

## **Effect of Psychosocial and Physical Health on the Sports Talent and Performance of School Going Player of Vidarbha Participating in Individual and Team Games - An Analytical study**

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### **Abstract**

Researcher study on the effect of psychosocial and physical health on the sports talent and performance of school going player of Vidarbha participating in individual and team games- an analytical study. The objectives are to study the psychological situation of students of Vidarbha region participating in Individual and Team Games. To study & collect information regarding Physical fitness of students of Vidarbha region participating in Individual and Team Games. To study & collect information regarding Sports performance of students of Vidarbha region participating in Individual and Team Games. To study & collect information regarding Sports talent of students of Vidarbha region participating in Individual and Team Games. To study the correlation between effects of psychological situation, Sports talent & sports performance on students of Vidarbha region participating in Individual and Team Games. To study the correlation between effects of Physical fitness, Sports talent & sports performance on students of Vidarbha region participating in Individual and Team Games. Subjects for this study were selected from school of Vidarbha region. 250 students participating in Individual Games & 250 students participating in Team Games (total 500 subjects) were selected by using simple random method. Physical Fitness Test: For measuring physical fitness A.A.H.P.E.R. Youth Fitness test having Body Weight, Body Height, Heart Rate, Lung capacity, Agility, Speed, Flexibility, Haemoglobin and Psychological attribute. Statistical data analysis was done after collection of data. 't' ratio, Chi Square test and Pearson Product Moment Correlation Coefficient test was used. Significance level was 0.05. It may be concluded from study results that there is correlation between Sports Talent & sports performance of students of Vidarbha region playing Individual and Team Games. It may be concluded from study results that there is correlation between Physical Fitness & sports performance of students of Vidarbha region playing Individual and Team Games.

**KEYWORDS:** Psychological, health, sport, talent, school, vidarbha

### **Introduction**

Sports are particularly important for the youth. They help in their physical and mental growth. They contribute in the formation of character. They inculcate in them good values. It is therefore, sports competition is held at school and college levels. The students who perform well in this competition are promoted to play at the national and international level. The sports person who does well in sports is showered with name, fame and wealth. He becomes a hero overnight. Sports have great potential to offer career opportunities. So we should take them very seriously from the very early age of our life. Sports are good means of earnings. Sports offer opportunity to prove talents. Thus, sports have great value in life. Sports facilities are being developed in rural and semi-urban areas. Sports infrastructure are being developed everywhere so as to promote them. Various sport organizations are also

doing well in promotion of sports. Physical fitness combines good health and physical development. The object of any program of physical fitness is to maximize an individual's health, strength, endurance, and skill relative to age, sex, body build, and physiology. Sport psychology has long been making its impact in the field of sports for many years. Many teams around the world have been utilizing mental techniques in the improvement of athletic performance. One of the facets of the field is the determination of future performance through the possibility that elite athletes possess personality characteristics that make them successful in their particular sport. A lot of sports officials, coaches, team managers, and athletes talk about the benefits and significance of sports psychology but rarely include it in their training regimen. Personalities characteristics are traits possessed by individuals and are commonly regarded as “properties of persons that dispose them to react in certain ways in given classes of situations”. These traits may define an individual’s future reactions to situations as an athlete’s personality predicts how he or she will perform in future situations. The assessment of such personality characteristics as samples of behaviors could be measured through the use of standardized psychological tools. It has long been acknowledged that psychological skills are critical for athletes at the elite level. Athletes with the requisite “mental toughness” are more likely to be successful. Today more than ever people recognize the importance of combined psychological and physical wellness. Sport and Exercise Psychology in the therapeutic setting most often focuses on motivation, injury and rehabilitation, and performance enhancement. Through the utilization of cognitive and behavioral techniques individuals can regain the intrinsic value of their sport, achieve peak performance, longevity in his or her sport, and psychological well-being. In individual sports, an athlete can measure his progress against his own record, which may help boost self-esteem. Team sports may encourage a sense of belonging among its participants. Some sports blur the line between the two types. For example, individual bowling scores can be added up to count as a team's performance. Other sports that can be practiced similarly include track, swimming or wrestling.

### **Statement of the problem**

**“Effect of psychosocial and physical health on the sports talent and performance of school going player of Vidarbha participating in individual and team games- an analytical study.”**

### **Objectives**

Information it is evident that the psychosocial aspects have direct bearing on the performance of the sportspersons. Hence, in view of this present study was carried out with following objectives, which are as follows :

1. To study the psychological situation of students of Vidarbha region participating in Individual and Team Games.
2. To study & collect information regarding Physical fitness of students of Vidarbha region participating in Individual and Team Games.
3. To study & collect information regarding Sports performance of students of Vidarbha region participating in Individual and Team Games.
4. To study & collect information regarding Sports talent of students of Vidarbha region participating in Individual and Team Games.

5. To study the correlation between effects of psychological situation, Sports talent & sports performance on students of Vidarbha region participating in Individual and Team Games.
6. To study the correlation between effects of Physical fitness, Sports talent & sports performance on students of Vidarbha region participating in Individual and Team Games.

### **Methodology**

Subjects for this study were selected from school of Vidarbha region. 250 students participating in Individual Games & 250 students participating in Team Games (total 500 subjects) were selected by using simple random method. Physical Fitness Test: For measuring physical fitness A.A.H.P.E.R. Youth Fitness test having a) Body Weight which was measured in Kilogram by weighing machine. b) Body Height was measured in meters by standiometer. c) Heart Rate was measured by using clock watch. d) Lung capacity was measured by using wet spyrometer. e) Agility was measured in seconds by using Shuttle run test, e) Speed was measured in seconds by using 50 yard dash test f) Flexibility was measured in numbers by using Modified sit & reach test. Haemoglobin was measured by using haemometer, hematine tube, pipette, dropper, stirrer, beaker, needle etc. Psychological attribute: Simple aptitude test & social behaviour method test were developed & used for data collection of psychological attribute. Questionnaire: For evaluating psychological attributes of respondents. Questionnaire was provided by the researcher for data collection.

### **Analysis of data**

Statistical data analysis was done after collection of data. 't' ratio, Chi Square test and Pearson Product Moment Correlation Coefficient test was used. Significance level was 0.05.

### **Analysis of Data and Interpretation of Results**

Results obtained after statistical analysis of information provided by students of Vidarbha region participating in Individual & Team Games have been presented. Information provided by students regarding progress in there psychological level, sports level & information related to sports performance of players is presented by using statistical method.

### **Conclusions & Suggestions**

The conclusions are drawn on the basis of statistical analysis of the data obtained in the study. Suggestions have been made on the basis of conclusions and are presented hereunder.

### **Conclusions**

- **Age of subject:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are of 15 years in age.
- **Body Weight:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have no significant difference in their body weight.
- **Body Height :** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have significant difference in their body height.

- **B.M.I of subject:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have significant difference in their B.M.I.
- **Lung capacity of subject:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have no significant difference in their lung capacity. However, students participating in Individual Games have slightly better lung capacity than those participating in team sports.
- **Agility of subject:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have significant difference in their agility. However, students participating in Individual Games have low agility than students participating in team sports.
- **Speed of subject:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have significant difference in their speed. However, students participating in Individual Games have high speed than students participating in team sports.
- **Flexibility of subject:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have significant difference in their flexibility. However, students participating in Individual Games have high flexibility than students participating in team sports.
- **Heart rate of subjects:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have no.
- **Gender of subject:** It may be concluded from study results that majority of students participating in Individual Games are girls. However majority of students participating in team sports are boys.
- **Family type of subject:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are from nuclear family.
- **No. of family members :** It may be concluded from study results that majority of students of Vidarbha region participating in Individual Games have less than 5 family members & students participating in team sports have 5 to 10 family members.
- **Occupation of parents contributing in family economy of subject:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games parents have government service.
- **Monthly family income of subject:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have monthly family income between Rs. 10,000 to 20,000. facility related to physical education available at their home.
- **Information related to watching sports competition on TV at home:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games sometimes watch sports competition on TV at their home.

- **Information related to availability of playground at school:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have playground available in their school.
- **Area of playground:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have playground of 1 to 2 acres in area.
- **Condition of playground:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual Games have normal playground for worth playing whereas majority of students of team sports have fully developed playground for worth playing.
- **Motivation given by school teachers for participating in sports & sports competitions:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games said that there school teachers motivate them for participating in sports & competitions.
- **Availability of facilities related to physical education at home:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have no Vidarbha region participating in Individual and Team Games said that inter school level competitions are organised in their school.

#### **Psychological health of students participating in sports**

- **Sports is integral part of human life:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports is integral part of human life.
- **Sports is necessary for every children:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports is necessary for every children.
- **Sports help in personality development of children:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports helps in personality development of children.
- **Sports motivates children for moving ahead in life:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports motivates children for moving ahead in life.
- **Sports is necessary for maintaining fitness in children:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports is necessary for maintain fitness in children. Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports is a medium of entertainment.
- **Medium of sports promotes harmony in student:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that Medium of sports promotes harmony in student



- **Sports promotes feeling of unity in children:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that Sports promotes feeling of unity in children.
- **Sports increases adjustment capacity in all students:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that Sports increases adjustment capacity in all students
- **Sports participation builds positive attitude in children towards life:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports participation builds positive attitude in children towards life.

#### **Information regarding sports behaviour & sports stress of student**

- **Sports practice is done regularly:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports practice is done regularly.
- **Majority of students of the school participate in sports:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that Majority of students of the school participate in sports.
- **Required sports material & equipments are available for participation in particular sports:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that required sports material & equipments are available for participation in particular sports.
- **For taking sports training in school you take knowledge from the teachers:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that for taking sports training in school you take knowledge from the teachers.
- **Use various mediums for seeking information regarding sports:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that use various mediums for seeking information regarding sports. agreed by the statement that while playing in different level you worry for your performance.
- **In sports priority is given to victory:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that priority is given to victory by you.
- **Increase in stress level due to expectations of sports teacher & parents:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that there is increase in stress level due to expectations of sports teacher & parents.

- **While playing in different level you worry for your performance:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully
- **At high level more anxiety is felt regarding sports performance:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that at high level more anxiety is felt regarding sports performance.
- **Seeing skills of various players increases stress level:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that seeing skills of various players increases stress level.
- **Sports help a person to build Control & efficiency:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports helps a person to build control & efficiency. agreed by the statement that sports helps in satisfying wish.
- **Sports help in satisfying wish:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully
- **Sports participation helps in enhancing thought process:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that sports participation helps in enhancing thought process of a person.
- **Player gets an opportunity to express his feelings through medium of sports:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that player get an opportunity to express his feelings through medium of sports.
- **A player learns leadership & follower both attributes due to sports participation:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are fully agreed by the statement that a player learns leadership & follower both attribute due to sports participation.
- **Level of sports skill in students of school:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have high level of sports skill.
- **Use of advanced sports materials helps in developing sports skill:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are agreed that use of advanced sports material helps in developing sports skill. Vidarbha region participating in Individual and Team Games are agreed that nature of game in which you are playing is changing continuously.
- **Sports competitions organised on various levels have same importance:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games are agreed that sports competition organised on various levels have same importance.

- **Nature of game in which you are participating is changing continuously:** It may be concluded from study results that majority of students
- **Sports participation enhances player's quality of life:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games said that regular sports participation enhances players quality of life that why they are agreed by this statement.
- **Participation of students in sports competition:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games participate in inter school competitions.
- **Information regarding winning Sports reward:** It may be concluded from study results that majority of students of Vidarbha region participating in Individual and Team Games have win reward in sports competitions.
- **Correlation between psychological situations, sports talent, physical fitness & sports performance:** It may be concluded from study results that there is correlation between psychological situation & sports performance of students of Vidarbha region playing Individual and Team Games.

It may be concluded from study results that there is correlation between Sports Talent & sports performance of students of Vidarbha region playing Individual and Team Games. It may be concluded from study results that there is correlation between Physical Fitness & sports performance of students of Vidarbha region playing Individual and Team Games.

### **Recommendations and Suggestions**

- Considering the positive effect on the heart rate of participating Individual and team sports students the schools should regular conduct yoga sessions for the students.
- The students of Individual and team sports should be guided with subject expert's help on enhancing their physical capacity.
- The students playing Individual or team sports should be continuously motivated to increase their speed.
- The Sports persons participating in the various sports should be appraised to the proper eating habits so that the iron and protein level is maintained in their blood.
- The parents of the sportsperson should be made aware about the benefits of the availability of sports material and equipment's in the house. The students should watch the various sports tournaments on TV so that they feel motivated to play the game.
- All the schools of Vidarbha region must have play grounds in good condition.
- The students participating in various sports should be motivated by the schools teachers in the research study area.
- All the schools of the study area of Vidarbha should regularly conduct Sports competition.
- In future research work should be carried out to study the relation between the student's personality development and academic development.



- In future research work should be carried out to study the role of coaches in maintaining the sports skills level of students participating in various sports.

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