

## **Comparison of Psychological Variables within different positions of players of the state Junior boys ball Badminton players of Manipur**

Dr. Kh. Lojit Singh<sup>1</sup>, Dr. N. Sunderlal Singh<sup>2</sup>

<sup>1</sup> Asst. Prof., Department of Physical Education, Health Education and Sports, D.M. College of Science, Imphal, Manipur.

<sup>2</sup> Guest Lecturer, Department of Teacher Education, Manipur University, Manipur.

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**Abstracts:** *The Purpose Of This Study Was To Find Out The Competition Anxiety, Achievement Motivation And Self Concept In Their Different Positions Of Play Among The State Junior Boys Ball Badminton Players Of Manipur. For This Purpose The Following Psychological Variables Were Selected As An Experimental Variable, They Were Competition Anxiety, Achievement Motivation And Self Concept. To Achieves This Purpose 60 (Sixty) Manipur State Junior Boys Ball Badminton Players Who Were Participated In Tournament Were Selected As Subjects. This Tournament Was Organised By Manipur State Ball Badminton Association Held On 18/02/2014 To 28/02/2014 At Eikhoigi Club Singjamei Oinam Thingel. The Following Psychological Questionnaires Were Administered For Testing The Selected Psychological Variables, For Testing Competition Anxiety, Sports Competition Anxiety Test (SCAT) Questionnaires Was Administered, Achievement Motivation Was Measured By Administering The Sports Achievement Motivation Test (SAMT) Questionnaire Prepared By ML Kamlesh And The Self Concept Was Assess With The Help Of Cratty Adaptation Of Piers Harries Self Concept Scale Prepared By Cratty Was Used.*

**Key Words:** *Competition Anxiety, Achievement Motivation, Self Concept, Sports Competition Anxiety Test (SCAT), Piers Harries Self Concept Scale And Ball Badminton.*

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### **I. Introduction:**

Sports are a Psycho-Social activity. It has both Psychological and social dimensions besides physical, physiological and technical aspects. Most of the nations share a common interest in sports competitions especially at certain times during the Olympic Games where people from all nations focus their attention on that drama of competition. But the quality of the participation of the athletes and sportsmen is determined by their psychological factors. We have considered the role of sport psychology within the overall field of sport and exercise science as a distinct discipline left to more detail. We have described sport psychology as a branch of sport and exercise science that focuses on the psychological aspects of sport and exercise. Sports psychology thus clearly incorporates the theoretical models and approaches of psychology. The application of psychological principles to the improvement of performance in sports has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athlete and players are able to show their performance. Coaches, physical educationists and sports scientists have always expressed a great need to know more about. Those psychological principles are helpful in improving the motor skills of the players. Sports psychology is a field of study in which the principles of psychology are applied in a sports setting "(COX, 1985, P.XIII). Sport psychology is "an applied psychology; the science of psychology applied to athletics and athletic situations". (Singer, 1978, P.4.)

**Anxiety:** Anxiety is an emotion, there is difficult to define and even more difficult to reliably detect in performers "Nervousness" is often used synonymously with anxiety. At one time or another everyone has been nervous. Nervousness can be experienced at various levels of intensity. Fear, a still higher level of anxiety can have a serious effect on sport performance. Walker describes fear as "intense anxiety experienced in response to a specific threat". Anxiety can take the form of unconscious anxiety, an anxiety of which we are not consciously aware or free floating, intense anxiety that appears and disappears only to return again later. Panic is the most serious level of anxiety. We would never want panic to be a part of the athletic environment. It is a condition in which the anxiety has becomes so great that the person loses complete control of himself and the situation. Anxiety plays a paramount role in sports. It is the challenge in sports participation which produces anxiety. How an athlete handles the anxiety determines how successful he would be. Anxiety may be positive motivating force or it may interfere with successful performance in sports events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in high competitive sports than in relatively non-competitive sports because in the competitive sports participants are expected to win and great demands are

made upon them to succeed. Tultko suggested that the athlete, who could maintain a moderate level of anxiety, would be the most efficient performer.

**Achievement Motivation:** Motivation is used in Industry to increase worker productivity. Parents use motivation to persuade their children to eat their vegetables or clean their rooms. Businesses use motivational technique to convince consumers to buy their products. The role of motivation in the educational process is also widely recognised. Motivation is essential to the learning process. The old age "You can lead a horse to water, but you can't make him drink" is an excellent way to describe the function of motivation in learning. Motivation is necessary for successful performance. Sports psychology has provided little information about how competitiveness develops and how it affects sports participants. However we do know more about the closely related construct of Achievement motivation. Competitiveness is a sport specific form of achievement motivation and sport psychologists generally agree that competitiveness develops from achievement motivation. Achievement motivation has a rich research tradition that provides insights applicable to sport. Competition is the most common achievement situation in sport, but achievement also occurs in non-competitive situation when individuals compare their performances to personal standards. One of the prominent features of sport is the variation in individuals' achievement behaviors. Some participants chose challenging tasks, exert appropriate effort while striving for success and persist through the adversity of learning new sport skills. Others in contrast select less optimally challenging goals. Exhibit minimal effort and lack the persistence behaviors that would result in reaching maximal performance potential.

**Self Concept:** A major part of an individual can often be inferred from how that person behaves toward oneself. Consistent patterns of self deprecation or self aggrandizement are readily apparent even to casual observers. How people perceive, evaluate and behave toward themselves is related to self concept. In general self concept is derived from self perceptions in all major categories which in turn are influenced by important subcomponent. Self concept depends increasingly on specific situations and becomes less stable. Change in general self concept would require many situational experiences that are inconsistent with one's general self concept. Yet another important characteristic of self-concept is its evaluative character. People judge themselves against absolute standards such as an Olympic champion who has a seemingly perfect figure, and relative standards such as peers. People also judge themselves with respect to perceived evaluations of significant others. "Rosenberg describes the self concept as the totality of the individuals thought and feeling with reference to himself as objects". Self concept refers to those aspects of perceptual field to which we refer when we say "I" or "me" that is organisation of perceptions about self and represents who one is.

## II. Methodology:

The present study deals with the different positions of the players' front ward position, middle position and back ward position regarding the different psychological variables sports competition anxiety, achievement motivation and self concept level among the State Junior Boys Ball Badminton players of Manipur. The Tournament was held on 18-02-2014 to 28-02-2014 at Eikhoigee Club Singjamei Oinam Thingel, Imphal Organised by Manipur State Ball Badminton Association. 60 players were selected for the data collection those who are participated in the tournament, with help of reasonable questionnaires of sports competition anxiety test prepared, (by Rainer martens and achievement motivation questionnaires prepared by M.L. Kamlesh and Cratty adaptation of piers-Harries self concept scale prepared by Cratty was used.

For the analysis one way analysis of variance for different variables Competition Anxiety, Achievement Motivation and self Concept, were separately determine the difference, if any among the groups (Front, Centre and Back players). "F" ratio was used for comparison three different groups to see the significant level at .05.

## III. Results:

The mode of analysis of data on the selected Psychological variables and different position of play among Front, Centre and Back of Manipur State Junior Boys Ball Badminton players has been explained below. **COMPETITION ANXIETY:** Mean and Standard deviation of Competition Anxiety among the different positioned such as Front, Centre and Back of Manipur State Junior Boys Ball Badminton players have been presented below

**Table – 1:** Mean scores of competition anxiety in different position of players.

Competition Anxiety	Front	Centre	Back
Mean	19.3	19.76	19.4
SD	3.52	3.68	3.73

**Table – 2:** Analysis Of Variance For Competition Anxiety Of Front, Centre, And Back Positioned Of Manipur State Junior Boys Ball Badminton Players.

Source of Variance (SS)	Sum of Squares (SS)	df	Mean squares (Ms)	F-ratio	Table value
Between Groups	3.40	2	1.70	0.125	3.08
Within Groups	1390.56		102		13.63

Table 2 shows that the obtained "F" ration 0.125 was less than the required table value of 3.08 (df 2 and 102) at 05 level of significance. It reveals that there was an insignificant in Competition Anxiety among Front, Centre and Back positioned of Manipur State Junior Boys Ball Badminton Players.

**Achievement Motivation:** Mean and Standard deviation of achievement motivation among the different positioned such as Front, Centre and Back of Manipur State Junior Boys Ball Badminton players have been presented in Table. 3

**Table – 3:** Mean scores of Achievement Motivation in different position of players

Achievement Motivation	Front	Centre	Back
Mean	22.65	22.08	23.95
SD	4.06	6.23	4.79

The analysis of variance for Achievement Motivation among the different positioned of Manipur State Junior Boys Ball Badminton players have been presented in table 4.

**Table – 4:** Analysis Of Variance For Achievement Motivation Of Front, Centre, And Back Positioned Of Manipur State Junior Boys Ball Badminton Players:

Source of Variance (SS)	Sum of Squares	df	Mean squares (Ms)	F-ratio	Table Value
Between Groups	62.15	2	31.08	1.134	3.08
Within Groups	2794.84	102	27.4		

**Self Concept:** Mean and Standard deviation of Self Concept among the different positioned such as Front, Centre and Back of Manipur State Junior Ball Badminton Players have been presented in Table 5.

**Table – 5:** Mean scores of Self Concept in different position of players

Self Concept	Front	Centre	Back
Mean	19.3	19.76	19.4
SD	3.52	3.68	3.73

**Table – 6:** Analysis Of Variance For Self Concept Among The Different Positioned Such As Front, Centre And Back Of Manipur State Junior Boys Ball Badminton Players Have Been Presented

Source of Variance (SS)	Sum of Squares	df	Mean squares (Ms)	F-ratio	Table Value
Between Groups	105.22	2	53.11	1.1341	3.08
Within Groups	4040.64	102	39.61		

#### IV. Discussion Of Findings:

The result of the study have been analysed and discussed here. The purpose of this study was to analyse the selected Psychological variable such as competition Anxiety, Achievement Motivation and self concept among the different positioned such as Front, Centre and Back Manipur State Junior Boys obtained have been discussed.

The Competition Anxiety among different positioned of Ball Badminton players have been discussed first. Secondly, Achievement Motivation among different positioned players had been discussed. Thirdly, Self Concept among different positioned players had been discussed.

**Competition Anxiety:** The results of the study showed that there was an insignificant difference in the Competition Anxiety among the different positioned players such as Front, Centre and Back. This may due to the fact that these Front, Centre and Back positioned players have undergone almost similar type of playing strategy and coaching programme throughout the year and have same level of Psychological Build up.

**Achievement Motivation:** The results of the study showed that there was also an insignificant difference in the Achievement Motivation among the different positioned of players. This is also to involvement in the same type of training programme throughout the year.

**Self Concept:** The results of the study showed that there was an insignificant difference in the Self Concept level among the different positioned players. This may due to the fact that all players may have the high self

confidence which improves their performance. Since this competition was higher one, all may have the higher self confidence. So the results showed there was insignificant differences exist.

#### **V. Conclusion:**

On the basis of the results obtained by statistically analyzing the data on selected psychological variables among the different positioned of Manipur State Junior Boys Ball Badminton the following conclusions were drawn.

1. There was an insignificant difference in Competition Anxiety among different positioned of Manipur State Junior Boys Ball Badminton players.
2. There was an insignificant difference in Achievement among different positioned of Manipur State Junior Boys Ball Badminton players.
3. There was an insignificant difference in Self concept among different positioned of Manipur State Junior Boys Badminton players.

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