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Psychological differentials in cricket players at different level of participation

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Abstract

The purpose of the present study was to compare the psychological characteristics of intercollegiate and intervarsity cricket players. Total forty subjects were randomly selected (20 from intercollegiate and 20 from intervarsity) from Jammu University; Jammu and Kashmir was taken as a sample. The age of participants ranged between 18-25 years. Sports Achievement Motivation Test, Mental Toughness Inventory and Competitive State Anxiety Inventory-2 were administered to assess psychological variables. All the subjects were informed about aim and methodology of the study and they volunteered to participate in this study. 'T' test independent was used to analysis the data, level of confidence was set at 0.05 levels. The results show that that in the parameters such as sports competitive anxiety, mental toughness and achievement motivation there were significant difference between intercollegiate and intervarsity cricket players of Jammu University. The study also revealed that the intervarsity cricket players are better in mental toughness and achievement motivation and had lower competitive anxiety as compare to intercollegiate cricket players.

Keywords: achievement motivation, mental toughness, competitive state anxiety

Introduction

In the field of sports psychology, the personality research was characterized by a tradition between group comparisons, e.g. athletes were compared with non-athletes, successful athletes with less successful ones, and men athletes with women athletes. Comparisons were also made among athletes representing different sports disciplines. These studies generally served performance prediction and selection goals, whether these attempts were very successful or not is difficult to say. But some studies have attempted to demonstrate an athletic personality. Heusner (1952) ^[1] found some persisting personality traits in American and British Olympic champions. He found that champions were emotionally stable, dominant, venturesome, bold, uninhibited, placid, self-confident and self-assured. Weber (1953) ^[2] conducted a study on 246 freshmen who were expected to take physical education at the state University of Iowa. The findings of the research declared no significant relation between total MMPI scores and fitness score. Biddulph (1954) ^[3] found greater intensity of social and personal adjustment among students with higher in athletes achievement then the students ranked lower in athletic achievement. Persone (1964) ^[4] revealed that difference was found among champion swimmers and the average population in 15 out of 16 factors of Cattell's 16 PF and the champion swimmers apparently possessed extreme scores on personality factors. Schendel (1965) ^[5] found that the 9th grade athletes differed from the non-athletes on eight of the CPI scales, differences existed on 4 scales for the 12th grade sample and nine differences were observed for the college subjects. Hence, he supported the view that athletes and non-athletes differ in personality structure. Kroll and Carlson (1967) ^[6] contend that there is definite personalities factors existed which motivate people to select a sport and participate in it. Such factors might be different form general psychological factors relating to ordinary activity of body. Cooper (1969) ^[13] lists athlete's personality structure as below: Ogilvie (1968) ^[10] also found that traits like tough-mindedness, emotional stability, consciousness, self-assuredness and outgoings consistently, self-control; low ergic tension level, were associated with athletic achievement. Malumphy (1968) ^[7] used the Cattell's 16 PF to compare the personality traits of 120 women, 77 athletes and 43 non-athletes. He found athletes playing individual sport being more burnout as compared to those participating in team sports.

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Although the high degree of conscientiousness and tough-mindedness is found among sport participant but they were less venture some and imaginative than their counterparts i.e. non sport participant. Hunt (1969)^[8] reported that Negro and white varsity athletes had similar personality profiles as did the Negro and white non-athletes. Hence, athletes, regardless of ethnic background tended to differ from the non-athletes. Studies conducted by Kane (1965)^[9], Berhram and Kroll (1967)^[11] and Dardin (1972)^[14] have indicated that determination, drive and killer instinct are the qualities that are expected to be found extraordinarily in champion athletes. They have also shown that athletes of one sport differ from those of other sport and non-athletes in their personality characteristics. Little (1969)^[15] found that the athletic group was highly extrovert and sociable while the non-athletic group was characterized by introversion and lack of sociability. His findings were essential in agreement with those of Carmen, Zerman and Blaine (1968)^[16] and Pierce (1969)^[17] i.e. athletes display fewer neurotic symptoms than non-athletes. So, he concluded that athletes have consistently been found to differ from non-athletes on a number of personality traits. The athlete tends to be stable and extroverted with the exception of cross country runners and marathons that are characterized by introversion. Bird (1970)^[18] examined personality

differences in participants and non-participants in sports. He found that intercollegiate participants were more serious, sober, tough-minded, self-reliant, decisive, enterprising, possessing more alertness, poise when compared with the non-participants. Sperling (1970)^[19] who used six assessment instruments to study college athletes and non-athletes, found results similar to those of Cooper (1969)^[13]. Burdashaw (1971)^[23] studied personality profile of swimmers and non-swimmers among university women and found that groups did not differ significantly in the profile for 16 primary and four secondary factors. Rusch (1972)^[24] found that adult female athletes to be more reserved and tough -minded than the non-athletes.

Methodology

The data were collected form Jammu University during intercollegiate and intervarsity training camp. The age of participants ranged between 18-25 years. Sports Achievement Motivation Test, Mental Toughness Inventory and Competitive State Anxiety Inventory-2 were administered to all the subjects of the study. All the subjects were informed about aim and methodology of the study and they volunteered to participate in this study. 'T' test independent was used to analysis the data, level of confidence was set at 0.05 level.

Table: Explanation of tools

S.no	Tool	Developers	Year
1.	Sports Achievement Motivation Test	M. L. Kamlesh	1990
2.	Mental Toughness Inventory	S. C. Middleton, H. W. Marsh, A. J. Martin, G. E. Richards and C. Perry	2005
3.	Competitive State Anxiety Inventory-2	R. Martens, R. S. Vealey and D. Burton	1990

Explanation of tools

1. Sports achievement motivation was calculated by Sports Achievement Motivation Test (SAMT) developed by Kamlesh. M. L. (1990)^[22].

Description: SAMT is a self-evaluation questionnaire of 20 questions. Each question carries an utmost score of two and least zero. For the correct answer two marks were given whereas for incorrect zero was given. Subjects scoring less than twenty four marks were characterized as low in sports achievement motivation. Those scoring below thirty and above twenty four marks as moderate and the scoring above thirty as highly motivated. The specimen of the questionnaire is given in appendix.

2. Mental Toughness was calculated by mental toughness inventory (MTI) developed by Middleton *et al.* (2005)^[12].

Description: The quantitative evaluation of the MTI demonstrates the strong psychometric properties. By and large, the MTI characterized as an appropriate tool, strong in theory, conceptualization and internal properties. The scoring was done as per the instruction in the test manual. The inventory was provided with eight point scale ranging from false (not like me) at one end of the scale and true (like me) at the other end. The scoring was done in ascending order with false being given value of one mark and true being given eight marks. To obtain the overall score for the inventory, the scores obtained by the subjects against all the items of the inventory were summed up. The scores for the inventory ranged from minimum of 36 to 288 being the maximum

score, higher the score higher will be the level of mental toughness.

3. The Sports competitive anxiety was calculated through Competitive State Anxiety Inventory-2 (CSAI-2) developed by Martens. R., Vealey. R. S. and Burton. D. (1990)^[25].

Description: The scale divided anxiety into three sub variables cognitive anxiety, somatic anxiety and related component self-confidence. Self-confidence tends to be the opposite of cognitive anxiety and was another factor in controlling stress. To score the CSAI-2, take all the scores for each item at face value with the exception in item 14, where we "reverse" the score i.e. 1=4, 2=3, 3=2 and 4=1. Score of each item range between 9 and 36; with score 9 indicating low anxiety and 36 indicating high level of anxiety.

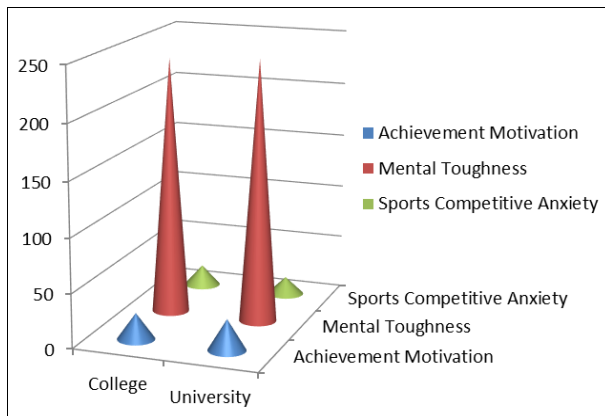
Administration of the tests and collection of data

Selected tests were administered by the investigator as per the procedure mentioned in the manuals. Permission of the respective district cricket associations, team coaches and managers accompanying their teams was sought before the administration of the various tests. The date and time was decided in consultation with the coaches/managers and as per the convenience of the teams/ players. The intention of the investigation was explained to the subjects and then questionnaires were distributed. Response sheets were collected immediately after the completion of the test. The investigator was ensured that the collected information will be kept confidential.

Results

Table 1: Mean, SD and t-ratios of Achievement Motivation of cricket players of inter- college and inter- university level competition

Variables	Level	N	Mean	SD	t-value	P. value
Achievement Motivation	College	20	24.22	1.97	7.14*	0.001
	University	20	28.62	2.30		
Mental Toughness	College	20	237.50	12.02	4.30*	0.018
	University	20	242.10	10.88		
Sports Competitive Anxiety	College	20	19.10	1.78	3.12*	0.002
	University	20	16.30	1.96		



Graph 1: Mean, SD and t-ratios of Achievement Motivation of cricket players of inter- college and inter- university level competition

The table-1.1 revealed the differences on psychological characteristics were found to be significant between university level and college level crickets players of Jammu district of Jammu and Kashmir, e.g. achievement motivation ($t= 7.14, p<0.001$), mental toughness ($t=0.39, p<0.018$) and sports competitive anxiety ($t=3.12, p<0.002$). The mean scores indicate that university cricket players were better psychological characteristics than intercollegiate cricket players.

Discussion and Conclusion

The researcher analyzed the collected data as per the aim of study. The statistical analysis of psychological characteristics of cricket players showed that in the parameters such as sports competitive anxiety, mental toughness and achievement motivation there were significant difference between intercollegiate and intervarsity cricket players of Jammu University. The study also revealed that the intervarsity cricket players are better in mental toughness and achievement motivation and had lower competitive anxiety as compare to intercollegiate cricket players. The differences in personality traits parameters between intercollegiate and intervarsity cricket players may be due to difference in skills, experience, trainability and movement's pattern etc.

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