

Impact of Psychological Aspects on Performance of University Players

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Abstract

Sports persons generally focus more on the physical training and discipline to muster Sports skill. Sports persons are typically comfortable in high stress situation and often pride themselves on that trait. However, having the ability to reduce stress in any situation can serve as a good tool for the individual and teammates. This aspect also plays in to their emotions. The aim of Sports psychology is to address the mental and emotional needs of Sports persons. This enhances their overall wellbeing and books their performance to higher level.

The Major purpose of this study is to study the Impact of Psychological Aspects in performance of University Players.

KEYWORDS: Psychological Aspects, Performance, Aspiration, Motivation, Self-Confidence, Stress.

INTRODUCTION

Psychology is the Science of behavior. Sports and exercise psychologists are interested in exerting, researching and providing theory and evidence based on interventions and solutions to cognitive and behavioral difficulties experienced by sports persons that impinge on their ability to perform to their highest potential. Affrications of mind such as experiencing competitive anxiety, dealing and coping with stress, handling pressure and nerves, staying in the present, remaining focuses coping with negative thoughts, low confidence, self-esteem and belief system are common issues experienced by sports persons regardless of the Sporting discipline. Some Psychological interventions recommended to deal with some of these common issues are developing per performance routines, introducing positive self-talk, the use of mental imagery, goal setting concentration skills, deep breathing and relaxation exercise. The psychology of sports solvesa special interest in the problem of psychological training of sports persons.

According to Robert N. Singer “Sport Psychology is applied psychology, the science of psychology applied to sports persons.

Aspiration, motivation, self-confidence and stress are important aspects of Sports Psychology.

Aspiration and ambition, they are synonymous and are used inter changeably Ambition means an ‘eagerness’ for honor, superiority, power or attainment.

The team level of aspiration was used by Demo in 1930 in connection with a study of the dynamics of anger. As individuals aspiration level represents him not as he is at that particular moment but also he would like to be.

Motivation is that eligibility or quality with in an individual which inspires him to learn or practice an activity again until the level of proficiency is being attained. If players are not motivated, they will not perform the activity again and again.

Self-confidence reflects your assessment of your own self-worth. It will play a larger part in determining your happiness through life. Sports can be both enormously effective in improving self-worth and highly destructive in damaging it. Where sports is used creatively with emphasis an enjoyment, effective goal setting and monitoring of achievement of goals, it can built self-confidence as target are reached and improvement in performance is noted.

Stress can be defined as a physical, mental and emotional demand, which tends to disturb the homeostasis of the body.

The issue of anxiety is an important aspect of performance. Many times “the stress of competition may cause negative anxiety in are performance but positive excitement in couter.

NEED OF STUDY:

It is the performance of individual player, performance of team which brings name and fame to university and department of physical education and sports.

It becomes an important issue for director of physical education of any university to provide as important support for physical fitness, skill improvement and also psychological preparation. That is why it was decided by the director/research scholar that a psychological study should be conducted on university players of Jiwaji University. Now a day it becomes an integral part of preparation for any competition.

AIM -

- To study the impact of Psychological aspects an performance of University Players.

Objectives –

- To determine the psychological characteristics of Jiwaji University Players.
- To assess the level of aspiration of Jiwaji University Players.
- To discover the level of motivation of Jiwaji University Players.
- To find out the level of Self-confidence of Jiwaji University Players.
- To examine the level of stress of Jiwaji University Players.

MATERIALS AND METHODOLOGY:

Study type: Survey design.

Sample: Quota sampling methods.

Sample size: 50

Place of the study: Jiwaji University, Department of Physical Education, Gwalior.

Duration of the study: 4Weeks

- Criteria of the study:** - Aspiration level tested by Aspiration Scale (Carrere aspiration Scale by Sarita Anand)
- Motivation by Social motive Scale by R.N.Singh and Mahesh Bhargava
 - Self-confidence by self-confidence inventory by Rekha Gupta
 - Stress by Stress Scale by Dr. Vijay Lakshmi and Dr. Sbruti Narain.

Procedure of the study

In the present study, an attempt was made to investigate Psychological variables of University Players of Jiwaji University.

As per the guidance and advice of the experts it was proposed to collect primary data from following types of sources.

1. 10 Players of Cricket who represented Jiwaji University.
2. 10 Players of football who represented Jiwaji University.
3. 10 Players of Valley ball who represented Jiwaji University.
4. 10 Players of Athletics who represented Jiwaji University.
5. 10 Players of Hockey who represented Jiwaji University.

The data for present study was collected from players of Jiwaji University.

Following independent variables were selected

- Level of aspiration
- Level of motivation
- Level of Self-confidence
- Level of Stress

The collected data was presented in tables from.

Researcher used Z score, percentile and stanine Score.

Table 1 showing the ratio of corer aspiration of Jiwaji University Players.

Total Number of University Players 50		
S.No.	Level of	Percentage
1.	Extremely High	7%
2.	High	6.5%
3.	Above Average	14%
4.	Average	48.5%
5.	Below Average	8.5%
6.	Low	10%
7.	Extremely Low	5.5%

Table 2 showing the ratio level of motivation of Jiwaji University Players.

Total Number of University Players 50		
S.No.	Level of motive	Percentage
1.	Extremely Strong Motive	3%
2.	Strong Motive	4.5%
3.	Average Normal Motive	59%
4.	Weak Motive	15.5%
5.	Extremely Weak Motive	15%

Table 3 showing the ratio of Level of Confidence of Jiwaji University Players.

Total Number of University Players 50		
S.No.	Level of Self-confidence	Percentage
1.	Extremely Low	1%
2.	Highly Low	4.5%
3.	Above Average Low	21.5%
4.	Average / Moderate	49.5%
5.	Above Average High	13.5%

6.	Very High	4%
7.	Extremely High	5%

Table 4 showing the ratio Level of Stress of Jiwaji University Players.

Total Number of University Players 50		
S.No.	Level of Stress	Percentage
1.	High	12.5%
2.	Moderate	66.5%
3.	Low	21%

CONCLUSIONS:

1. In level of career aspiration: The Maximum University players were found in average category
2. In level of motivation: The Maximum University players were found in average category
3. In level of Self-confidence: The Maximum University players were found in average category
4. In level of Stress: The Maximum University players were found in Moderate category

It is concluded that Maximum Number of University Players were found in Psychological aspects in average category.

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