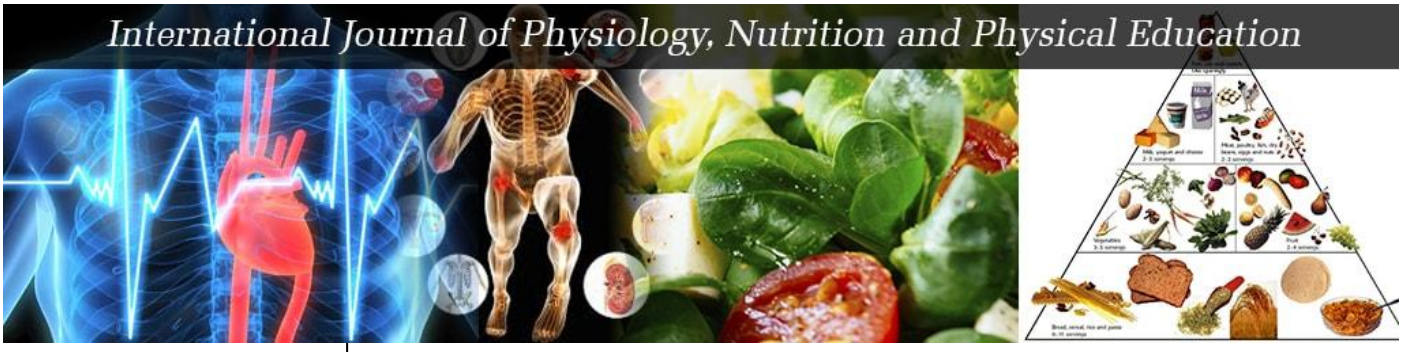

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Study of mood states among hockey players in relation to level of participation and gender

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Abstract
Effect of participation level and gender was observed on mood states among hockey players. This study was conducted on 80 hockey players. To serve the purpose of the study 20 national level male hockey players (Average age 26.67 years) and 20 national level female hockey players (Average age 24.11 years) were selected as sample. Another set of 20 district level male hockey players (Average age 20.26 years) and 20 district level female hockey players (Average age 19.18 years) were also selected. Hindi adaptation of Profile of Mood States prepared by Grove and Prapavessis (1992) was used to assess mood states of hockey players. 2x2 ANOVA was used for analysis of data. Results revealed significant main effect of level of participation on mood states of hockey players with national level hockey players showed lesser magnitude of mood upheaval as compared to district level hockey players. The main effect of gender was also observed on mood states of hockey players with male hockey players showed better mood states as compared to female hockey players. The two factor interaction effect of level of participation and gender was not observed on mood states of hockey players. It was concluded that level of participation and gender are two potential enough variables that can predict mood states of hockey players.

Keywords: mood states, level of participation, gender, hockey

Introduction
A good psychological training program is based on scientific data. It is essential for success of any psychological training plan that it is based on some sound scientific knowledge. It is helpful in deciding and assessing the psychological potentiality of sportspersons. One such psychological factor is mood states. Mood state is ideally defines within the context of psychological response to a state of affairs specific stimulation which will be environmental or internal stimulation. Cohen, Kessler, defined mood states as positive adaptation to stressful environmental factors. According to Murray (1998) it is a momentary emotional condition arising out of certain circumstances. Mood is sum total of quite a few emotions at a given time. Lane and Terry (2000) [6] propagated mood in relation to feelings. They defined that mood states as a feeling of very short period with varying intensities.

Sports psychologists over the years tried to evaluate the role of mood states in sports performance. They advocated that negative mood such as anxiety, tension, aggression are not good for optimum sports performance while positive mood such as esteem or vigour aids sports performance. The major contributor to establish relationship between mood and sports performance was Morgan. He also postulated that success and excellence is dependent on mood states. Research work conducted by Morgan *et al.* (1988) [7], Hassmén *et al.* (1998) [3], Totterdell and Leach (2001) [9], Raju and Johnson (2015) [8] also showed a meaningful relationship between mood states and sports performance. These studies also revealed some factors such as level of performance and gender in determining mood states of sportspersons. Despite research on mood states no study yet has been conducted in hockey which demands highest degree of psychological skills although Karp (2000) [5], Eloff *et al.* (2011) [2], Javed *et al.* (2015) [4], Vurho *et al.* (2017) [10] showed association of psychological parameters towards performance in hockey. Hence to get the better understanding of factors such as level of performance and gender and its impact on mood states of hockey players, the present study was planned.

Objective

The objective of the present study is to assess main and interaction effect of level of participation and gender on mood states of hockey players.

Hypothesis

It was hypothesized that level of participation (national-district) and gender (male-female) alone and interaction with each other will significantly influence mood states of hockey players.

Methodology

Sample

This study was conducted on 80 hockey players. To serve the purpose of the study 20 national level male hockey players (Average age 26.67 years) and 20 national level female hockey players (Average age 24.11 years) were selected as sample. Another set of 20 district level male hockey players (Average age 20.26 years) and 20 district level female hockey players (Average age 19.18 years) were also selected.

Tools

To assess mood states of selected hockey players, Hindi adaptation of Profile of Mood States prepared by Grove and Prapavessis (1992) was used. This profile assess mood states on the basis of six dimensions. This profile consists of 40 items and response on each item is to be given on 05 point likert scale. Higher the score better the mood states is the direction of scoring.

Procedure

80 hockey players were selected as per inclusion criteria. POMS prepared by Grove and Prapavessis (1992) was administered to each subject. For 2x2 ANOVA table level of participation has two categories (national-district) and gender has two categories (male-female) also. The fourfold ANOVA table gives detailed analysis about the impact of level of participation and gender on mood states of hockey players. The obtained results are presented in table 1.

Results

Table 1: Effect of Level of Participation (A) x Gender (B) on Mood States of Hockey Players (N=80)

		Gender (B)		Marginal Mean
		Male (b_1)	**Female (b_2)**	
Level of Participation (A)	National (a_1)	N=20	N=20	149.52
		M=157.85	M=141.20	
		S.D. = 19.33	S.D.=31.12	
	District (a_2)	N=20	N=20	128.25
		M=115.30	M=119.10	
		S.D.=26.81	S.D.=28.07	
Marginal Mean		140.37	128.25	

Table 2: ANOVA Summary

Source of Variation	SS	df	MS	F
A	18513.613	1	18513.613	32.18**
B	2940.313	1	2940.313	5.11*
AB	409.513	1	409.513	0.71 (NS)
Within treatment (Error)	43721.750	76	575.286	

** Significant at .01 level; * Significant at .05 level; NS Not Significant

Table 1 reveals the following facts

- The main effect of level of participation on mood states of hockey players was found to be statistically significant at .01 level (F=32.18, p<.01). It reveals that mood states in national level hockey players was significantly superior (M=149.52) as compared to mood states of district level hockey players (M=128.25)
- The main effect of gender on mood states of hockey players was found to be statistically significant at .05 level (F=5.11, p<.05). It reveals that mood states of male hockey players was significantly superior (M=140.37) as compared to mood states of female hockey players (M=128.25)
- The F of 0.71, an indicator of interaction effect of level of participation and gender on mood states of hockey players was not found to be statistically significant.

Discussion

The result indicates better mood states in national level hockey players as compared to district level hockey players. This is not surprising because previous studies have also mentioned the importance of positive mood states in terms of sports performance.

It was also observed that male hockey players having better mood states as compared to female hockey players. Hence the psychological difference in hockey players was established and got support from previous brain theories.

The non-significant two factor interaction is not surprising due to two significant main effects.

Conclusion

1. Mood upheaval in national level hockey players was significantly lower as compared to district level hockey players.
2. Mood upheaval in female hockey players was significantly higher as compared to male hockey players.
3. Level of participation and gender in interaction with other failed to create variance on mood states of hockey players.

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