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Assessment study of the psychological profiles of Uttar Pradesh and Haryana district and national level male hockey players

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Abstract

The purpose of the study was to find out the comparative result of the Psychological Profiles of Uttar Pradesh and Haryana District and National Level Male Hockey Players. The subject's age ranged between 18-25 years, they all were selected randomly from the States of Uttar Pradesh and Haryana U-19, U-22 Hockey teams, and the experts has made two groups of 49-49 players, one group made up of Uttar Pradesh Hockey players and another group made up of Haryana Hockey players, those who are continuously participating at District and National level Hockey Tournaments. The experts used questionnaires of Rainer and Martin's Sports Competition Anxiety Test and the Eysenck, Maudsley Personality Inventory; the questions addressed various aspects of Sports Competition Anxiety and Personality traits of Hockey players respectively. The questionnaire has filled by Uttar Pradesh and Haryana U-19 & U-22 Hockey Teams players respectively. For the evaluation of questionnaire Two Sample T- test was employed, and the findings revealed that there was a significant difference found i.e., 2.8 in their Personality parameters, it means Uttar Pradesh Hockey Players were better in their Personality as compare to Haryana Hockey Players and found insignificant i.e. 0.11 in the SCAT, which means there was no difference in Sports Competition Anxiety of Uttar Pradesh Hockey players and Haryana Hockey Players. Sports Psychology can help a lot in assessing the personality and sports anxiety characteristics of the players or individuals performance in Hockey not only demands systematic training to develop physical and physiological variables but also demands training and considerations of psychological characteristics for success in this field.

Keywords: Psychological profile, male hockey players, district level, national level, rainer and martin's sports competition anxiety test and the eysenck, maudsley personality inventory

Introduction

Field hockey is a team sport structured in standard hockey format, in which each team plays with ten outfield players and a goalkeeper. Teams must drive a round hockey ball by hitting it with a hockey stick towards the rival team's shooting circle and then into the goal. The match is won by the team that scores the most goals. Matches are played on grass, watered turf, artificial turf, synthetic field, or indoor boarded surface.

The stick is made of wood, carbon fibre, fibreglass, or a combination of carbon fibre and fibreglass in different quantities. The stick has two sides; one rounded and one flat; only the flat face of the stick is allowed to progress the ball. During play, goalkeepers are the only players allowed to touch the ball with any part of their body. A player's hand is considered part of the stick if holding the stick. If the ball is "played" with the rounded part of the stick (i.e. deliberately stopped or hit), it will result in a penalty (accidental touches are not an offense if they do not materially affect play). Goalkeepers often have a different design of stick; they also cannot play the ball with the round side of their stick.

The modern game was developed at public schools in 19th century England and it is now played globally. The governing body is the International Hockey Federation (FIH), called the Fédération Internationale de Hockey in French. Men and women are represented internationally in competitions including the Olympic Games, World Cup, World League, Champions Trophy and Junior World Cup. Many countries run extensive junior, senior, and masters club competitions. The FIH is also responsible for organizing the Hockey Rules Board and developing the sport's rules. The sport is known simply as "hockey" in countries where it

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is the more common form of hockey. The term "field hockey" is used primarily in Canada and the United States where "hockey" more often refers to ice hockey. In Sweden, the term landhockey is used. A popular variant is indoor field hockey, which differs in a number of respects while embodying the primary principles of hockey.

Applied Sports Psychology gained importance nowadays but no one really talked about it until recently. It has been known in one form or another for almost as long as people have played professional sports. It used to be called gamesmanship. Basically, in its most basic form, it is about psyching out your opponents while building yourself up. Sports psychologists talk about the importance of being in the zone and of creating an intimidating presence on the field. Once you have the momentum, as long as you can stay with it you can usually win. Although there are games that are a tossup until the very last moment, many games are decided within the first few minutes of play. What decides these games? The psychology of sports is interesting not only to professional athletes, but to anyone with an interest in the mind, especially if they are into the psychology of peak performance. You see, it involves many elements. Part of it is about competitive thinking, but it starts way before the teams get to the field. In essence, sports psychology is about winning, and winning requires dedication at every stage of the game. If you wait until you play a match to apply the principles of sports psychology, you probably won't do really well. Before that point, you need to have a winning attitude or else you will not be prepared. Training is one of the most important and difficult areas to apply to it. You have to keep your energy up each and every moment of each and every practice, or you will not be able to win. This requires all kinds of mental tricks. Sports training methods, in fact, involve many psychological techniques such as visualization, the chanting of positive phrases to create a positive attitude, and even meditation to enhance focus.

Although it is a new field, the opportunities for people with sports psychology degrees are growing every day. Many of the most successful teams in professional sports employ sports psychologists, and although they get very little of the glory, they are instrumental behind the scenes. Sports psychology is no longer a set of folksy tricks used by athletes to intimidate each other. Instead, it is an essential component of athletic training, athletic matches, and an athletic lifestyle. The psychology of sport and exercise is even used in yms to help normal everyday people with their workout routines. Once you become aware of psychology sports, you can see it everywhere.

Delimitations

1. The study will be delimited to 98 Male Hockey Players of District and National level from Uttar Pradesh and Haryana.
2. The study will be delimited to selected important performance oriented psychological variables as personality and anxiety.

Limitations

True response to questionnaires could act as limitation for the study.

Methodology

The subject's age ranged between 18-25 years, they all were selected randomly from the states of Uttar Pradesh and Haryana U-19, U-22 Hockey teams, and the experts has made two groups of 49-49 players, one group made up of Uttar

Pradesh Hockey Players and another group made up of Haryana Hockey players, those who are continuously participating at District and National level. The experts used questionnaires of Rainer and Martin's Sports Competition Anxiety Test and the Maudsley Personality Inventory; the questions addressed various aspects of Sports Competition Anxiety and Personality traits of Hockey players respectively. The questionnaire has filled by the Uttar Pradesh and Haryana U-19 & U-22 Hockey teams players respectively.

Results and Discussion

For the evaluation of questionnaire Two Sample T- test was employed, and the findings revelled that there was a significant difference found i.e., 2.8 in their Personality parameters (Neuroticism and Extroversion), it means Uttar Pradesh Hockey Players were better in their Personality as compare to Haryana Hockey Players and found Insignificant i.e. 0.11 in the SCAT, which means there was no difference in Sports Competition Anxiety of Uttar Pradesh Hockey Players and Haryana Hockey Players.

Variables	Means	SD	't'
Personality Uttar Pradesh	32.39	5.90	
Personality Haryana	27.45	7.1	2.8*
SCAT Uttar Pradesh	6.51	1.54	
SCAT Haryana	6.52	1.53	0.11

At .05 level of significance

The mean of Personality parameters of Uttar Pradesh Hockey Players found 32.39, which is quiet higher than the Personality traits of Haryana Hockey players i.e., 27.45, which reveals that the Uttar Pradesh Hockey Players were having good personality but the Haryana players has also having average personality (Neuroticism and Extroversion), we couldn't say they have poor personality. And when we compared by applying 't' test it has shown that there was a significant difference found among them.

The mean of SCAT of Uttar Pradesh Hockey Players found 6.51, and the mean of Haryana players found 6.52, which has shown almost same and there was very slight difference found among them, which reveals that the Uttar Pradesh and Haryana players has average level of sports anxiety. And when we compared by applying 't' test it has shown that there was an insignificant difference found among them at .05 level of significance and the tabulated value is 2.08.

Conclusion

Hockey is a team game full of endurance and speed and also occupies a significant place among all other games and sports. In some respects it is unique as a sport. It is an ideal sport and is a grand energetic game, giving enjoyment and pleasure and demanding fitness and dedication. Hockey needs specific psychological characteristics to be on top gear to take all the qualities in the match. A lot of research work is done on the physical and physiological limitations of Hockey but very less work has been indicated towards psychological aspect, hence to satisfy this present study has been under taken in the field of Hockey. Sports

Psychology can help a lot in assessing the personality and sports anxiety characteristics of the players or individuals performance in Hockey not only demands systematic training to develop physical and physiological variables but also demands training and considerations of psychological characteristics for success in this field.

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