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Assessment of psychological profiles of junior National male hockey players

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Abstract

The aim of the present study was to prepare psychological profiles of Junior National level Hockey players. For the purpose of this study a total of 240 Junior National Male Hockey Players were selected as subjects. The subjects were the team members of different States and Union Territories of India who were participated in the Junior National Hockey Tournament. For the collection of data, the scholar requested the coaches and team managers of participating teams of different States. The subjects were in the range of 1619 years of age as a result no difficulty was encountered in administering the psychological inventories and questionnaires as all were relevant to the 15+ age groups. For the purpose of the study, the subjects were considered as the true representative of the entire male Junior Hockey population of India at the time of their assessment of the psychological profile based on the selected psychological variables. In the present study, care was taken to pinpoint very specific psychological characteristics of the game of Hockey in order to select the psychological variables which are not only relevant to the present study but were closely related to the purpose of the study. Therefore, based on the literary evidence, correspondences, and discussions held with the prominent sports psychologists and scholar's own understanding the following psychological variables were selected to prepare the psychological profile of Junior National level Hockey players for the purpose of this study; Anxiety, Achievement Motivation, Personality, and Visual Perception. The data were analyzed and the mean and standard deviation were calculated to know the psychological profiles of the players.

Keywords: psychological profiles, hockey, players, anxiety, achievement motivation, visual perception

Introduction

Anxiety

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

What is the Relationship between Anxiety and Athletic Performance?

Anxiety before or during athletic competitions can hinder your performance as an athlete. The coordinated movement required by athletic events becomes increasingly difficult when your body is in a tense state. A certain level of physical arousal is helpful and prepares us for competition. But when the physical symptoms of anxiety are too great, they may seriously interfere with your ability to compete. Similarly, a certain amount of worry about how you perform can be helpful in competition, but severe cognitive symptoms of anxiety such as negative thought patterns and expectations of failure can bring about a self-fulfilling prophecy. If there is a substantial difference between how you perform during practice and how you do during competitions, anxiety may be affecting your performance.

What Factors Influence the Effect of Anxiety on Athletic Performance?

Some types of athletes are more prone to feeling the effects of anxiety on performance. Amateur athletes are more likely than seasoned professionals to experience anxiety that interferes with their ability to perform in competition -- this makes sense due to their relative

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lack of experience both in competition and in managing arousal. Athletes who participate in individual sports have also been found to experience more anxiety than those who play team sports. Common sense suggests that being part of a team alleviates some of the pressure experienced by those who compete alone. Finally, there is evidence that in team sports, when a team plays at the venue of the opposition (known as an "away" game) anxiety levels tend to be higher than when playing at home. Again, common sense would indicate that having greater fan support and more familiarity with the venue plays a role in anxiety levels during competition.

Why Do Some Athletes Thrive Under Pressure and Others Falter?

How are elite athletes consistently able to rise to the challenge when faced with the tough competition? Research shows that self-confidence plays a role in how you respond to symptoms of anxiety during athletic performance. People who are confident in their abilities are more likely to have a positive reaction to arousal and anxiety and thrive on the challenge of competition. Elite athletes are often so focused on their behavior that they interpret arousal as excitement rather than anxiety. In general, self-confidence tends to be highest when you believe in your ability and feel that you have properly prepared for a competition. Worry and confidence are at opposite ends of the spectrum -- when confidence is strong, it tends to crowd worry out of the mind.

What can be done to Manage Anxiety about Athletic Performance?

You can use a number of strategies to help manage anxiety related to athletic performance including visualization, progressive muscle relaxation, and cognitive restructuring. If you find that your anxiety symptoms are severe and do not improve with the use of self-help strategies, plan a visit to your doctor to discuss your concerns. You may be suffering from SAD and need professional treatment.

The data on the state of anxiety was derived from the administration of the General Anxiety Scale for Children (GASC) by Dr. Anil Kumar and comparisons were made on the basis of the mean and standard deviations. It is evident from Table 1 that the mean score of Junior National Level Hockey players on sports competitive anxiety was 24.82 with $SD \pm 6.28$. The classifications of anxiety in terms of the categories are presented in Table 2 below.

Table 1: Mean and Standard Deviation of Junior National Level Hockey Players on Selected Psychological Variables (n = 240)

No. of Subjects	Variables	Mean	Standard Deviation
240	1. Anxiety	24.82	± 6.28
	2. Personality		
	(a) Psychoticism	6.04	± 3.34
	(b) Extraversion	11.29	± 2.52
	(c) Neuroticism	11.68	± 3.43
	(d) Lie Scale	11.13	± 3.17
	3. Achievement Motivation	37.71	± 5.96
	4. Visual Perception	53.45	± 1.15

Table 2: Classification of Anxiety in Terms of Categories

Categories	Range of Scores (Male)
Very High	42 and above
High	33 - 41
Average	18 - 32
Low	10 - 17
Very Low	9 and Below

It is evident from the above Table that Indian Male Junior National Level Hockey players were found to be average on sports competitive anxiety when compared with the norms, as the obtained value on anxiety test was found to be 24.82 with $SD \pm 6.28$ which justifies that the junior level male Hockey players were relaxed at the time of competition.

Personality

Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations, and behaviors in various situations. The word "personality" originates from the Latin persona, which means mask. Significantly, in the theatre of the ancient Latin-speaking world, the mask was not used as a plot device to disguise the identity of a character, but rather was a convention employed to represent that character. In psychology, personality refers to the pattern of thoughts, feelings and behaviors, consistently exhibited by an individual over a long period of time, that strongly influences the way that individual perceives the world and himself or herself.

Characteristics of Personality

- Personality is unique and specific. Everyone is unique in this world. No two individuals are alike and even twins are behaving specifically. Every one of us has different characteristics for making the adjustment.
- Personality is self-consciousness. Self-consciousness is an acute sense of self-awareness that one exists as an individual being. Self-consciousness affects people in varying degrees, as some people are constantly self-monitoring or self-involved, while others are completely oblivious about themselves
- Consistency - There is generally a recognizable order and regularity to behaviors. Essentially, people act in the same ways or similar ways in a variety of situations.
- Psychological and physiological - Personality is a psychological construct, but research suggests that it is also influenced by biological processes and needs.
- It impacts behaviors and actions - Personality does not just influence how we move and respond in our environment; it also causes us to act in certain ways.
- Multiple expressions - Personality is displayed in more than just behavior. It can also be seen in our thoughts, feelings, close relationships, and other social interactions.
- Personality is not static
- Every personality is a product of heredity and environment.

The data on the Personality was derived from the administration of the Eysenck Personality Questionnaire (EPQ) by Eysenck Maudsley and comparisons were made on the basis of the mean and standard deviations. It was evident from Table 1 that the mean scores of different dimensions of personality (P, E, N, L) were 6.04, 11.29, 11.68, and 11.13 and standard deviations were ± 3.34 , ± 2.52 , ± 3.43 , and ± 3.17 respectively. The personality dimensions of Junior National Hockey players such as Psychoticism were found to be low, extraversion was found to be average, neuroticism was found to be average and on the lie scale, it was found to be average.

Achievement motivation

The term achievement motivation may be defined by independently considering the words achievement and motivation. Achievement refers to competence (a condition or

quality of effectiveness, ability, sufficiency, or success). Motivation refers to the energization (instigation) and direction (aim) of behavior. Thus, achievement motivation may be defined as the energization and direction of competence-relevant behavior or why and how people strive toward competence (success) and away from incompetence (failure).

Achievement Motivation in relation to sports situations is the degree to which an individual is willing to approach a competitive situation. Achievement motivation is an athlete's predisposition to approach or void a competitive situation. The Rao Achievement Motivation Test provides a simple and objective measure of Achievement Motivation of school-level children. The data on the Achievement Motivation were derived by the administration of the Rao Achievement Motivation Test and comparisons were made on the basis of the mean and standard deviations. It is evident from Table 1 that the mean score of achievement motivation was 37.71 with $SD \pm 5.96$. The achievement motivation of Junior National Level Hockey players was found to be average as per the norms of the test. Hence, from the obtained mean it is very clear that the Junior National Level Male Hockey Players may not be considered to possess a very high and bright profile in achievement motivation.

Visual perception

Visual perception is the brain's ability to receive, interpret, and act upon visual stimuli. Perception is based on the following seven elements:

1. **Visual discrimination:** The ability to distinguish one shape from another.
2. **Visual memory:** The ability to remember a specific form when removed from your visual field.
3. **Visual-spatial relationships:** The ability to recognize forms that are the same but maybe in a different spatial orientation.
4. **Visual form constancy:** The ability to discern similar forms that may be different in size, color, or spatial orientation and to consistently match the similar forms.
5. **Visual sequential memory:** The ability to recall two to seven items in sequence with vision occluded.
6. **Visual figure/ground:** The ability to discern discrete forms when camouflaged or partially hidden.
7. **Visual closure:** The ability to recognize familiar forms that are only partially completed.

The data on the Visual Perception was derived by the administration of the Muller-Lyer Illusion Apparatus Test, which measures the space error between standard stimulus (fixed) and variables stimulus (moveable). Further comparisons were made on the basis of the mean and standard deviations. It is evident from Table 1 that the mean score of Visual Perception was 53.45 with $SD \pm 1.15$. The Visual Perception of Junior National Level Hockey Players was found to be average as per the norms of the test. The present findings may be attributed due to the fact that visual efficiency plays an important role in the game of Hockey which can be substantiated by the findings of the other research work.

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