhi Rai

Research Scholar, School of
Physical Education, DAVV,
Indore, Madhya Pradesh, India

Dr. VF Peter

Associate Professor, School of
Physical Education, DAVV,
Indore, Madhya Pradesh, India

Assessment of psychological aspects of female hockey players of Gwalior academy

Nidhi Rai and Dr. VF Peter

Abstract

The purpose of this study was assessment and describe the psychological aspects like (Achievement Motivation, Sports competition Anxiety, Aggression, and Self-Concept) of female junior national hockey players of academy, Gwalior. The analysis of facts accumulated on the overall number of subjects for this study, (N=50) female players of junior national level, from female hockey academy Gwalior. The training age of the subjects was of minimum 3 years. Subjects will provide written, voluntary, informed consent prior to participation and all players were regular and accustomed to high levels of exertion. The select of Psychological variables like (Achievement Motivation, Sports competition Anxiety, Aggression, Self-Concept) of female junior national hockey players of academy, Gwalior. Records tools were used descriptive information, (mean, trendy deviation, minimum and maximum) have been applied. The information studying tools spss- 21 software turned into used. There was significance Mean score of psychological variables (Achievement Motivation, Sports competition Anxiety, Aggression, Self-Concept) for the female junior nation hockey players of hockey academy, Gwalior.

Keywords: Hockey achievement motivation, sports competition anxiety, aggression, self-concept academy, Gwalior. etc.

Introduction

Hockey is a technical game in which performance is based on skills and techniques in which different complicated elements are involved such as high level of physical and psychological abilities. Sports psychology helps a lot in assessing the performance of hockey players. Though physical and physiological variables play important role in enhancing hockey performance but finally it is the psychological factor which decides the winning and losing of the team. Hockey is a Skilful game and because of that strategies and tactics are changed very frequently and thus is becomes a mind game. Presently coaches and physical educators and concerned about the psychological and sociological aspect of sports rather than depending on merely physiological fitness and skills of various activities. They realized that physiological and sociological characteristics of the participant contribute more towards their success than mere physical fitness. Hockey is a technical game in which performance is based on skills and techniques in which different complicated elements are involved such as high level of physical and psychological abilities. Sports psychology helps a lot in assessing the performance of hockey players. Though physical and physiological variables play important role in enhancing hockey performance but finally it is the psychological factor which decides the winning and losing of the team. Hockey is a Skilful game and because of that strategies and tactics are changed very frequently and thus is becomes a mind game. Presently coaches and physical educators and concerned about the psychological and sociological aspect of sports rather than depending on merely physiological fitness and skills of various activities. They realized that physiological and sociological characteristics of the participant contribute more towards their success than mere physical fitness. The various skills attendant to good hockey play include the hitting, stopping, scoop, slap and swip hit among others. Hung (1980) specifically linked high skill and prodigious levels of fitness as essential to squash excellence. To develop a test protocol to monitor the specific fitness of elite racket sports players, Hughes & Fullerton (1995) said it is necessary to consider the nature of the game at the elite level and identify the most relevant physiological and technical variables that influence performance.

Corresponding Author:

Nidhi Rai

Research Scholar, School of
Physical Education, DAVV,
Indore, Madhya Pradesh, India

Therefore, this study intends to assess the contribution of fitness and skill to squash playing ability from the very essential ingredients of the game.

Objectives of the study

- To describe the psychological aspects like (Achievement Motivation, Sports competition Anxiety, Aggression, Self-Concept) of female junior national hockey players of academy, Gwalior.

Methodology

The analysis of facts accumulated on the overall number of subjects for this study, (N=50) female players of junior national level, from female hockey academy Gwalior. The training age of the subjects was of minimum 3 years. Subjects will provide written, voluntary, informed consent prior to participation and all players were regular and accustomed to high levels of exertion. The select of Psychological variables like (Achievement Motivation, Sports competition Anxiety, Aggression, Self-Concept) of female junior national hockey players of academy, Gwalior. Records tools were used descriptive information, (mean, trendy deviation, minimum and maximum) have been applied. The information studying tools spss- 21 software turned into used.

Table 1: Descriptive statistics of psychological variables for the talent identification of female junior national hockey players of hockey academy Gwalior.

S.N.	Psychological Variables	Mean	Std. Deviation	Minimum	Maximum
1	Achievement Motivation	18.6	4.0	12.0	28.0
2	Sports Competition Anxiety	21.4	4.1	12.0	29.0
3	Aggression	19.4	4.2	12.0	29.0
4	Self-Concept	22.6	6.2	10.0	37.0

*Significant set at level.

Table-1 this study was carried results psychological variables of female hockey players of hockey academy Gwalior. The heights mean and standard deviations let me lean this up here standard deviations are extremely helpful in analyzing the data sets, hence, that 1 table, group statistics, this table includes descriptive statistics mean and standard deviations for each psychological variables (Achievement Motivation, Sports competition Anxiety, Aggression, Self-Concept) of female junior national hockey players of academy, Gwalior. In detail table includes that the mean and standard deviations of psychological variables for the show Achievement Motivation (18.6±4.0), Sports competition Anxiety (21.4±4.1), Aggression (19.4±4.2), Self-Concept (22.6±6.2).

Discussion of Findings

The reason of these differences can be associated with above results this is probably due to the different nature of the physical components training and pre-requisite for students. Number of participation and level of participation. The reason may be attributed that the physically trained student or level of achievements and taken deferent types nutrition food. These results may be due to a small sample of size and other factors such as different types of body, differences in body composition. These results may be nutrition diet schedule deference. The reason may other Psychological variables like stress, sports fear, self-confidence, attention concentration etc.

Conclusions

According to objectives of the study the following conclusions were drawn

There was significance Mean score of psychological variables

Criterion measure

Sports competition anxiety test (SCAT)

The questionnaire was used for this study Sports Competition Anxiety developed by Rainer Marten.

Achievement Motivation

The standard psychological variables for achievement motivation. The data analysing through questioner by Kamalesh.

Self-concept: Swata Bodh Parkinson Swara (S.B.P.) is a forty eight item questionnaire.

Sports aggression inventory: Sports Aggression Inventory constructed and standardized by Anand Kumar and Prem Shankar Shukla, was selected for this study. This questionnaire was distributed to the subjects after the Competition. The direction were read by the researcher.

Statistical technique

In this study Descriptive statistics were applied for Gwalior Academy Female Hockey Players.

Analysis of data and Results

(Achievement Motivation, Sports competition Anxiety, Aggression, Self-Concept) for the female junior nation hockey players of hockey academy, Gwalior.

References

- Floyd B. Can Socio-Economic Factors Account for "atypical" correlations between Timing, Peak Velocity, and Intensity of Adolescent Growth in Taiwanese Girls?, *Am J Hum Biol* 2000;12:102-117.
- Dr. N Anbu. Effect of six weeks aerobic training on selected physical fitness variables among men students, *International Journal of Yogic, Human Movement and Sports Sciences* 2019, 4(1).
- Dr. Savitri S Patil. Effect of asana on physical fitness Variables of secondary school students" *International Journal of Yogic, Human Movement and Sports Sciences* 2018, 3(1).
- Al-Sendi AM, Shetty P, Musaiger AO. Anthropometric and Body Composition Indicators of Bahraini Adolescents, *Ann Hum Biol* 2003;30(4):367-79.
- Molnar D, Livingstone B. Physical activity in relation to overweight and obesity in children and adolescents, *European Journal of Pediatrics* 2000;159(S1)S45-S55.
- Dr. Gangavva Danappanava. A study on psychological variables among personality traits and self-concept of sports women's players" ISSN: 2456-0057 *IJPNPE* 2019; 4(2): 564-566 © 2019 *IJPNPE* www.journalofsports.com Received: 28-05-2019 Accepted: 30-06-2019 *International Journal of Physiology, Nutrition and Physical Education* 2019;4(2):564-566.
- Dr. Iqbal Khan Goury, Dr. Yuvraj Singh Khangarot

- Impact of Pariksha meditation and yogic lifestyle on BMI in hypertensive patients International Journal of Yogic, Human Movement and Sports Sciences 2019, 4(2).
8. Dr. J Samuel Jesudoss. Effect of selected yogic practice on the physical fitness International Journal of Yogic, Human Movement and Sports Science 2019, 4(1).
 9. Dr. Pankaj Pandey. Comparative analysis of selected physical fitness variables of school level hockey and football players, International Journal of Yogic, Human Movement and Sports Sciences.
 10. Dr. Vijaykumar B Algotar. A comparative study on selected physical fitness component of Rajkot and Surendranagar district school student, International Journal of Yogic, Human Movement and Sports Sciences, 2019.
 11. Jasbir Singh, Dr. Pritam Singh. A relationship study of physiological characteristics and basketball playing ability among university level players ISSN: 2456-0057 IJPNE 2019;4(1):2331-2333. © 2019 IJPNE www.journalofsports.com Received: 05-01-2019 Accepted: 28-01-2019.
 12. Javaid Ahmad Rather, Dr. Yuwraj Shrivastava. Effect of music therapy on pre-competition anxiety in college level soccer players of Kashmir ISSN:2456-0057 IJPNE 2019;4(1):1176-1178. © 2019 IJPNE www.journalofsports.com Received: 15-02-2019 Accepted: 17-03-2019
 13. Kalavati Poti, Dr. Jyoti A Upadhye. Effect of meditation, asanas, pranayama and callisthenic exercise on physiological and psychological variables ISSN: 2456-0057 IJPNE 2019;4(2):580-585. © 2019 IJPNE www.journalofsports.com Received: 21-05-2019 Accepted: 24-08-2019.
 14. Mary L Young. Comparison of Self Concept of Women High School High School and College Tournament Basketball Player's Research Quarterly 1981;52:286.
 15. Putul Mandal, Dr. Ashim Kumar Bose. Comparative studies on some physical characteristics and physiological variables among the girl football players of hilly region and plane region ISSN: 2456-0057 IJPNE 2019;4(1):2314-2317. © 2019 IJPNE www.journalofsports.com Received: 21-11-2018 Accepted: 27-12-2018.
 16. Putul Mandal, Dr. Ashim Kumar Bose. Comparison of physical characteristics and physiological variables of Jungle Mahal and plane region girl football players of West Bengal ISSN: 2456-0057 IJPNE 2019;4(2):590-593 © 2019 IJPNE www.journalofsports.com Received: 10-09-2019 Accepted: 15-10-2019
 17. Rajesh Patidar. Comparison of Self Concept of High and Low Skilled Players of Madhya Pradesh Unpublished M.P.E. Dissertation, D.A.V.V., Indore 1995.
 18. Begum SG, Choudhary B. Age Changes in Some Somatometric Characters of the Assamese Muslims of Kamrup District, Assam, Ann Hum Biol 1999;26(3):203-17.
 19. Sukhdeep Rani, Dr. Jasmel Kaur. Assessment of the selected physiological variables between working and non-working females in Punjab IJPNE 2019;4(1):2218-2221 © 2019 IJPNE www.journalofsports.com Received: 23-11-2018 Accepted: 25-12-2018.
 20. Nambi Sundarajan T, Dr. STN Rajeswaran. Construction of psychological tool on pre-competition anxiety in intercollegiate players ISSN: 2456-0057 IJPNE 2019;4(1):2152-2154. © 2019 IJPNE
 21. Albert V Carron, Steven R Bray, Mark A Eys. Team Cohesion and Team Success in Sport Journal of sports sciences. 20 ISSN: 0264-0414
 22. Annelies, Carsten. European Journal of Work and Organizational Psychology 2001;10:97.
 23. Douglas E Gardner, David Light Shields, Brenda Jo Light Bredemeier, Alan Bostrom. Perceived Coaching Behaviors and Team Cohesion Among Baseball and Softball Players 367-38.
 24. Dr. Amandeep Singh. Comparative study of selected physical fitness variables between urban and rural school going girls of Sangrur district International Journal of Yogic, Human Movement and Sports Sciences 2018, 3(2).
 25. Graham Jones, Austin, Swain, Andrew Cale. Gender Differences in Pre-competition Temporal Patterning and Antecedents of Anxiety and Self-Confidence. Journal of Sports and Exercise Psychology, 1991, 13:
 26. Jean M Williams, Colleen M Hacker. Causal Relationships among Cohesion, Satisfaction, and Performance in Women's Intercollegiate Field Hockey Teams 1991, 324-337.
 27. Amra K. A Comparative Study of Self-Concept Adjustment and Creative Thinking of Sports and Non-Sports School Girls of Himanchal Pradesh Unpublished Doctoral Thesis, Punjab University Chandigarh, 1988.

www.journalofsports.com Received: 10-11-2018
Accepted: 14-12-2018