META COGNATION AMONG ELITE AND NONELITE ATHLETES FOR TALENT IDENTIFICATION

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The development of psychological factors in sports demands deliberate intentions, encouragement and motivation. Against this background the present study investigates about the psychological determinants in elite and non-elite athletes for talent identifications and sport performance. By using purposive sampling technique 20 female elite and non-elite athletes between the age ranges 19 to 35 years were selected from Sports Authority of India and Guru Nanak Dev University respectively. Semi structured interview was conducted with coaches, to determine the psychological factors among athletes. The determinants identified metacognition. Further the inventory were measured by T-test was employed to compare the difference between existence psychological determinants of female elite and non-elite athletes.

Introduction

Competition is a natural nature of human being. Sports have extensive scope for the competitive atmosphere. The healthy spirit of rivalry and competition constantly leads to improvement in the performance and previous records and made new records and break the old records and constantly excelled or surpassed. There are several other factors which cause sports to an important place in life. It is generally by involving and taking part in different games and sports so that we cultivate what is called the spirit of showmanship and also teach us to cope with each other. This spirit of sportsmanship is an excellent quality in a man and consists of fair play and sense of discipline quality for team work, cooperation, confidence and team management in oneself that enabled one to accept a defeat optimistically.

The present study was entitled as investigation of psychological determinants in elite athletes for talent identification among non-elite athletes. The investigator has identified the psychological factors responsible for good performance in elite athlete with the help of international coaches. On the basis of that variables comparison has been done between elite and non-elite athlete.

Objectives of the study

1.   To identify psychological determinants responsible for performance among elite athletes.

2.   To examine the level psychological determinants among elite and non-elite athletes.

Hypotheses

There exist significant different between elite and non-elite athlete on the variable Meta cognitive.

METHDOLOGY

The study aims to identify psychological factors responsible for performance among elite female athletes. It also analyse the difference between elite and non-elite female athletes in terms of psychological factors. For this purpose 20 female athletes from elite (n=10) and non-elite (n=10) were selected. Elite female athletes are those who had participated at international level for one or more than one time and still in practice and were selected from SAI Kolkata and non-elite form Guru Nanak Dev University Amritsar (Punjab) who had participated in inter college level but not selected for higher competitions. The data was collected to see the comparison between identified psychological factor meta cognition of elite and non-elite female athletes.

Purpose- To assess the Meta Cognitive Inventor among elite and non-elite players.

Scoring – It contains 30 items each items being a statement by a four point scale 'not at all', 'somewhat', to a considerable extent and very much so',. If a response marks ' not at all' he is given weightage of 1 point similarly 2,3, and 4 point are given for marking on 'somewhat', 'to a considerable extent', 'and very much so' respectively.

Statistical Technique

The raw data was arranged in tabulated form for the further statistical treatment. Collection data was analysed with the help of t-test because the sample size was less than thirty (30) and two groups were there. The results were tested at 0.05 level of confidence. On the bases of findings results will be made.

RESULT AND DISCUSSION

The main aim of the investigator is to find out the result of the study, with the help of t-test. The main aim and objective are achieved and tested hypothesis were formulated.

Significance Difference between Mean Score of Elite and Non Elite Athletes on the Variable Meta Cognation

Group	N	Mean	SD	Df	T-Value
Elite	10	102.5	4.3		
Non-Elite	10	76.6	8.7	18	8.36

Table value e2.10

*Significant to 0.05 level

Table reveals that the mean score of elite archers and non- elite archers were found 102.5and 76.6 standard deviation was 4.3 and 8.7. The t-value was found 8.36 which is statistically significant at 0.05 level of confidence. The results of the study indicates that elite athlete have better meat cognation in comparison to non-elite.

Figure 4.2

Shows the Comparison of Meta-Cognation between Elite and Non Elite Athletes
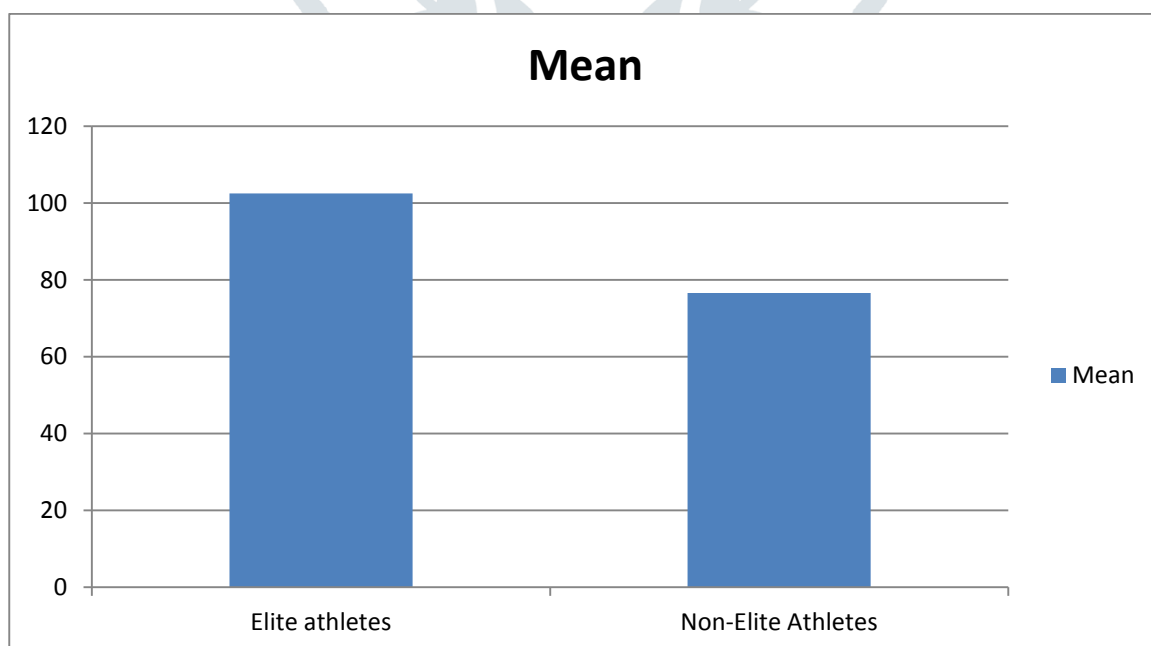
The above table shows that there are significant difference between elite and non-elite athlete on the verbal meta cognation. Elite players have significantly higher mean score as compared to non-elite athletes on the above said variable. "An elite athlete is a rare combination of hard work, talent and the right psychological

profile" (Young 2008). Meta cognitive is related to control of cognation. "Metacognition has been defined as an individual's insight control over their own mental processes" (Flavell, 1979). According to (Tarricone 2011) indicated that the main interaction between metacognition and self-regulation is to monitor, controlling and regulate strategies to meet the demands of goals. It has been observed throughout the study due the prolonged experience in the particular sports field elite athletes are very disciplined, focused, better control over emotions and better mental skill in comparison to non-elite. Results of the present investigation are also supported by (Tadhg et.al 2014) which is done on other sports area. According to him elite athletes are experts in movement execution but conceivably they are also experts in planning, metacognition, and refection. "Often the difference between the good and the elite is the mental qualities of the athletes" (Young 2008) as it was hypothesized that meta cognition is a strong determinant of performance among sports person. Although previous studies in physical education and sports setting was not done on athletes but only one study was done on chess in relation to meta cognition.

Conclusion

The aim of the study was to compare the psychological characteristics of elite and non-elite athlete for talent identification. Within the limitation of the study following conclusion was appeared.

The psychological variable namely Meta Cognation was significantly different in elite players of athlete as compared to non-elite athlete. Whereas significant difference was observed between elite and non-elite athlete.

Result

There was significant different between elite and non-elite athletes on the variable Meta cognitive.

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