

## Will To Win Between Jumpers and Throwers in Relation to their Physical Fitness

<sup>a</sup>Atinder Bikramjeet Singh Mal, <sup>b</sup>Amarpreet Singh

<sup>a</sup>Research Scholar, <sup>b</sup>Assistant Professor Dept. of Physical Education, Punjabi University, Patiala, Punjab, India

### Abstract

Thus the aim of this study was to determine the comparative analysis of will to win between jumpers and throwers. To obtain data, the investigators had selected fifty (N=50), Male jumpers and throwers, who represented National and Interuniversity level. Among them twenty five are throwers (N<sub>1</sub>=25) and twenty five were jumpers (N<sub>2</sub>=25), age of the subjects ranged between 17 to 28 years. Will to win questionnaire by Kumar and Shukla was used to measure the will to win between jumpers and throwers. To test the difference of significance between two groups independent 't' test was applied. The results of the study revealed that there exists insignificant difference in will to win between jumpers and throwers.

Will to win is defined as the extent to which a person desires to reach some standard of excellence or defeat of opponent. The will to win is worthless if you don't have the will to prepare. Will or desire is an attitude that makes skilful players are in competent through will be attitude a man can win every battle. Will to win can be defined though winning edge means need to strive for excellence not perfection. Will is the strength of the sportsmen, its character, attribute, determination, unrecoverable decision and total perception of situations. The strong willed overcome the emotions and the weak willed give it. 'Will' is a deliberate of fixed desire or intention; it is an inclination to act without suggestion from others. Will is the determination of the mind coupled with all bodily resources, strength, vitality, agility, speed and many more, which a person moves forward for the achievement of victory. It is the type of determination, which an athlete moves 'Do or Die' and runs, throws, jumps or a swing towards victory. This construct is called will to win. 'Will to Win' can also be mentioned as an athlete's mind-set his crystallized attitude, vast outlook gestalt like endeavor with which he wants to excel. Feelings of these nature players always strive for victory as long as there is a possible chance for winning and continue the game with the winning spirit till the end of last point without losing heart. The 'Winning mind', 'The desire to win', 'Feeling of the best' and 'the unwillingness to lose' are the great assets of an athlete. It boosts the keen determination to win or to excel. The will to win is accepted as the factor that makes great competitors. Instances in which players lacking physical fitness have won the competitions, which are the result of determination to win. A correct attitude towards winning is found always helpful in achieving high performance in sports. A through concentration on the task is made possible, which in turn increases the strength of incoming impulses and generates greater power that results in increased capacity and greater determination to win. Only great competitors are always being champion. A champion thinks like a champion, he is determined to succeed and thus can concentrate all of his conscious effort, physical, psychological towards achieving his best. Winning is the target point of each athlete and coach. This factor enjoys of tremendous importance in coaching philosophy. Most of coaches inculcate this quality in their trainees for optimum performance. The player must have the desire and courage to win. Unless he possesses this courage in his mind, he cannot win. 'Will to win' is the attribute possessed by the athletes who

trust on their own abilities and judgment, are self-reliant and assured. Such athletes enter competitions certain in with keen determination, they will achieve their goal.

Installing confidence in an athlete's mind he can involve the athlete in imaginary to visualize a favourable scenario prior to competition. Bryant Paul rightly remarked, "A winner never quits and the quitters never win". That means if one has to desire to win then he surely win. It indicates that where there is a will, there is a way. Sports scientists have always expressed a great desire to know psychological aspect requisite for improving the standard of sports. The main thrust of modern sports now is on winning, not just participating and playing. The dismal performance of Indian players and athletes in the international meets has been largely attributed to the lack of will to win. Someone aggressive thinkers have called it 'the killing urge'. This is a highly disparagable, detestable and in some societies like ours, condemnable concept. Why should a sports person develop a killing urge, why a negative trait, a rivalry instead of cooperation and coexistence. It is thus desired to know how much will to win is possessed. Will to win is a mental drive to win a game or a battle or give the best performance, but there are some other aspects to give, who put the effect on the performance. Physical Fitness is the most important part of a sportsperson's life. For better performance, it is very necessary to know, what physical fitness is and what the components of it are.

**Aoyagi, Mark w.(2009)** investigated on "The associations of competitive trait anxiety and personal control with burnout in sport". The incidence of athlete burnout among competitive athletes from youth, high school, and collegiate age groups as well as the associations between competitive trait anxiety and personal control with athlete burnout were explored.

**Kaur (2008)** conducted a study on comparative study of will to win and locus of control between high and low achievers of rowing. In this study researcher took sixty male rowers (N=60), who had participated in all India interuniversity rowing championship. Subjects were categorized into two groups; thirty were high achiever rowers, who secured first, second, third and fourth positions and thirty low achiever rowers, who failed to secure any position. Data was collected through questionnaire of will to win by Kumar and Shukla (1988) and locus of control by Sanjay Vohra (1992). In this study, researcher concluded that high achievers have higher level of will to win than the low achievers. High achievers also possess internal locus of control. They believe more on self, is able to regulate and control their actions and take responsibility for achievement. On other side low achievers were externally oriented. They feel that they are controlled by others and they believe in chance.

## Methodology

The study was conducted on 50 male jumpers and throwers, who represented National and Interuniversity level.

The researcher thoroughly went through scientific literature related to the physical and psychological aspects of athletes that was available from magazines, books, journals and publications. Keeping in view the relevance of the variable to the athletics the following variable was selected:

1. Will to Win

**Tools Used:**

The following tool was used to collect the data:

1. Will to Win was measured by Kumar and Shukla Questionnaire.

**Statistical Techniques:**

Statistics is a process by which data is gathered, described, organized and analysed in numerical terms. In research studies, statistics are used not only to understand and compare data but also to test hypotheses and draw scientific inferences. Use of statistical techniques makes the interpretation of data economical in terms of time because these are less time consuming. After the collection of data on selected variables, the statistical analysis was carried out by applying ‘t’ test to examine the significance of mean differences, if any, between the jumpers and throwers. The level of significance was set at 0.05 levels. The relationship of level of aggression to physical fitness was computed by applying Pearson’s Product Moment correlation.

**DESCRIPTIVE STATISTICS OF AGGRESSION, WILL TO WIN AND PHYSICAL FITNESS VARIABLES OF JUMPERS AND THROWERS**

Variables	Groups	N	Mean	Std. Deviation	Std. Error Mean
Will to Win	Jumpers	25	8.6667	2.57023	.74196
	Throwers	25	9.6667	1.77525	.51247

Table 4.1 revealed that throwers had higher level of will to win than that of the jumpers i.e. 9.6667 and 8.6667 respectively.

**SIGNIFICANCE OF MEAN DIFFERENCE OF WILL TO WIN BETWEEN JUMPERS AND THROWERS**

Groups	N	Mean	SD	Df	‘t’ value
Jumpers	25	8.6667	2.57023	48	1.10
Throwers	25	9.6667	1.77525		

$t_{0.05} (48) = 2.02$

Table 4.3 showed that jumpers and throwers had mean value 8.6667 and 9.6667 respectively. Also, did not show any statistically significant differences in will to win as the respective t- ratios of 1.10 was less than the tabulated value of  $t = 2.02$ .

## Results / Discussion and finding

From the finding it has been observed that throwers had higher level of will to win as compared to jumpers. Results further revealed that jumpers and throwers did not show any statistically significant differences in will to win. In case of jumpers and throwers there could be number of reasons for more will to win of throwers than jumpers, but main reason for the throwers having more aggressive could be the use of implements in all the throwing events which might create higher level of will to win in athletes as compare to jumpers. Further, the physique and body structure of throwers could be other reasons for will to win than the jumpers.

## References

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