

A Survey of Psychological Skills in State Level Female and Male Cricket Players

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Abstract

The investment in modern sport is affected by different mental, sociological, physical, and physiological components. The trainers and coaches have begun giving more significance to the mental abilities or developing the psychological make of the players before their contacts in the main competition. The distinction among progress and disappointment of two similarly coordinated with competitors relies upon a person's capacity to adapt to the apparent pressure of rivalry. The purpose behind the research study was surveying the psychological skills of state level cricket players in India. The quantity of subjects picked for this examination was 30 male and 30 female cricketers age range between 20 to 26. Michel J Mahoney's Psychological Skills Inventory (PSIS) used for psychological surveying. Confidence, Motivation, Concentration, Mental Preparation, Team Emphasis and anxiety were the variables of the investigation. Male and female cricketers have a similar level Anxiety. Female cricketers have fundamentally more elevated level Concentration when contrasted with male cricketers. On Mental Preparation, confidence and Team Emphasis male have fundamentally more elevated level when contrasted with female cricketers. Female and male cricketers have a similar level Motivation. Also, on psychological skills Female and male cricketers have similar degree of Skills. The purpose of this research study is to empower the players, mentors and physical education teachers to know the limits and shortcoming of the players and along these lines assist them with improving further performance on related characteristic.

KEYWORDS: Psychological Skill, Concentration, PSIS, Cricketers, Motivation

Introduction

Performance in sports is the outcome and articulation of the total personality of the athletes. Techniques, Tactics and Physical Fitness alone are adequately not. Notwithstanding their athletes should have certain intellectual, volitional and perceptual capacities, certain personality and behavioural traits are also required. During the most recent couple of many years the standard of sports and games has improved to its limits. The reason for this huge improvement is the presentation of logical methodology i.e. scientific approach. Because of the developments brought by various games sciences, presently there are number scientific ways to improve every single quality which decides the presentation on the whole games and sports.

Competitor's behaviour can be curbed on a continuum going from normal to supernormal, with typical falling some place in the middle. Sports serves as a sort of passionate indicator. In the event that competitors experience difficulties in close to home lives, these issues are probably going to moderate up

in their sports performance. With the help of psychological skills training the fundamental mental abilities covered are mental toughness, motivation anxiety, mental readiness, concentration and team cohesion. These psychological skills are firmly interrelated in progress of one's expertise helps the advancement of other expertise.

Cricketers, obviously are not absolutely without these mental abilities, most cricketers acquired these abilities to an adequate degree so they work very well numerous days-to-day circumstances or even low-level rivalry or competition occasion. The noticed circumstances in game and sports during competition have truly affected that line of deduction on psychological characteristics of competitors in all competition in shifting circumstances.

The mental abilities contrast from one individual to another and their association in contact and noncontact group games and individual game. To know the distinction in mental abilities of State Level Cricket Players. The researcher has to make attempts of surveying psychological skills of State Level Cricket Players. These mental abilities are firmly interrelated, in progress of the expertise in one skill helps in the advancement of other psychological skill. In this research study the psychological skills of the players were measured through Michel J Mahoney's Psychological Skills Inventory (PSIS).

Methodology

This research study was held on the State Level Cricketers belongs to India. There were 60 cricketers (30 Female cricketers and 30 Male Cricketers) of age group between 20 to 26 was selected for this research study. For the assessment and measurement of psychological abilities of cricketers Michel J Mahoney’s psychological skills inventory (PSIS) were used. There were 6 variables for this study that are Team emphasis, Anxiety , Confidence , Mental preparation Concentration and Motivation.

Results

Comparison of the Psychological Skills of female and male cricketer

T Test was applied to the collected data for the comparison of the psychological skills of male and female cricketers and also Mean and SD were calculated by using SPSS as shown in Table 1.a.

Variable	Gender	N	Mean	SD	t	df	p
Psychological Skills	Female	30	95.283	11.58	1.24	58	0.215
	Male	30	96.617	9.73			

Table 1.a: Test of significance, Mean, SD, t test, df and p=0.05

From Table 1.a results depicted that there is no significant difference exists between the psychological abilities of male and female cricketers. Hence, on the basis of the result we can say that Psychological skill level of the female and male cricketers are of the same level.

Comparison of the Psychological Skills sub variables of female and male cricketers

t-test was applied to the collected data for the comparison of the sub-variables of the psychological skills of male and female cricketers and also Mean and SD of each sub-variable were calculated and analysed by using SPSS as shown in Table 1.b

S.No	VARIABLE	GENDER	N	MEAN	SD	T	df	p
1.	ANXIETY	MALE	30	19.69	2.99	.65	58	.948
		FEMALE	30	19.67	3.16			
2.	CONCENTRATION	MALE	30	10.74	2.47	4.17	58	0.01
		FEMALE	30	11.87	2.91			
3.	CONFIDENCE	MALE	30	18.69	3.25	1.96	58	0.049
		FEMALE	30	18.01	3.66			
4.	MENTAL PREPERATION	MALE	30	13.35	2.47	5.15	58	0.01
		FEMALE	30	12.08	2.44			
5.	MOTIVATION	MALE	30	17.45	3.80	1.68	58	0.092
		FEMALE	30	16.89	2.82			
6.	TEAM EMPHASIS	MALE	30	17.85	3.41	2.79	58	0.006
		FEMALE	30	16.86	3.67			

Table 1.b Level of Significance 0.05

On the basis of the results depicted in the table 1.b, there were 6 psychological variables of the psychological skill that were calculated and analysed using SPSS.

1. Result of the study shows that no significant difference was found in the level of Anxiety of the male and cricketers.
2. Significant difference was found in the level of Concentration of the male and female ricket players.
3. Significant difference was found in the level of Confidence of the male and female cricket players
4. Significant difference was found in the Mental Preparation level of the male and female cricketers
5. No significant difference was found in the Motivation level of the male and female cricket players
6. Significant difference was found in the level of Team Emphasis of the male and female cricket players

Findings and Discussion

Findings of Table 1.a depicts that no significant difference was found in the Psychological Ability of State Level Male and Female Cricketers it means they possessed same level of mental ability.

Results of the comparison of Sub-variables of Psychological Ability (from Table 1.b) of State level Male and Female Cricketers depicts that both male and female cricketers of state level have the same level of anxiety and same level of motivation as no significant difference is found between them. Females were found to have the high level of concentration when compared with the male cricketers of state level. Males were found to have the high level of Confidence, Team Emphasis level, Mental Preparation Level and when compared with the female cricketers of state level.

Conclusion

On the basis of the results given in Table 1.a and Table 1.2 it can be concluded that both male and female cricketers of state level possess the same level of psychological ability when all the six variables mentioned above compared as a whole. But when the sub variables of the Psychological Abilities were compared, female cricketers were found to be higher in the level of Concentration whereas male cricketers were found to be higher in the level of Confidence, Mental Preparation and Team Emphasis. Male and Female Cricketers had same level of anxiety and motivation as no significant difference was found.

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