

Attitude of the Track And Field Athlet in Uiversity Leveltournament `

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Abstract

Sports psychology has been long making its impact in the field of sports many years. Many teams around the world have been utilize mental techniques in the improvement of athlete performance one of the factor of the field is the detritions of future performance though the possibility that athletes possess personality characteristics that make them successful in their particular Track and field athletes in university level tournament . On the basis of study result it is concluded that a significantly high percentage of Track and field athletes in university level tournament. Tournament the study area have favorable attitude towards.

Introduction:

An attitude is an emotional response that can be endured, meaning that it can last throughout life. Attitude are also unstable, however, and can be changed .An attitude is directed toward an attitude object The object of an attitude could be a people a situation or the behavior of others for example an attitude object of a team player may be the issue of fitness training for which they have developed dislike .A negative attitude toward fitness training may develop and this would strongly influence the behavior of the individual.

An attitude is a mode of behavior that is thought to be the typical response of an individual .attitude is invertible associated with personality and is believed to influence response or behavior in a given situation. Long –standing and well-entrenched attitude may adversely influence behavior causing an individual to be inconsistent in judgment. Inconsistencies in behavior may be revenant in the form of prejudice.

Accompanying the athlete’s personal recognition of his or her healthy attitude toward tournament, it is the responsibility of coaches and trainers to help establish and foster this beneficial attitude in the athlete. By supporting the athlete’s attitude toward tournaments the coaches and trainers are assisting in the development and progression of the athlete’s performance, as well as assisting in the personal development of the athlete. This sports attitude further develops into a personal and life definition of winning and losing. Does the athlete recognize that, win or lose, sports lessons and life lessons can be learned, and furthermore, that those lessons can be applied to the next game or tournament.

Objectives:

There are several practices that may help develop a positive winning sports attitude in youth athletes. Every day, make the personal decision to be positive - at home, at practice, at games or tournament.

- **Know yourself:** Know your strengths and weaknesses and work on your weaknesses until they become strengths.
- **Believe in yourself:** in your abilities, and in your training.
- **Commitment:** Commit to your sports, to your practices, to your games, to your team, and to your coaches.
- **Focus and resolve:** Focus on your goals and determine to achieve them.
- **Ability:** To control his or her mind in a positive way is critical to overcoming negative thoughts or difficult situations.
- **Mental strength:** Building upon the aspect of recognizing and establishing a good mental attitude toward tournament, as well as establishing an attitude toward winning or losing, we know that attitude can make or break any athlete or any team.
- **Conversely-** does the athlete dread for fear of personal failure? Does the athlete see tournament as nothing more than a win-or-lose situation? Again, establishment and recognition of the athlete's attitude toward tournament is essential in developing the athlete's personal and athletic potential.

Materials and Methods:

The research paper design of the study will be college students participating in university level track and field tournament were selected randomly data collection was done by using survey method .the survey questionnaire was prepared by keeping the object of the study .Intrack and field events are include 60 Athles (30 boys 30 girls)were taken representing track and field event .The age group 18 to 25 years of class in graduation. The questionnaire method was used for collection of data .questionnaire consist of 30 question in all were the total score on attitude toward coachingOnthe basis of the normal total score on all 30 question was considered as total Score on attitude of subject .

Various response were received in terms of attitude of the sports person towards. To compare the data two way analysis of variance (ANOVA) was computed the level of significance was set at 0.05.

- To select the University Level Tournament participating athletic men (Track and field events) for the study.
- To administer the structured questionnaire as to assess the knowledge, attitude and Practices of the selected group of athletes.
- Total of 60 university level tournament Player who are involved in track and field events are included for the study.

Result and Discussion

The two way analysis of variance was carried out on the data of boysand girls on the attitude towards Coaching the following three Null Hypothesis were set for testing. There is no significant difference between the attitude of the players of team sports.

To test the significance of difference among boy's girls representing team and individual sport the two way analysis of variance was applied for attitude towards.

The result of two way analysis of variance for data on attitude towards has been show in Table .

Sr No	Source of variance	SD	MD	f-value
1	Aggression	5.85	21.66	306
2	performance	3.45	20.48	201
3	skill	4.21	24.11	218
4	Motivation	3.22	23.89	306
5	Aspiration	4.99	25.33	192
6	comfidence	3.87	22.75	254

The present study indicate that f-ration of group is significant hear we can say that mean score of attitude towards of individual different significantly. Probably the change in attitude is long term effect. This may not be sufficient to bring about desirous change in the attitude formation toward types of track and field game.

. Conclusion:

- Every day, make the personal decision to be positive - at home, at practice, at games or tournament.
- Accompanying the athlete's personal recognition of his or her healthy attitude toward tournament, it is the responsibility of coaches and trainers to help establish and foster this beneficial attitude in the athlete. By supporting the athlete's attitude toward tournaments the coaches and trainers are assisting in the development and progression of the athlete's performance, as well as assisting in the personal development of the athlete.
- This sports attitude further develops into a personal and life definition of winning and losing. Does the athlete recognize that, win or lose, sports lessons and life lessons can be learned, and furthermore, that those lessons can be applied to the next game or tournament, or even to the athlete's life .

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