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Comparative study on personality between individual athletes & team game athletes

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Abstract

This study was conducted on competitive behavior between Individual athletes & Team game athletes of University level male players of Madhya Pradesh. Total number of 60 subjects (30 Individual athlete's players & 30 Team game players) age groups between 18 to 25 years were selected randomly for the study. For this purpose Administrator used competitive behavior questionnaire developed by Frank Tyson 50 item in this questionnaire. For the collection of data. T-test (unpaired) was used in order to find out the significant differences between the groups. The level of significance to check the analysis of variance was set at 0.05 level of confidence. Null hypothesis of equality of population means of two groups is rejected and two groups Competitive behavior are different and not equal. There was significant difference in competitive behavior between the players of Individual and team games competitions. The reason may be the nature of the game & Skill technique.

Keywords: Competitive behaviors, individual sports, personality team sports etc.

Introduction

In the past research on psychological aspects and comparison of individual sports and team sports game is rather limited. If the body is strong but the mind is weak as compare to body, all physical gains are lost (Austin *et al.*, 2012) ^[2]. But studies stated that stay motivated and setting a strong goals and targets is necessary for all the athletes and are contributing for prognostication of performance for athletes (Wielinga *et al.*, 2011) ^[15]. A competition is a physical, mental, social and cultural activity. Competition in performance sports has far reaching cultural, social, political, and economical effect on the society. The needs of competition for sports training can hardly be overestimated competitions represent a special type of physical and psychic load, which is compulsory for performance improvement. Due to psychic factors the load during a competition is much more than during the training. The main vision of modern sports competitions is to find out and diagnose the human ability at an early stage of life and channelize it in the true direction to catch on the achievements aimed at in particular games/sports. Competition in sports is always connected with the aspiration of individual for achieving higher goals. In high-class competition, one always plans to create a new record to become the champion in particular sports. Participation in competition, always has a social significance, as the individual or team represent the city, state or the country. His performance is, therefore, bound to be evaluated by other people Existing and cognitive behavior interventions have been targeted at both athletic and psychological outcome and they have proven to be effective in both areas unresolved issue and promising areas for future research are discussed, and it is concluded that the sports enlivenment is an ideal naturalistic laboratory for behavioral research and interventions. The ultimate goal of psychological skill training is for each athlete to learn how to perform empathically at competition time the ideal performance state (thoughts, feeling and bodily response) typically as associated with peak performance. Rarely will this occur if pre-competitive preparation and athlete get ready for competition in a verity of ways but more often than they do not have a consistence pattern of reading procedure. Performance is likely to be enhanced if an athlete's preparation becomes more systematic.

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Methodology

FRANK TYSON was used which consist 50 items. The manual for competitive behavior questionnaire is "lower the score the player posses high competitive behavior and higher the score the player posses low competitive behavior." Maximum score of questionnaire would be 150 and the minimum 50 score. Almost all the subject were agreed to cooperate in the data was collected from by using English version of Competitive Behavior Questionnaire the Researcher explained the purpose of the study to the subject before distributing questionnaires. Than questionnaire was distributed to the subjects the direction was read by the researcher at a dictation speed to make the subjects understand about what the exactly required to do. This Questionnaire had no time limit but at an average it required about 10 minutes for responding. Responses of 100% were received by the researcher on the basis of personal contact. For the purpose of present study 60 subjects (30 from Individual game and 30 from Team game) Inter-university players were selected by using random technique in the year 2019-20. The subjects belonged to different universities west

zone. The age of the subjects ranged from 18 to 25 years.

Table 1: Game selection of the subjects

Individual		Team	
Game/sports	No.	Game/sports	No.
Badminton	30	Football	30

Table 2: Mean standard deviation and t value for personality between individual athletes & team game athletes

Group	N	Mean	SD	Df	t-value
Individual	30	96.06	9.64		
				58	2.04
Team	30	98.6	5.40		

Significant at 0.05 level for the df (N-2) (60-2=58) tabulated value=1.658

It is evident form Table 1 that there is significance is difference between the individual athletes & Team game athletes. As the obtained value 2.04 is greater than tabulated value 1.658.

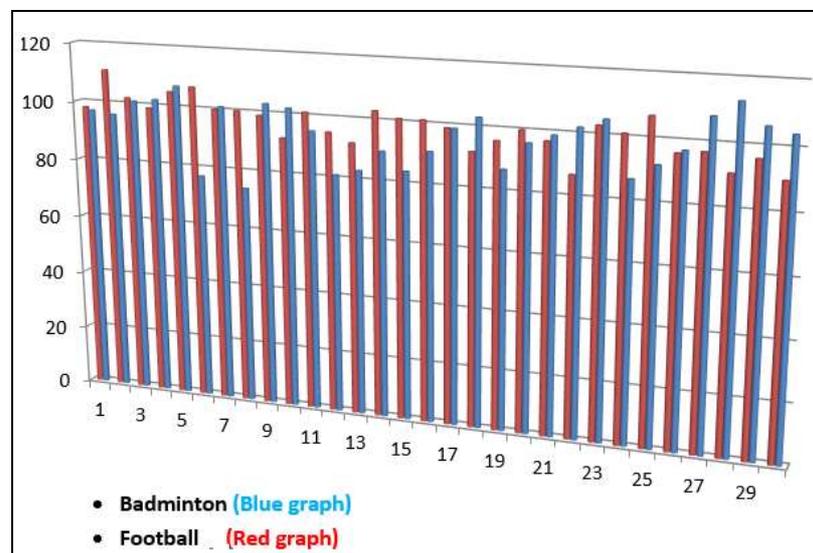


Fig 1: Show the badminton and football

Discussion of finding

The data obtained and analysis of data revealed that the competitive behavior of individual athletes and team game athlete was of average level of significant differences were observed when both these groups were statistically compared. Performing at optimal level requires optimum level of readiness, arousal, self confidence, self motivation and many other numerous factors comprising competitive behavior. One or the other factor impact other as all is important dimension of competitive behavior. Athletes have to acquire all positive characteristics or excellent. The reason may be the fact that team coaches or expert of the field and administrators may not give more emphasis on the mental aspects of the training. physical performance is considered to be the most impotent aspect to training But now a day's 75% of winning in sports is considered to be depended on the mental aspects, hence while training these aspects should be trained enough so that the time of competition athletes possess excellent behavioral characteristics required for high level performance.

Conclusion

On the basis of the results of the study the following conclusion are drawn. There was significant difference in

competitive behavior between the players of Individual game athletes and team games athletes' competitions. The reason may be the nature of the game and techniques of game skills.

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