



ISSN: 2456-0057
IJPNPE 2019; 4(1): 260-262
© 2019 IJPNPE
www.journalofsports.com
Received: 01-05-2019
Accepted: 27-05-2019

Dr. Rakesh Kumar Verma
Assistant Professor, GGSDS
College, Sector – 32, Chandigarh,
India

Performance failure appraisal: A study of combative and non-combative sports

Dr. Rakesh Kumar Verma

Abstract

Background: Different players react differently to the given situations. This dissimilarity may be because of their individual approach towards life in general and games in particular. However, participation in some specific games tends to make them behave in a particular manner. They attach many things with the outcome of the competition and it starts affecting their performance. Winning and losing are the parts of the same coin. Success cannot be guaranteed even after dedicated hard work and skillful performance; but its chances increase with hard word and expert execution. The very thoughts of losing a competition makes a player feel uncertain about his plans in that sport. His trust in his playing abilities is shattered. His self-esteem and confidence level become vulnerable. The current study was thus intended to find out and then compare the performance Failure Appraisal in players participating in combative and non-combative sports. It was hypothesized that there would be significant differences between the players participating in combative and non-combative sports on performance failure appraisal.

Methods: The sample consisted of 60 randomly selected male subjects between the ages 16 – 25. The subjects included players from combative sports (n = 30) of taekwondo and Wushu and non-combative sports (n = 30) of basketball and handball.

Result: No significant differences were found between the combative and non-combative sportspersons with respect to the variable performance failure appraisal or any of its sub-variables Fear of Experiencing Shame & Embarrassment (FSE), Fear of Devaluing One's Self-Estimate (FDSE), Fear of Having an Uncertain Future (FUF), Fear of Important Others Losing Interest (FIOLI) and Fear of Upsetting Important Others (FUIO).

Conclusion: Based on the present study, it was concluded that performance failure appraisal of combative and non-combative sportspersons was equal.

Keywords: Performance failure appraisal, combative sports, non-combative sports

Introduction

Taking part in physical activities is natural to man. Participation in these physical activities lead to competitions against the opponent teams and in the end one team ends up as winner and other as the loser. Winning or losing is a part of each sport irrespective of the level of competition, age, gender, region, religion, region or country. There is nobody in the world that is untouched by defeat. Ever the best of athletes face defeat in their respective sport at some stage and that is the beauty of the competitive world.

Nothing can be taken for granted as it is seldom offered on a silver platter. All athletes try their best and leave no stone unturned but success cannot be guaranteed. All sportspersons face defeat at various levels of the competitions during their journey of sports career. Competitions are organized at every level: school level, college level, university level, district level, state level, national or international level. The prime purpose behind the organization of these competitions is not to allow the players to taste success or failure, but to kindle that true spirit of competition and sportsmanship in them. Moreover, the scope of these competitions is much wider. A competition allows a player to know about the common mistakes he commit while playing. It also permits him to admire his opponent and learn from him. Therefore, in true sense sports bring the players together.

Players of individual sports have to bear the burden of a lost match on their own. They are solely responsible for the outcome of a match. Unlike team sports, they cannot blame or find

Corresponding Author:
Dr. Rakesh Kumar Verma
Assistant Professor, GGSDS
College, Sector – 32, Chandigarh,
India

faults with others. Losing means that the opponent was a more skillful player and executed his performance in a better way. In team game, all the players make their contributions towards the overall performance of the team. The players of the losing team can console one another after a match. Some may find faults with other teammates. However, the players should not take defeat to their hearts.

Nevertheless, it is pertinent to understand that winning and losing are the two sides of a coin. If there are two opponent individuals or teams, only one will emerge as the winner of the match and other will have to console with the hope to do better next time. It is foolish to think of being always on the winning side. In addition, if winning is the only important thing then what about a healthy competition. The players are so fearful of losing a match or competition that it starts affecting their performance. They keep their expectations so high that it eventually sets them for up for disappointment at the end of a competition. They take a game only as winning or losing and nothing in between like a healthy competition. Gray (1987) ^[6] express fear as a condition wherein a person is worried or afraid and presents an emotional reaction to the risk of the punishment that he wants to evade. Heckhausen (1991) ^[7] expressed that fear of failure engaged cognitive, emotional and behavioral occurrences associated with failure in the context of judging own achievements. Conroy (2001) ^[1, 2, 3] brought forward the view that assessment was a vital part of both sports and education. He further opined that fear of failure was higher in people who showed signs of depression and anxiety. He also linked fear of failure with physical problems like eating disorders and drug abuse.

Covington (1992) ^[4]; Elliot & Church, (1997) ^[5, 8] remarked that all persons irrespective of their gender have the tendency to fear the failure. And this is true across all levels of actual and assumed ability. Mc Gregor and Elliot A. J. (2005) ^[5, 8] in their study concluded that people expressed greater shame upon an assumed failure when they had high fear of failure. Such people with high fear of failure were reluctant to inform their parents about their failure experiences. They were more interested in sharing only the success stories with their parents. Conroy *et al.* (2007) ^[1, 2, 3] in their study conducted on the children and youth reached the conclusion that fear of failure grows with age. The researcher expressed that older children had higher fear of failure as compared to the younger children. Sagar & Jowet (2012) ^[11] also had the same opinion and agreed with the results of the study conducted by Conroy *et al.* (2007) ^[1, 2, 3]. They established that age was a big factor that was associated with fear of devaluating one's self-estimate. On one hand the younger male sportspersons showed lesser fear of devaluating one's self-estimate as compared to the older and experienced sportspersons. On the other hand, the younger female sportspersons showed higher degree of fear of devaluating one's self-estimate as compared to the older and experienced sportspersons. Morgan Aidan P. (2012) ^[10] was of the opinion that although games were played

with the body, but it was the mindset that differentiated between the winner and the loser; and it was true for individual and team games.

Objective of the study

The study was conducted with the objective to find out and compare the Performance Failure Appraisal of the combative and non-combative sportspersons. It was hypothesized that there would be no significant difference between the players of combative and non-combative sportspersons on Performance Failure Appraisal.

Methodology

Selection of subjects

The sample consisted of 60 randomly selected male subjects between the ages 16 – 25. The subjects included players from combative sports (n = 30) of taekwondo and Wushu and non-combative sports (n = 30) of basketball and handball.

Selection of the test scale

The requisite data for the study was collected by making use of 'The Performance Failure Appraisal Inventory' developed by Conroy David E. in 2000. The inventory contains 25 items and each item has five possible responses ranging from: 'Do Not Believe at all' to 'Believe 100 % of the time'. The inventory is divided into five sections namely: Fear of Experiencing Shame & Embarrassment (FSE), Fear of Devaluating One's Self-Estimate (FDSE), Fear of Having an Uncertain Future (FUF), Fear of Important Others Losing Interest (FIOLI) and Fear of Upsetting Important Others (FUIO). The inventory then calculates the 'General Fear of Failure'.

Collection of data

The data for the study was collected from the various academies and training centers located in Chandigarh. The subjects were informed about the purpose of the study and data was collected after taking their consent. The subjects were assured of the confidentiality of their responses.

Statistical analysis

1. The t-test (two-tail) was used to compare the means of the two samples. The level of significance was set at 0.05.
2. Graphical representation of the scores.
3. Average Scores of different sub-variables.

Results of the study

Following are the results attained from the above study that compares the sportspersons participating in combative and non-combative sports on Performance Failure Appraisal Inventory. The results have been presented in the form of tables that highlights the means, standard deviation and z ratio of the combative and non-combative sportspersons.

Table 1: Differences between combative and non-combative sportsperson on performance failure appraisal inventory

| Variables | Combative sportspersons (n = 30) | | Non-combative sportspersons (n = 30) | | t-value |
|--|----------------------------------|------|--------------------------------------|------|---------|
| | Mean | SD | Mean | SD | |
| Fear of Experiencing Shame & Embarrassment (FSE) | 0.32 | 0.37 | 0.22 | 0.34 | 0.28 |
| Fear of Devaluating One's Self-Estimate (FDSE) | 0.15 | 0.46 | -0.06 | 0.49 | 0.10 |
| Fear of Having an Uncertain Future (FUF) | 0.18 | 0.40 | 0.10 | 0.51 | 0.48 |
| Fear of Important Others Losing Interest (FIOLI) | -0.16 | 0.74 | -0.28 | 0.86 | 0.58 |
| Fear of Upsetting Important Others (FUIO) | -0.18 | 0.57 | -0.13 | 0.67 | 0.69 |
| Performance Failure Appraisal (PFA) | 0.31 | 0.26 | -0.15 | 0.34 | 0.34 |

* Significant at 0.05 level

Table 1 above highlights the mean values, standard deviation (SD) and the t-value of sportspersons of combative and non-combative sports with respect to the Performance Failure Appraisal Inventory. Null hypothesis stated that there would be no significant differences between the means of combative and non-combative sportspersons.

The calculated t-values for all the sub-sections of Performance Failure Appraisal Inventory, namely Fear of Experiencing Shame & Embarrassment (FSE), Fear of Devaluing One's Self-Estimate (FDSE), Fear of Having an Uncertain Future (FUF), Fear of Important Others Losing Interest (FIOLI) and Fear of Upsetting Important Others (FUIO) were found to be 0.28, 0.10, 0.48, 0.58 and 0.69 respectively. Moreover, the table value at 5% level of significance for 58 degree of freedom was 2.00, which was found to be greater than these calculated values. Hence, no significant differences were found between the means of combative and non-combative sportspersons.

Conclusion

On the bases of present study, it was concluded that no significant differences were found between the combative and non-combative sportspersons with respect to performance failure appraisal or any of its subsections. Therefore, the null hypothesis was accepted. The results of the study are in line with the study conducted by Mohan J. and Jafari Z. (2018) ^[9], who in their study found that no significant differences exist between athletes involved in individual and team sports.

References

1. Conroy DE. The Performance Failure Appraisal Inventory, Brief User's Manual. First Edition, College of Health & Human Development. California: Pennsylvania State University 2000.
2. Conroy DE. Fear of Failure: An exemplar for social development research in sport. *Quest* 2001;53:165–183.
3. Conroy DE, Kaye MP, Fifer AM. Cognitive Links between Fear of Failure and Perfectionism. *Journal of Rational-Emotive and Cognitive Behavior Therapy* 2007;4:237–253.
4. Covington MV. *Making the Grade: A Self-Worth Perspective on Motivation and School Reform*. New York: Cambridge University Press 1992.
5. Elliot AJ, Church MA. A Hierarchical Model of Approach and Avoidance Achievement Motivation. *Journal of Personality and Social Psychology* 1997;72:218-232.
6. Gray JA. *The Psychology of Fear and Stress* (2nd Edition), Cambridge: Cambridge University Press 1987.
7. Heckhausen H. *Motivation and Action*. New York: Springer 1991.
8. Mc Gregor Holly A, Elliot AJ. The Shame of Failure: Examining the Link between Fear of Failure and Shame. *Personality and Social Psychology Bulletin* 2005;31:218–231.
9. Mohan J, Jafari Z. Performance Failure Appraisal, Perfectionism and Coping among Athletes: A Study Across Type of Sports and Gender. *Indian Journal of Psychology* 2018.
10. Morgan Aidan P. *Sport and Exercise Psychology: A Critical Introduction*, 2nd Edition 2012, P–4.
11. Sagar S, Jowet S. The Effects of Age, Gender, Sport Type and Sport Level on Athletes' Fear of Failure: Implications and Recommendations for Sport Coaches. *International Journal of Coaching Science* 2012;2:61–82.