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Comparative study on mental skills between costal and non-costal area of male basketball players

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Abstract

The purpose of the present study was to geographically analyse the factors that determine the performance of sports among the male studying in the Colleges of coastal area and plain area. For this, as samples the male studying in the Colleges of the coastal area (N=247) and plain area (N=198) in the age group of 18-25 years were selected totally 445. To have the quality over the collection of data, the samples identified in this study were clearly explained about the need, nature and purpose of the study. The tools used to collect data are standardized equipments with well established reliability for measuring the psychological. The Mental skills Inventory for Sports (PSIS R-5; Mahoney, Gabriel, & Perkins, 1987). Mental skill variables such as motivation, confidence and anxiety control. Using these scientific instruments, the data on selected variables were collected with the help of research assistants. From the response of mental skills, it was found that 32 male from the coastal area and 23 male from plain area made incorrect response and not accounted for this study. Thus, finally data collected 215 male from the coastal area and 175 male from plain area were considered for this study. The collected data from the variables used in the study were treated with one way analysis of variance so as to analyse geographically. The results derived from the one way analysis of variance are as follows. The findings of this study, clearly explained that other than the very few variables, in the factors of psychological, mostly the male studying in Colleges of coastal area were found to be significantly higher than the male of plain area.

Keywords: Mental skills, costal and non-costal, basketball players

Introduction

The present world is a highly competitive one. Everyone is striving to implicate a new formula in their product so as to enhance its quality and to distinguish from others. It helps them to keep their good will and to achieve their goal in time. According to Swami Vivekananda quote's that we will be of what we presume. The industrial sector, it precipitates the impact of raw material in the finishing product. Having a high caliber machines and man power, one cannot make a quality product to the quality of raw material is used. This is so common in all fields specifically in sports. Now a day, the performance of sports participants is an ever changing one because of new innovations in methods used for training and identification the player or athlete. In Europe and in western countries, players and athletes have been located scientifically with the expert team members from the field of physical education, coaching, biomedical engineering, anthropometry, exercise physiology and psychology. Such a mechanism of filtering helps in identifying the quality person for participating in sports. When such a quality person is processed with scientific training, it saves time and energy in terms of coaching and training and aid the athlete to reach their goal in time.

Methodology

The purpose of the present study was to find out the geographical influence on factors determining the performance of sports among the male studying in Colleges of coastal area and plain area. From the selected samples of coastal area (N=247) and plain area (198) based on the incorrect responses to the measures of mental skills inventory, 32 samples were from coastal areas and 23 samples from plain area were dropped from the further analysis. Finally 215 samples from the coastal area and 175 samples from the plain area selected for further analysis. The age of the selected subjects was in the range of 18 to 25 from the male section.

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As mental skills inventory developed by Mahoney (1986) to measure the psychological skill such as selected variables for the present study are: motivation, confidence and anxiety

control. The results derived on variables between the bare tested at 0.05 level of significance which was considered as sufficient one.

Table 1: Descriptive statistics on Psychological aspects

Variables	Geographical Conditions	N	Mean	Std. Deviation	Std. Error
Motivation	Coastal	215.00	28.85	7.64	0.52
	Plain	175.00	29.69	6.82	0.52
	Total	390.00	29.23	7.28	0.37
Confidence	Coastal	215.00	27.26	5.28	0.36
	Plain	175.00	26.88	5.51	0.42
	Total	390.00	27.09	5.38	0.27
Anxiety Control	Coastal	215.00	24.16	3.63	0.25
	Plain	175.00	22.90	4.52	0.34
	Total	390.00	23.60	4.10	0.21

Table - 1 reveals that the mean and standard deviations of psychological variables of male belong to coastal areas and plain area as follows. In motivation 28.85 ± 7.64 for coastal

area, 29.69 ± 6.82 for plain area, in confidence 27.26 ± 5.28 for coastal area, 26.88 ± 5.51 for plain area, in anxiety control 24.16 ± 3.63 for coastal area, 22.90 ± 4.52.

Table 2: One Way Analysis of variance on Psychological aspects

Variables	Source	Sum of Squares	DF	Mean Square	F	Sig.
Motivation	Between Groups	67.19	1.00	67.19	1.27	0.26
	Within Groups	20576.95	388.00	53.03		
	Total	20644.14	389.00			
Confidence	Between Groups	13.63	1.00	13.63	0.47	0.49
	Within Groups	11259.41	388.00	29.02		
	Total	11273.04	389.00			
Anxiety Control	Between Groups	153.15	1.00	153.15	9.33	0.00
	Within Groups	6370.65	388.00	16.42		
	Total	6523.80	389.00			

Table 2 reveals that the F-ratio of selected psychological skill variables are: 1.27 (motivation), 0.47 (confidence) and 9.33 (anxiety control).

The observed 'F' ratio was tested for significance at 0.05 level. To be significant at 0.05 level for degree of freedom 1 and 388, the required critical value was (3.87). Other than the motivation and confidence the F –ratio on variables such as 9.33(anxiety control) is found to be statistically significant at 0.05 level of significance as they exceed the required critical value (3.87). Further the F –ratio observed for motivation (1.27) and confidence (0.47) were found to be statistically not significant. Since, the observed F -ratio fails to reach the significant level. From the results, it was observed that the mean difference exists on anxiety control is the students pertain to coastal areas and plain area were found to be statistically significant. Regarding the motivation and confidence, the students of both coastal and plain areas were not differed significantly. From the results it was inferred that the geographical impacts on mental skills was statistically significant.

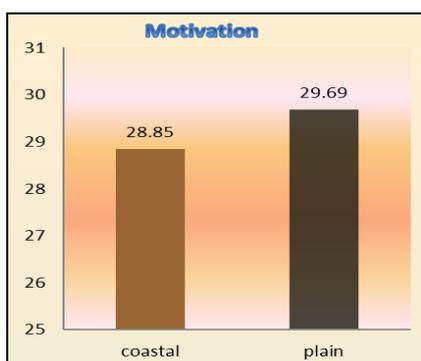


Fig 1: Bar diagram showing the mean difference on Motivation

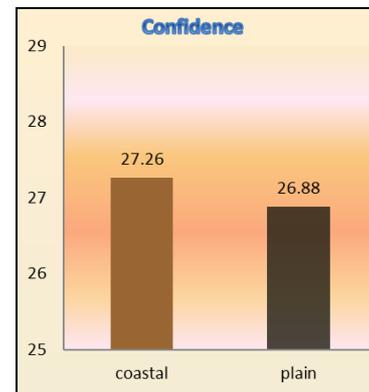


Fig 2: Bar diagram showing the mean difference on Confidence

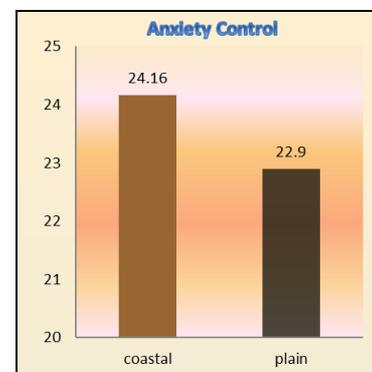


Fig 3: Bar diagram showing the mean difference on Anxiety Control

Discussion on Findings

Results of analysis of variance on selected mental skills, explained that geographical influence was found to be significant in most of the skills such as anxiety control,

mental preparation, team emphasis and concentration other than the skills of motivation and confidence. Of the six mental skills, students of coastal area were significantly higher in mental preparation, anxiety control and concentration than the students in plain areas. In the psychological skill of team emphasis the students studying in plain areas were found to be higher than the students of coastal area. Thus the findings observed on mental skills are to be discussed in the following using theoretical and empirical constructs. In discussing the results derived on motivation and confidence it is to critically analyse the source for similar results between the students of coastal area and plain area. Motivation is an inner drive of an individual. As one of the basic need of human beings and driving force, motivation plays a significant impact on every activity. In fact, motives for an individual stems from internal (internal motives) and external (external motives). The need of an individual serves as a primary drive for the motive of all human beings irrespectively the area in which they survive. Thus the basic thirst behind the students of coastal and plain area may have chance to be either similar or exist hair line difference in motivation. Such a source may be the factor for getting the similar results on motivation between the students of coastal and plain areas.

Conclusions

Based on the findings of the study, the following conclusions have been made.

Malty *et al.* (2015) and Jones, G., & Hanton, S. (1996) ^[6] findings of this study, clearly explained that other than the very few variables, in the factors of psychological, mostly the male studying in Colleges of coastal area were found to be significantly higher than the male of plain area. The source for such dominance of the coastal area may be because of their geographical and environmental structure with which they are biologically accommodated. Geographically the coastal areas are very restricted in internal transport facilities and in the utilities of infrastructure to meet out the day to day living conditions as easily availed by people from plain area. Though it seemed to be pit falls in facilities, in nature it indirectly helps them to develop their physical and its relative factors.

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