ANALYSIS OF SELECTED PSYCHOLOGICAL VARIABLES AMONG CRICKETERS IN AN INVITATIONAL TOURNAMENT

Dr. D. Selvam, Assistant Professor,
Department of Physical Education and Sports Sciences, Annamalai University,
Annamalai Nagar, Chidambaram – 608 002.

ABSTRACT

Sports psychology research efforts address questions about individual behaviour as it occurs in sports and other movement setting. Modern research studies in sports psychology has made attempts in removing the myths regarding sportsman, the training procedures, learning process of the motor skill, the role of the teacher and coach etc. Psychological conditioning, psychological training, psychological preparation and psychological handling are new phrases being used in the field of sports. Cricket is a game in which high level of confidence should be maintained since every ball bowled and there is a simultaneous fluctuation in the confidence level depending on each delivery.

Keywords: Aggression, Self-esteem, competitive anxiety, Achievement motivation, Stress, ANOVA, Cricketers

Introduction

Sports psychology research efforts address questions about individual behaviour as it occurs in sports and other movement setting. Psychology of physical education may be an off-shoot of applied psychology, deriving its subject matter from various branches of psychology. It education is considered as the process of ‘modification of behaviour’ and psychology as “the study” of behavior, our wisdom is in including that education and psychology are observe and reverse of the same coin: Two subjects with one aim and soul (Kamalesh, 1988).

Sports psychologists may utilize various approaches (Silva and Weinberg, 1984) to working with athletes, coaches and other interested parties in athletic situations and with patients in clinical settings. The approaches used in working in sport and exercise psychology include social-psychological, psycho-physiological, and cognitive-behavior orientations. “Social-psychological sport psychologists focus on how complex interactions between the social environment and personal makeup of the athlete or exerciser influence behavior. Psychophysiological sport psychologists study the physiological processes of the brain and their influence on physical activity, whereas cognitive-behavioral sport psychologists examine how individual thoughts determine behavior” (Weinberg and Gould, 1999).

Cricket is a game in which high level of confidence should be maintained since every ball bowled and there is a simultaneous fluctuation in the confidence level depending on each delivery. A batsman who is well focused and confident too fined it very difficult to achieve his performance goal in certain matches. At that time they set their mind to stay at the crease for few over’s, playing positively to score one’s and two’s to boost their confident tips for the young batsman to build their self confidence.

Self-esteem is crucial and is a cornerstone of a positive attitude towards living. It is very important
because it affects how you think, act and even how you relate to other people. It allows you to live life to your potential. Low self esteem means poor confidence and that also causes negative thoughts which mean that you are likely to give up easily rather than face challenges. In addition, it has a direct bearing on your happiness and wellbeing.

The word anxiety is derived from the Indo-Germanic root “Angh”. In greek and latin this term means “to press tight, strangle, to be weighted down with grief, a load, a burden and trouble” the classical usage in French is “Angoisse” the term anxiety was synonymously used with “Angoisse” (Cattell R.B., 1961)

Achievement motivation is sport-specific. Achievement motivation is based on reaching success and achieving aspirations in life. Atkinson related achievement motivation to personality and said that a person, who is motivated to achieve, will accept challenges, demonstrate task persistence, be quick and efficient, take risks, welcome feedback, take personal responsibility for actions and try harder after failure (sally, 2001).

Stress is the integral part of the natural fabric of life, while stress may have positive as well as negative effects; the negative effects generally receive utmost attention. Stress involves demands that are biological and psychological.

Aggression is one of those unfortunate terms in the behavioural science that have been taken over from everyday language and have variety of meanings.

Methodology

The purpose of the study was to analyse the selected psychological variables among cricket players during a state level invitational tournament. To achieve this purpose, one hundred and ten men cricket players (ICF-Chennai, Southern Railway Institute, Indian Cements, Spic Recreation Club, Kancheepuram District Cricket Association, Thiruvalur District Cricket Association, Galaxy Cricket Club Trichy, St. Peter's Recreation Club Kodaikanal, Erode District Cricket Association, India Pistons Cricket Club) who participated in state level invitation tournament held at Kumbakonam in the year 2001 were selected as subjects. Their age were ranged between 19 to 30 years.

Statistical Analysis

The purpose of the study was to analyse the selected psychological variables among cricket players during a state level invitational tournament. To achieve the purpose of the study, the groups were compared by applying ANOVA. If the obtained 'F' value is significant at 0.05 level the Scheffe's post-hoc test was employed.

Analysis of the Data

The table shows the mean and standard deviation on self-esteem, competitive anxiety, achievement motivation, stress and aggression was analyzed and presented in Table I to V.

Results of the Study

Table – I the result of self-esteem shows that, there was no significant difference between cricketers on self-esteem. Since all the cricketers are one way or other they have to sacrifice their attitude for the improvement of team performance. So, their adaptation may lead to insignificant difference among cricketers on Self-esteem.

Table – II Anxiety also fails to have significant difference among cricketers. According to the nature of the game the players has to stand and play continuously for 6 to 7 hours per day. Due to their adaptation, they may fail to have significant difference of anxiety. The result of achievement motivation shows insignificant difference between cricketers. All the cricketers who took part in the tournament were amateur cricketers. So their fails to influence the achievement motivation of cricketers.

Table – III the result of achievement motivation shows that, there was no significant difference between cricketers on achievement motivation. All the cricketers who took part in the tournament were amateur cricketers. So they fail to show influence on achievement motivation among cricketers.

Table – IV Stress also fails to have significant difference among cricketers. Because, the pressure of game may change according to situation. So they are well adapted to maintain their stress.

Table – V aggression have significant difference between cricketers. Because now a day’s most of teams are playing one day matches. All the players need of aggression, because while batting they have to attain maximum runs in minimum number of balls. In bowling they have to maintain the same tempo until they finishes their over’s. Otherwise the team may lose too many runs. In fielding all the players have to minimise the runs of their opponents. So, aggressive players alone can
perform better than non aggressive players. The graphical representation of aggressive levels is presented in figure 1.

Discussion

“Self-esteem implies acceptance, self respect and feeling of self worth” it refers to the individual’s personal judgment of his or her worth. He defines high self-esteem is that is positive self-esteem is that experience that a person is competent live and worthy of happiness (Rosenberg, M 1965).

Other in their study analysed the scientific analysis of pre-competition anxiety among athletes of both sexes and was delimited to track and field athletes. Sports competition anxiety test was administered to fifty college level athletes who participated in intercollegiate athletic meet. The level of achievement and participation was recorded. The result indicated that female athletes showed lower anxiety level than male athletes. It was found that experience and achievement level play an important role in the management of A-state prior to the competition (Pandey, 1991).

Studied the success and failure and their relationship with different components of achievement motivation. It is possible that success and failure may mean different views to individuals with different types of achievement needs. It was found that persons high in achievement motivation tend to have positive influence on success than their counter parts, which possess low achievement motivation (Foushee and Harvey Clayton, 1979).

Taylor manifest Anxiety Scale to divide 200 high school girls into high and low anxiety groups. The galvanic skin response was used as measure of emotional reaction to stress A-4 item motor performance battery was administered first without stress and then with subjects believing that motor pictures were being taken of their motor performance of anxious and non-anxious sujetss did not differ significantly under stress (Diehl., 1965).

The effect of three kinds of frustration on college students, aggression, task failure, interference with winning money and interference with attaining a better course grate. The different kinds of frustration did not generally lead to different intensities of aggression, but all the three to more aggression. It was suggested that instrumental value of aggression is a major deter aggression is a major determiner of the frustration aggression relationship. Men were found to be more aggressive than women, men were more aggressive against men then against women (Buss, A.H., 1963).

Conclusions

There was no significant difference in self-esteem, competitive anxiety, achievement motivation and stress among cricketers. From the results it is clear that, aggression differs from team to team. Aggression plays a vital role in the success of cricketers.

References

7. Foushee and Harvey Clayton, (1979), Achievement Motivation, Competitiveness, Success and Failure, (Ph.D., Dissertation, University of Taxas).
**SELF-ESTEEM**

TABLE I. ANALYSIS OF VARIANCE OF THE MEAN DIFFERENCE AMONG CRICKETERS OF SELF-ESTEEM

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>Sum of squares</th>
<th>Degrees of Freedom</th>
<th>Mean Squares</th>
<th>‘F’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between the Group</td>
<td>94.736</td>
<td>9</td>
<td>10.526</td>
<td>0.961</td>
</tr>
<tr>
<td>(NS)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within the Group</td>
<td>1095.455</td>
<td>109</td>
<td>10.955</td>
<td></td>
</tr>
</tbody>
</table>

**COMPETITIVE ANXIETY**

TABLE II. ANALYSIS OF VARIANCE OF THE MEAN DIFFERENCE AMONG CRICKETERS OF COMPETITIVE ANXIETY

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>Sum of squares</th>
<th>Degrees of Freedom</th>
<th>Mean Squares</th>
<th>‘F’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between the Group</td>
<td>250.182</td>
<td>9</td>
<td>27.798</td>
<td>1.077</td>
</tr>
<tr>
<td>(NS)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within the Group</td>
<td>2582.182</td>
<td>109</td>
<td>25.822</td>
<td></td>
</tr>
</tbody>
</table>

**ACHIEVEMENT MOTIVATION**

TABLE III. ANALYSIS OF VARIANCE OF THE MEAN DIFFERENCE AMONG CRICKETERS OF ACHIEVEMENT MOTIVATION

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>Sum of squares</th>
<th>Degrees of Freedom</th>
<th>Mean Squares</th>
<th>‘F’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between the Group</td>
<td>185.536</td>
<td>9</td>
<td>20.615</td>
<td>1.682</td>
</tr>
<tr>
<td>(NS)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within the Group</td>
<td>1225.636</td>
<td>109</td>
<td>12.256</td>
<td></td>
</tr>
</tbody>
</table>

**STRESS**

TABLE IV. ANALYSIS OF VARIANCE OF THE MEAN DIFFERENCE AMONG CRICKETERS OF STRESS

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>Sum of squares</th>
<th>Degrees of Freedom</th>
<th>Mean Squares</th>
<th>‘F’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between the Group</td>
<td>182.809</td>
<td>9</td>
<td>20.312</td>
<td>1.977</td>
</tr>
<tr>
<td>(NS)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within the Group</td>
<td>1027.455</td>
<td>109</td>
<td>10.275</td>
<td></td>
</tr>
</tbody>
</table>

**AGGRESSION**

TABLE V. ANALYSIS OF VARIANCE OF THE MEAN DIFFERENCE AMONG CRICKETERS OF AGGRESSION

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>Sum of squares</th>
<th>Degrees of Freedom</th>
<th>Mean Squares</th>
<th>‘F’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between the Group</td>
<td>569.355</td>
<td>9</td>
<td>63.262</td>
<td>4.119</td>
</tr>
<tr>
<td>* Significant at 0.05 level of confidence</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Within the Group</td>
<td>1536.00</td>
<td>109</td>
<td>15.360</td>
<td></td>
</tr>
</tbody>
</table>
Figure 1

AGGRESSIVE LEVELS OF VARIOUS CRICKET TEAMS