

# A Comparative Evaluation of Mood States of National Level Athletes

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## ABSTRACT

The present study analysed the mood states of national level athletes. To Conduct the study 50 interuniversity/national level athletes were selected from team and individual sports namely cricket, badminton, volleyball, basketball, table tennis and soccer through purposive sampling. For this study, 50 intercollegiate athletes were also selected from team and individual sports namely cricket, badminton, volleyball, basketball, table tennis and soccer through purposive sampling. The age range of the selected athletes was 18 to 25 years. To assess mood states of selected athletes, POMS prepared by Grooves and Prapavessis (1992) was used. It was found that mood disturbance in intercollegiate level athletes was found to be significantly on higher magnitude as compared to national level athletes. It was concluded that intercollegiate athletes lacked strategies to cope with stress and emotional demands of the sport as effectively as national level athletes, thereby intercollegiate athletes exhibiting more magnitude of mood disturbance as compared to national level athletes.

**Keywords:** Mood States, National, Intercollegiate Athletes

## INTRODUCTION:

Mood states in athletes refer to the temporary psychological and emotional conditions experienced by athletes, which can significantly influence their performance, motivation, and overall well-being. These states are typically characterized by fluctuations in feelings such as happiness, anger, tension, fatigue, vigor, confusion, and depression. Mood states are dynamic and can be affected by various factors, including training intensity, competition outcomes, recovery, personal circumstances, and external stressors.

Mood states are typically understood as temporary emotional conditions that arise in response to specific stimuli, which can be external (environmental) or internal. According to Cohen, Kessler, and Gordon (1997), mood states are part of an adaptive process where individuals strive to adjust to environmental demands.

Lane and Terry (2000) offer a comprehensive perspective on mood, emphasizing that it involves multiple emotions occurring simultaneously. They define mood as a fleeting emotional state that varies in intensity and duration. These shifts in mood often relate to how individuals perceive and evaluate situations. For instance, when people encounter unexpected obstacles while pursuing their goals, mood disturbances can arise.

Ekman and Davidson (1994) highlight an important distinction between mood and emotion. They associate mood with cognitive processes, such as thought patterns and mental evaluations, while linking emotions more directly with behavior. In essence, mood influences how we think, whereas emotions

tend to drive how we act. Mood states are dynamic and interconnected with our goals, perceptions, and reactions, making them a critical aspect of understanding human psychology, especially in high-pressure contexts like sports or performance settings.

Mood states and their impact on sports performance have also been explored through the concept of the Iceberg Profile, introduced by Cox (2009). This profile illustrates how certain psychological traits, such as mental tension, fatigue, confusion, and depressive tendencies, influence athletic performance. In the Iceberg Profile, successful athletes typically exhibit high levels of positive traits like vigor and low levels of negative traits such as tension, depression, and confusion. This optimal balance creates a profile that resembles an iceberg, with vigor towering above the surface and negative traits submerged below.

The model suggests that these psychological traits can have either a positive or negative effect on performance, depending on how well athletes manage them. For instance, while a certain amount of tension might enhance focus and readiness, excessive tension can lead to performance anxiety and hinder success. Similarly, fatigue and confusion, if left unmanaged, can impair decision-making and physical execution during competition. In the present study mood states of national level athletes has been assessed by comparing it with another sample of intercollegiate athletes.

## REVIEW OF LITERATURE

Selmi et al. (2023) conducted a review to discover how mood states vary among soccer players with relation to training loads, training methods, and competitive performance. The researchers highlighted the value to include POMS assessments into broader monitoring strategies. These assessments provide useful insights into players' psychological states, enabling coaches to make informed adjustments to training variables. The review also emphasized how mood states, such as tension, anger, confusion, depression, fatigue, and vigor, are closely linked to training and performance variables, offering practical guidance for enhancing soccer players' psychological and physical outcomes.

Lochbaum et al. (2021) analyzed studies linking the Profile of Mood States (POMS) to athletic performance outcomes in competitive athletes. Effect sizes for the six POMS scales were generally small: tension (-0.21), depression (-0.43), anger (-0.08), vigor (0.38), fatigue (-0.13), and confusion (-0.41). However, the total mood disturbance (TMD) score showed a medium effect size (-0.53), which increased to -0.84 when adjusted for publication bias. Adjustments also amplified effect sizes for tension, depression, vigor, and fatigue. While moderator analyses revealed few statistically significant differences, POMS scales and TMD measured before competition reliably predicted athletic performance across diverse sports.

Yadav and Agashe (2019) compared the mental toughness of male fencers based on their performance rankings in national tournaments. Using Tiwari's (2007) mental toughness questionnaire, they found that higher-ranked fencers were better at managing self-doubt, worries, and self-defeating thoughts. These fencers could more effectively overcome physical, psychological, and tactical challenges than their lower-ranked counterparts.

Brandt et al. (2015) studied mood state differences between winners and non-winners among 62 elite Brazilian sailors across four major tournaments. Using the Brunel mood scale, they found winners exhibited distinct mood profiles, characterized by low depression, high vigor, and minimal fatigue. These mood states were strongly linked to sailing performance.

Raju and Johnson (2015) investigated mood states in 120 varsity athletes (ages 20–28) participating in team sports. Using McNair’s (1971) questionnaire, they observed no significant mood changes during the pre-competition phase, except for increased vigor as the competition approached.

Lane et al. (2005) identified a significant relationship between mood states and performance, noting that anger positively influenced performance in non-elite athletes.

**OBJECTIVE:**

The objective of the present study was to compare mood states of national and intercollegiate athletes.

**HYPOTHESIS:**

In the present study, it was hypothesized that mood states will vary significantly among athletes based on their participation level.

**METHODOLOGY**

**Sample:** To Conduct the study 50 interuniversity/national level athletes were selected from team and individual sports namely cricket, badminton, volleyball, basketball, table tennis and soccer through purposive sampling. For this study, 50 intercollegiate athletes were also selected from team and individual sports namely cricket, badminton, volleyball, basketball, table tennis and soccer through purposive sampling. The age range of the selected athletes was 18 to 25 years.

**Tools:**

**Profile of Mood States:** The abbreviated Profile of Mood States questionnaire, developed by Grooves and Prapavessis (1992), was used to assess mood states in female field hockey players. It comprises 40 items rated on a 5-point Likert scale, where 0 = Not at all, 1 = A little, 2 = Moderately, 3 = Quite a lot, and 4 = Extremely. Items related to esteem are reverse-scored. The scale evaluates six mood areas: tension (6 items), anger (6 items), fatigue (5 items), depression (7 items), esteem (6 items), vigor (5 items), and confusion (5 items). Total mood disturbance is calculated by summing negative mood scores and subtracting positive mood scores, reflecting the overall mood disturbance magnitude. This scale is highly reliable and valid.

**Procedure:** 100 athletes with varied participation level (national-intercollegiate) were selected. Profile of mood states questionnaire was administered and the scoring was done as per the manual. Data was arranged in two study groups and independent sample 't' test was used. Results given in table 1.

**RESULT AND DISCUSSION:**

**Table 1**

**Comparison of Mood States and its Dimensions between National and Intercollegiate Athletes**

Variables	National level Athletes			Intercollegiate Athletes			t
	N	M	SD	N	M	SD	
Tension	50	10.64	3.34	50	11.64	3.36	1.49 <sup>NS</sup>
Anger	50	8.30	2.88	50	12.72	5.87	4.77**
Fatigue	50	7.64	2.41	50	9.46	3.62	2.95**
Depression	50	12.60	3.80	50	15.98	6.28	3.25**
Esteem	50	18.02	2.17	50	13.52	3.79	7.27**
Vigour	50	11.40	2.32	50	11.30	3.94	0.15 <sup>NS</sup>

Confusion	50	5.52	2.04	50	6.98	2.97	2.86**
Total Mood Disturbance	50	15.28	10.03	50	31.96	8.52	8.95**

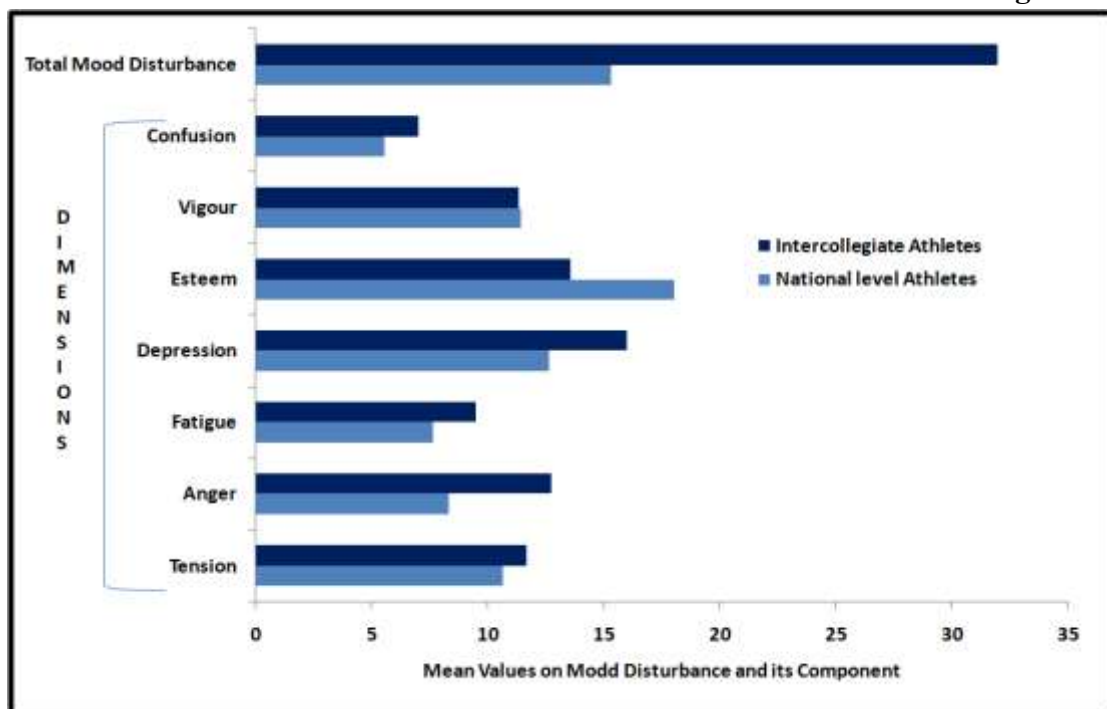
\*\* p<.01, <sup>NS</sup> Not Significant

Perusal of table 1 gives following results :

- The magnitude of tension was found to be higher in intercollegiate athletes as compared to national level athletes but the result did not satisfy the statistical criteria of significance (t=1.49, p>.05).
- The magnitude of anger was found to be significantly higher in intercollegiate athletes as compared to national level athletes at 0.01 level of statistical significance (t=4.77).
- The magnitude of fatigue was found to be significantly higher in intercollegiate athletes as compared to national level athletes at 0.01 level of statistical significance (t=2.95).
- The magnitude of depressive symptoms was found to be significantly higher in intercollegiate athletes as compared to national level athletes at 0.01 level of statistical significance (t=3.25).
- The magnitude of esteem dimension of mood state was found to be significantly higher in national level athletes as compared to intercollegiate athletes at 0.01 level of statistical significance (t=7.27).
- The magnitude of vigour was slightly higher in national level athletes as compared to intercollegiate athletes but the result did not satisfy the statistical criteria of significance (t=0.15, p>.05).
- The magnitude of confusion dimension of mood state was found to be significantly higher in intercollegiate athletes as compared to national level athletes at 0.01 level of statistical significance (t=2.86).
- The magnitude of mood disturbance was found to be significantly higher in intercollegiate athletes as compared to national level athletes at 0.01 level of statistical significance (t=8.95).

Fig. 1

Comparison of Mood States and its Dimensions between National and Intercollegiate Athletes



Morgan's (1980) model looks at how mood affects sports performance. It found that top athletes tend to have less tension, depression, fatigue, anger, and confusion, but they show more energy and confidence. The model highlights the importance of positive moods in helping athletes perform their best, a view supported by sports psychology research. Hence the results of the present study are in expected direction.

### CONCLUSION:

Based on results it can be concluded that national-level athletes experience less mood disturbance, indicating a more positive mood profile conducive to higher performance as compared to intercollegiate athletes.

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