

A study of Emotional and Behavioural Stability Profile of National Male Cricket Players of Chhattisgarh State

Prof. (Dr.) Vishan Singh Rathore¹, Aditya Paban Choudhary²

¹Professor in Physical Education and Sports Medicine, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.)

²PhD.Research Scholar, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur

Abstract

The popularity of cricket in the tribal state of Chhattisgarh is at par with other parts of India. The cricket players of Chhattisgarh strive for excellence by putting in hours of practice but the representation of players in the Indian national team, zonal tournaments and IPL can be counted on fingertips. In this context, some of the factors that affect sports performance need to be assessed and one such factor is emotional and behavioural stability. It is a term used for self-confidence and researchers have documented its contribution towards sports performance. Hence the present study aims to prepare a profile of the emotional and behavioural stability of national male cricket players of Chhattisgarh. To conduct the study, 50 national male cricket players were selected. The sample consists of 44 inter-university male cricket players and 06 Ranji trophy probable from Chhattisgarh. The average age of the sample was 23.91 years and they were selected through the purposive sampling method. The emotional and behavioural stability i.e. self-confidence was assessed through an inventory prepared by Pandey (1983). The results reveal a moderate level of emotional and behavioural stability in national male cricket players of Chhattisgarh. It was concluded that national male cricket players of Chhattisgarh need systematic psychological training and counselling so that they can reproduce their talent at an elite level.

Keywords: Emotional and Behavioral Stability, Psychological Training ,Cricket, Chhattisgarh State

Introduction

Training body, as well as mind, has been recognised for ages as contributing to sporting success. In this way, sports psychology becomes useful because it addresses the issue of applying psychology in sports so that sportspersons' motivation can be enhanced which eventually results in superior performance. The basic fundamental psychological principles such as behaviour, motivation, stress, pressure, mental toughness etc. are keys to sports performance. It also affects a sportsperson's coaching, training and competence. Similarly, physiological aspects also affect performance and this is true in a team sport like cricket also. The psychology of cricket is not as easy as it looks because it is a team as well as an individual effort. Hence cricket players have to possess psychological skills that are both suitable for individual as well as team performance. Unlike other sports, cricket is played over different formats in which a test match lasts for 05 days while one-day cricket is also there and T-20 is another format which is played for a much shorter time duration. The other aspect is that the game of cricket has lots of breaks during play

such as time out, lunch, and team and drinks break let alone weather playing its part in this outdoor sport. These conditions require a cricket player to get his focus and concentration break immediately after every break and instantly because a lapse in concentration may cost his team a match. Batting, bowling and fielding are the main cricketing skills and these skills need a lot of mental competencies. Chopra (2009) stated that one dropped catch can spiral a fielder's confidence to all-time low or one bad over or poor shot makes a player timid, shy and apprehension. Chopra in his blog wrote that mental and psychological skills become important in the above situation for cricketers and differentiate good and mediocre cricket players. Owens (2008) supports this theory that elite cricket players - batters or bowlers need attentional focus. This attentional focus allows these elite cricket players to gel their physical, emotional and psychological acts cohesively. Psychological/mental skills are players' capacity to concentrate on only cues that are meaningful for example only watching the bowler's hand and eliminating all the other cues surrounding it or a bowler need to focus on batsman's movements only. In modern times the situation changes quite quickly during a cricket match so a player needs to adjust his attentional focus accordingly and for that effective coping resources and strategies are essential.

Pressure during any given time of a match can impede the performance of a cricket player. Holt (2003) reported that when a cricket player negatively interprets stressors it may put in danger the performance of a cricket player. This is where the team management and captain need to identify which bowlers to go with in difficult situations or death overs in T-20 cricket or sending a batsman in a particular situation. They choose only those players who absorb psychological pressure well and can only play these roles in cricket. Bob Woolmer a renowned cricket personality throws light on the psychological aspect of cricket performance. Noakes and Moffet (2008) in a biography of Bob Woolmer, quoted Woolmer's words that participation and success in professional cricket are 90% mental or cognitive and 10 percent based on talent. It means that the game of cricket is played 90% cognitively and a 10% share goes to raw talent. Ross (2009) many talented players do not fulfil their promises because they do not have the adequate mental game to succeed. Humara (2002) contended that coaches often evaluate athletes' skills, and physical characteristics required for performance but they somehow neglect the psychological part of the performance. According to Lesyk et al. (2001), a talented cricketer must possess the psychological characteristics necessary to compete without which he will be a player who never fulfilled his potential. From the 2016-17 season, Chhattisgarh started its journey in the Ranji Trophy tournament. The BCCI granted Chhattisgarh State Cricket Sangh full member status in 2016. In five years the male cricket players have not lived up to the expectations and only Aman Deep Khare was able to make it to the U-19 national team. Even in the shorter format of the game, the representation of cricket players from Chhattisgarh is not that great. In the cash-rich Indian Premier League, the participation of cricket players is almost nil. The reason is the dismal performance of Chhattisgarh's cricket teams in longer and shorter formats of the game. This requires a scientific investigation because the technical and tactical know-how is provided to the players. It is also noticeable that apart from technical and tactical aspects, sports performance is affected by psychological characteristics and one important marker of performance in sports is emotional and behavioural stability often termed as self-confidence.

Confident individuals are those who have self-belief and certainty that they will do a task without faltering and achieve what they want. Mastery of skills and task-related knowledge are basic elements of self-confidence. Self-confidence shows a person's preparedness and enthusiasm towards certain work or even perform some physical activity without any problem.

Self-confidence / self-belief is not innate. A person is not born with self confidence, it is the hard work to master skills that gives him confidence and this applied to all forms of skills i.e. social, emotional, motor etc. An athlete or person engaged in another field gets confident from his previous achievements. The potentiality of abilities and knowing about it gives self-confidence but too much confidence or overconfidence is not good in any field because that person is not ready to listen to constructive criticism about these shortfalls. A general perception of self confidence is provided by Benabou and Tirole (2002) which is judging abilities perfectly. Lenney (1977) linked self-confidence with past performances and that gives an added boost to a person's belief in his capacities. In sports, the magnitude of self-confidence on performance has been discussed by Craft et al. (2003). The discussion is further elaborated by Woodman and Hardy (2003). They specifically studied the relation of self-confidence with performance in sports and concluded the positive influence of self-confidence on athletic performance. The association of self-confidence with sports performance has been established by researchers such as Hemery (1986), Covasson and Pero (2004) and Hays et al. (2007) with a sound basis on positive thoughts, behaviour and action arising from self belief/confidence.

Objective

Objective of the present study is worded as following

1.To provide a profile of the emotional and behavioral stability of national male cricket players of Chhattisgarh State.

Hypothesis

Hypothesis of the present study is worded as following

H₁: It was hypothesized that the majority of national-level male cricket players of Chhattisgarh State would exhibit a higher level of emotional and behavioural stability.

Delimitations of the Study

The present study was delimited to:

1. National-level male cricket players of Chhattisgarh State.
2. A total sample of 50 male cricket players.
3. The selected psychological variable of emotional and behavioural stability/self-confidence.
4. The categorization of players into high, moderate, and low levels according to the scoring criteria of the psychological test used in the study.
5. The data collected from the selected participants during the period of the investigation.

Limitations of the Study

The present study had the following limitations:

1. The study was limited to 50 national-level male cricket players of Chhattisgarh State; therefore, the findings may not be generalized to other populations.
2. The investigation was restricted to emotional and behavioural stability/self-confidence and did not consider other psychological, physiological, technical, or performance-related factors.
3. The study relied on participants' responses to the selected psychological assessment tool, which may have been influenced by individual perceptions and response tendencies.

4. The study was descriptive in nature; therefore, the findings indicate the distribution of the psychological characteristic but do not establish a causal relationship with cricket performance.

Operational Definitions of Key Terms

Emotional and Behavioural Stability: For the purpose of the present study, emotional and behavioural stability refers to the psychological characteristic of an athlete reflecting the ability to maintain emotional balance and appropriate behavioural responses in competitive and challenging situations. In the present investigation, the level of this characteristic was determined according to the scoring and classification procedure of the selected psychological assessment tool.

Self-Confidence: Self-confidence in the present study refers to the athlete's belief or degree of certainty regarding his ability to achieve success in sport. Vealey (1986) conceptualized sport-confidence as the degree of certainty athletes possess about their ability to be successful in sport.

National-Level Male Cricket Players: For the purpose of the present study, national-level male cricket players refers to male cricket players who fulfilled the eligibility criteria specified by the researcher and were included in the study as national-level players.

High Self-Confidence: Players obtaining scores above 38 on the selected psychological assessment scale were classified as having high self-confidence.

Moderate Self-Confidence: Players obtaining scores between 23 and 38 on the selected psychological assessment scale were classified as having moderate self-confidence.

Low Self-Confidence: Players obtaining scores below 23 on the selected psychological assessment scale were classified as having low self-confidence.

METHODOLOGY:

The following methodological steps were taken to conduct the present study.

Sample :-

To conduct the study, 50 national male cricket players were selected. The sample consists of 44 inter-university male cricket players and 06 Ranji trophy probable from Chhattisgarh. The average age of the sample was 23.91 years and they were selected through the purposive sampling method.

Tools:

To assess the emotional and behavioural stability of selected subjects, PSCI prepared by Pandey (1983) was adopted. This Hindi inventory comes with 60 items. The positive and negative worded items are included in this inventory. A score of 00 and 1 was allotted on each item as per the key. Inventory has high face validity with a fair amount of construct validity. The interpretation of raw scores are as follows : High self confidence - Less than 23, Moderate self confidence - 23-38 and Low self confidence - More than 38.

Procedure:

50 national male cricket players were selected and self-confidence inventory was administered. The responses were evaluated because of the manual. According to the norms of these tests, subjects were classified into various categories. According to the manual of self confidence inventory scores above 38 indicate low self confidence, scores lying on 23-38 indicate average self-confidence while scores below 23 indicate low self-confidence. The Chi-square test was employed for statistical analysis

RESULT AND DISCUSSION

Introduction

The results of the present study on the emotional and behavioural stability of national-level male cricket players of Chhattisgarh State are presented and discussed in this section. The findings are based on the classification of players into high, moderate, and low categories according to their obtained scores. Frequency, percentage, and Chi-square statistics were used to examine the distribution of the players across these categories. The findings are discussed in relation to the psychological demands of competitive cricket and their implications for the psychological development of the players.

Table 1

Frequency Distribution and Chi-Square Statistics for Categories of Emotional and Behavioural Stability of National Male Cricket Players of Chhattisgarh

Emotional and Behavioural Stability / Self Confidence	Number	Percentage (%)	χ^2
High Self Confidence (Scores More than 38)	13	26%	$\chi^2 = 19.96 (p < .01)$
Moderate Self Confidence (Scores between 23-38)	31	62%	
Low Self Confidence (Scores Less than 23)	06	12%	
Total	50	100.0	

$\chi^2 (df=2) = 5.99$ at .05 level and 9.21 at .01 level

The Chi-square value of 19.96 given in Table 1 shows a significant difference in the frequency distribution of three categorical variables. It indicates that the majority of the national male cricket players possess a moderate level of emotional and behavioural stability ($N=31$, 62%). Only 26% of national male cricket players have a higher degree of emotional and behaviour stability while 12% in fact have a low level of emotional and behavioural stability.

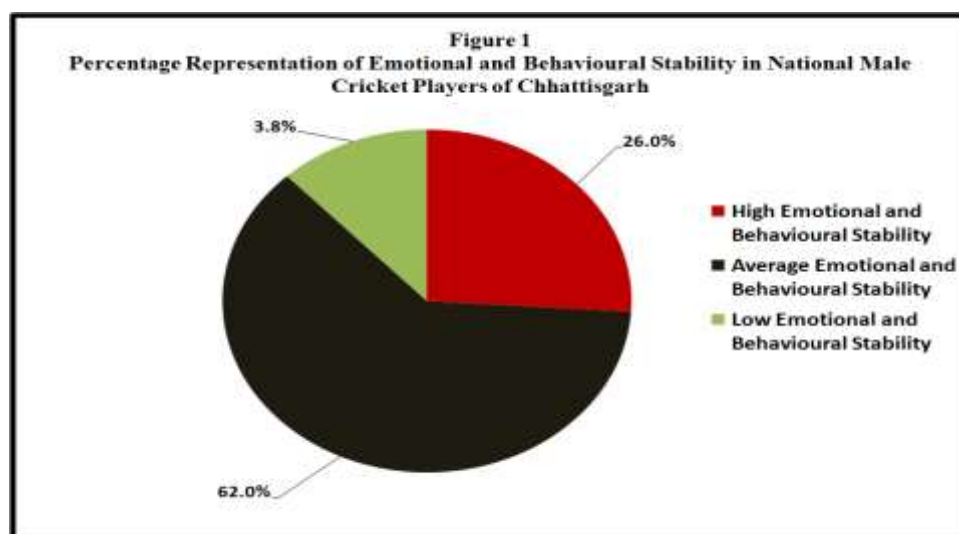


Figure 1: Percentage Representation of Emotional and Behavioural Stability in National Male Cricket Players of Chhattisgarh State

It shows that the emotional and behavioral stability in the majority of the male cricket players of Chhattisgarh remains at a moderate level. Chhattisgarh was a part of undivided erstwhile Madhya Pradesh and even after so many years, the self-confidence / emotional and behavioral stability of male cricket players of Chhattisgarh remains average. Self-confidence or emotional and behavioural stability is a part of psychological variables which aid sports performance. The cricketing history of Chhattisgarh gives a picture that not many players have managed to get selected for India team or T-20 tournaments like IPL. The predominance of moderate self-confidence indicates that there may be scope for further strengthening psychological skills among national-level male cricket players of Chhattisgarh State. However, the present findings do not establish that self-confidence alone determines player selection or competitive progression.

CONCLUSION

Based on the findings of the present investigation, it was concluded that the majority (62%) of national-level male cricket players of Chhattisgarh State possessed a moderate level of emotional and behavioural stability/self-confidence, while 26% demonstrated a high level and 12% demonstrated a low level. The obtained Chi-square value of 19.96 ($df = 2$, $p < .01$) indicated a statistically significant difference in the frequency distribution of the three categories.

The findings indicate that although the majority of the players demonstrated an adequate or moderate level of the psychological characteristic under investigation, only about one-fourth of the players reached the high category. Therefore, there appears to be scope for strengthening psychological preparation among a substantial proportion of the players.

It was further concluded that emotional and behavioural stability/self-confidence deserves greater attention as one component of the overall preparation of competitive cricket players. Regular psychological skills training, systematic assessment and individualized psychological support may be incorporated into cricket training programmes to help players develop more consistent psychological preparedness.

However, the present findings should not be interpreted as evidence that moderate or low self-confidence is the direct cause of limited cricketing achievement or selection. The psychological profile represents only one aspect of athlete development, and cricket performance is influenced by several interacting technical, tactical, physical and psychological factors.

Therefore, the study concludes that systematic attention to psychological preparation, alongside physical, technical and tactical training, may be valuable for the holistic development of national-level male cricket players of Chhattisgarh State.

REFERENCES

1. Ashraf, K.M. (2016). Comparative study of psychological parameters between rural and urban areas boys of inter-college cricket players. *International Research Journal of Physical Education and Sports Sciences*, Vol. III, Issue I, 1-3.
2. Benabou, R. and Tirole, J. (2002). Self-Confidence and Personal Motivation Get access Arrow. *The Quarterly Journal of Economics*, Volume 117, Issue 3, Pages 871–915.
3. Chopra, S. (2009). Different strokes, staying power. *Cricinfo Blogs*. Available from: http://blogs.cricinfo.com/diffstrokes/archives/2003/03/staying_power.php.
4. Covassin, T., Pero, S. (2004) The relationship between self-confidence, mood state, and anxiety among collegiate tennis players. *Journal of Sport Behavior*, 27(3), 230-242.

5. Craft, L. L., Magyar, T. M., Becker, B. J., and Feltz, D. L. (2003). The relationship between the Competitive State Anxiety Inventory-2 and sport performance: A meta-analysis. *Journal of Sport and Exercise Psychology*. 25(1): 44–65.
6. Freeman P. and Rees T. (2010). Perceived social support from team-mates: Direct and stress-buffering effects on self-confidence. *European Journal of Sport Science*. 10 (1): 59–67.
7. Hays, K., Thomas, O., Maynard, I. and Bawden, M. (2009). The role of confidence in world class sport performance. *Journal of Sport Sciences*, 27 (11), 1185-1199.
8. Hemery, D. (1986). *The Pursuit of Sporting Excellence*. London: Collins.
9. Holt, N.L. (2003). Coping in professional sport: A case study of an experienced cricket player. Available from: [http:// www.athleticinsight.com/ Vol5Iss1/ Cricket PlayerCoping.htm](http://www.athleticinsight.com/Vol5Iss1/CricketPlayerCoping.htm).
10. Humara, M. (2002). Personnel selection in athletic programs. Available from: <http://www.athleticinsight.com/vol0iss2/www.athleticinsight.com/vol2iss2/personnel.htm>.
11. Kais, K. and Raudseplennart (2004). Cognitive and Somatic Anxiety and Self-Confidence in Athletic Performance of Beach Volleyball, *Onions Publication*, 98(1), 439-449.
12. Kumar, A., Shukla, M., & Acharya, J. (2021). Personality Dimensions Drive Achievement Levels of Cricket Players: A Study on the Five-Factor Model. *Teoriâ Ta Metodika Fizičnogo Vihovannâ*, 21(3), 219-226.
13. Lenney, E. (1977). What's fine for the gander isn't always good for the goose: Sex differences in self-confidence as a function of ability area and comparison with others. *Sex Roles*, 7, 905-923.
14. Lesyk, J. and Sanchez, X. (2001). Mental skills training using the "nine mental skills of successful athletes" model. *World Congress of Sport Psychology*. Available from: <http://www.sportpsych.org/nine3.html>.
15. Mamassis and Docjanis G. (2004). Effects of a Mental Training Program on Juniors Pre Competitive Anxiety Self Confidence and Tennis Performance, *Journal of Applied Psychology*, 16(2), 118-137.
16. Noakes, T.D. and Durandt, J.J. (2000). Physiological requirements of cricket. *J Sports Sci* 2000; 18:919-929.
17. Owens, J. (2008). Concentration in cricket: Understanding how to improve your focus and how to deal with distractions to improve your cricket performance. Available from: [http://www.believeconsulting.co.uk/ resources/ Concentration_In_Cricket1.pdf](http://www.believeconsulting.co.uk/resources/Concentration_In_Cricket1.pdf).
18. Rajesh Kumar (2015). A Comparative Study of Self Confidence Among Boxers and Wrestlers of Hyderabad in India. *AASCIT Journal of Psychology*, 1(1) :1-4..
19. Ross, W. (2009). Personal development: The psychology of cricket. Available from: <http://willpower.4mg.com/cricket1.html>.
20. Shrigiriwar, B.V. (2019). Effect of urban-rural belongingness on mental toughness of intercollegiate male cricket players of Maharashtra. *International Journal of Physiology, Nutrition and Physical Education*; 4(1): 620-621.
21. Singh, S. (2021). Sport competition anxiety among university level cricket players: a comparative study. *International Journal of Research Pedagogy and Technology in Education and Movement Sciences*, 2(01).
22. Vealey, R. S. (1986). Conceptualization of sport-confidence and competitive orientation: Preliminary investigation and instrument development. *Journal of Sport Psychology*, 8(3), 221–246. <https://doi.org/10.1123/jsp.8.3.221>

23. Woodman, T. and Hardy, L. (2003). "The relative impact of cognitive anxiety and self-confidence upon sport performance: a meta-analysis". *Journal of Sports Sciences*. 21 (6): 443–457.