

# ASSESSMENT OF FACTORS INFLUENCING SPORTS CAREER OF WOMEN NETBALL PLAYERS

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**Abstract:** The purpose of the study was to assess the factors influencing sports career of women netball players and observed population. Thirty six players from top three ranked teams have been selected through purposive technique whereas 32 players from low ranked teams through random technique. Inventory of Factor Influencing Sports Career by Kamlesh and Sharma (1986) was used to collect the data. t-test was applied to find out significant difference between internal and external factors influencing sports career and between difference between pairs of internal and external sub factors. Findings revealed that internal factors were much stronger to influence sports career of women netball players than the external factors. 'Ability' is most dominating sub-factors of internal factor influencing sports career of women netball players with highest mean scores (10.64) as compared to 'practice' (9.78) and 'superiority' (8.89). The result pertaining to sub-factors of external factor influencing sports career revealed that 'luck' is the most dominating sub-factor which influence sports career of women netball players as the mean score (4.84) were the highest among the scores of other factors. The second powerful factor was found 'equipment and coaching' with mean value of scores as 4.44. The third ranking sub-factor which influence sports career has been found 'high ups' with mean scores as 4.12. The least influencing sub-factor was found 'financial backing' with mean scores as 2.22.

**Keywords:** Sports Career, netball, Sports Career Inventory.

## INTRODUCTION

In this world of competitive sports every sportsperson is in race to excel each other, showing their supremacy over other. Thus it requires a perfect amalgam of physical, physiological and psychological attributes in perfect gear to establish supremacy. Like other games and sports Netball has proved as most outstanding, crowd pulling sports in the field of today's competitive world.

One of the widely discussed and the least answered question is why do people pursue sports? In a philosophical discussion concerned with why man pursues sport, Weiss (1973) stated that accomplished excellence provides acceleration pleasure and challenge. One of the many ways that man can demonstrate excellence through mastery of his body. Young men find it easier to master their bodies than to become excellent in other way, and this is why they occupy themselves with sport. However, it is not immediately evident why men in all walks of life, of all variety of interest, occupy themselves in sport without the degree of excellence and mastery of the body that Weiss suggest as the motivating factor.

In the modern times it is not the participants but outstanding performance which is important, so much emphasis on excellence and for winning has led to searching for the bases of performance. Therefore, attempts to identify the factors determining success in competitive sports have captured the attention of sports scientists.

The concept of locus of control, as derived from social learning theory provides a useful means for measuring individual differences in the extent to which reinforcement as viewed as a concurrence of one's own behavior or a consequent of such forces as chance, fate or powerful others, on the line of internal and external control of reinforcement. The possible factors influencing sports career can be grouped either in intrinsic or extrinsic. The intrinsic factors relate to internal locus of control, whereas extrinsic factors to be found external. Internal factors are related to the athletes own interest, will inherit or acquire qualities through self-motivation, while external factors are related to socio-cultural milieu in which the athlete operates.

Keeping in view the importance of psychological approach in exhibiting, sports excellence, the scholar has attempted to take study on factor influencing sports career of women Netball players.

## PROCEDURE/METHODOLOGY

A purposive sampling device was used to select the sample of the study. First three position holders in the interuniversity women netball competition were considered for the collection of data. All three teams comprised of thirty six women netball players. In the observed population thirty two non-position holder were selected on random basis to act as subjects. Inventory of Factor Influencing Sports Career by Kamlesh and Sharma (1986) was used to collect the data.

**Administration of test:** The purpose of the study was explained to the subjects and efforts were made to ensure proper and sincere response from the subjects. The questionnaire was administered to women netball players at the end of All India University Netball Competition conducted by Panjab University, Chandigarh in the year 2010. For filling up the answer sheet the procedure was explained to the subjects thoroughly and doubt if any raised by the subject was cleared. The inventory consists of 20 statements covering internal and external factors in such a manner that response to one statement relating to a particular factor is substantiated by the response

to similar statement elsewhere. The responses were scored on likert method according to the strength of feeling S.D.=0; D.=1; U.D.=2; A.=3; S.A.=4. Reference to two sets of factors are summed separately obtaining two scores: One external response ranges 0 to 40 and one internal score also ranges 0 to 40.

**Statistical technique employed:** t-test was applied to fine out significant difference between internal and external factors influencing sports career and between difference between pairs of internal and external sub factors.

**FINDINGS AND DISCUSSION**

The results pertaining to mean difference between the scores of internal and external factors influencing sports career of women netball players has been presented in table 1.

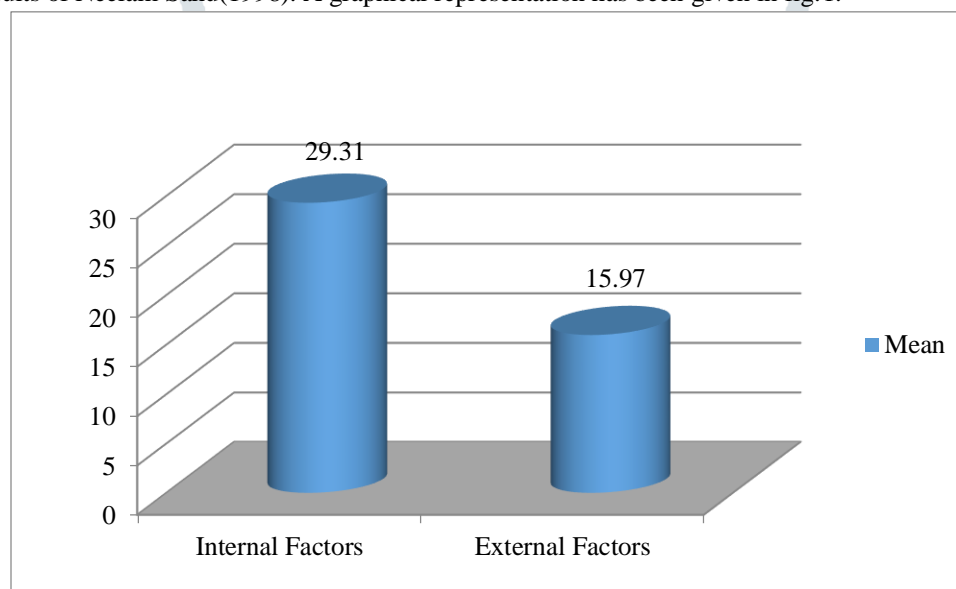
**Table 1: Significant Difference between Internal and External Factors Influencing Sports Career of Women Netball Players.**

Factors	Mean	S.D.	M.D.	S.E.D.M.	t
Internal	29.31	5.07	13.34	1.187	11.231*
External	15.97	4.808			

\*significant at .05 level  $t < 2.03$  (df=35)

The results presented above in table 1 establish significant difference between internal and external factors influencing sports career of women netball players as the obtained t value 11.231 was higher than the tabulated value of 2.03 required to be significant at 5% level with degree of freedom as 35.

Discussion: The result revealed that internal factors were much stronger to influence sports career of women netball players than the external factors. The mean value of the score of the internal factors were 29.31 as against 15.97 of external factors. These results are comparable to the results of Neelam Sahu(1998). A graphical representation has been given in fig.1.



**Figure 1: The Graphical Representation of Mean Differences between the Scores of Internal and External Factors Influencing Sports Career of Women Netball Players.**

**Table 2: Significant Difference among Sub Factors of Internal Factors Influencing Sports Career of Women Netball Players.**

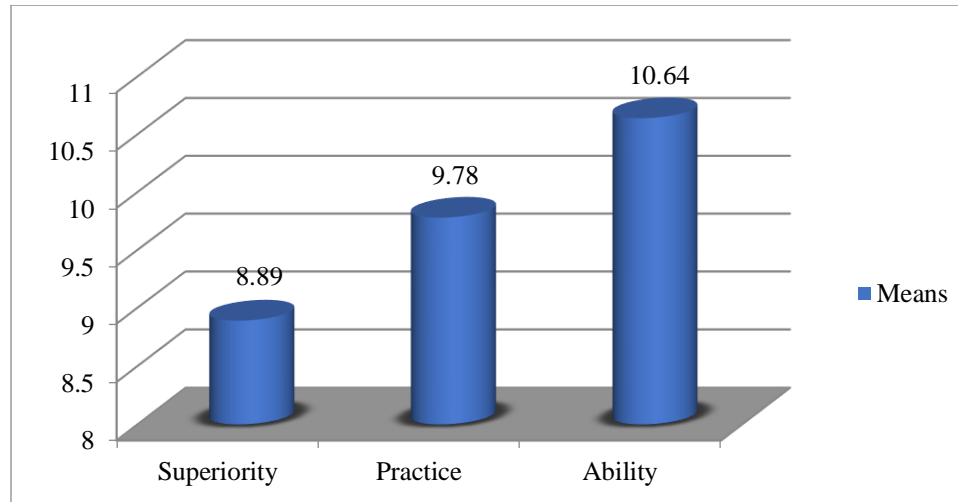
	Game superiority		Practice		Ability		M.D.	σM.D.	t
	M	S.D.	M	S.D.	M	S.D.			
1	8.89	1.67	9.78	1.958	-	-	0.89	0.365	2.438*
2	8.89	1.67	-	-	10.64	2.62	1.75	0.379	4.620*
3			9.78	1.958		2.610	0.86	0.365	2.356*

\*significant at .05 level  $t < 2.03$  (df=35)

The result presented in table 2 revealed that there has been significant difference among sub factors influencing sports career of women netball players. The ‘t’ value 2.438 establish significant difference between games superiority and practice sub factors of influencing

sports career at 5% level as it is more than the required table value of 2.03. The t Value 4.62 establishes significant difference between game superiority and ability at 5% level because it is also more than the tabulated value. There is a significant difference between practice and ability as obtained t value 2.356 was found higher than the tabulated value required being significant at 5% level.

**Discussion:** From the results it has been observed that ability is most dominating factor influencing sports career of women netball players. In this sub factor the mean scores (10.64) were the highest. The second factor influencing sports career has been found 'practice'. In this sub- factor the mean scores were 9.78. The factors of games superiority has the lowest weightage in influencing sports career as the mean score 8.89 were the lowest among three sub factors of influencing sports career of women netball players. A graphical presentation has also been given in fig.2.



**Figure 2: The Graphical Representation Mean Differences between The Scores of Internal Sub Factors Influencing Sports Career of Women Netball Players.**

The difference among sub factors of external factors influencing sports career of women netball players has been presented in table 3.

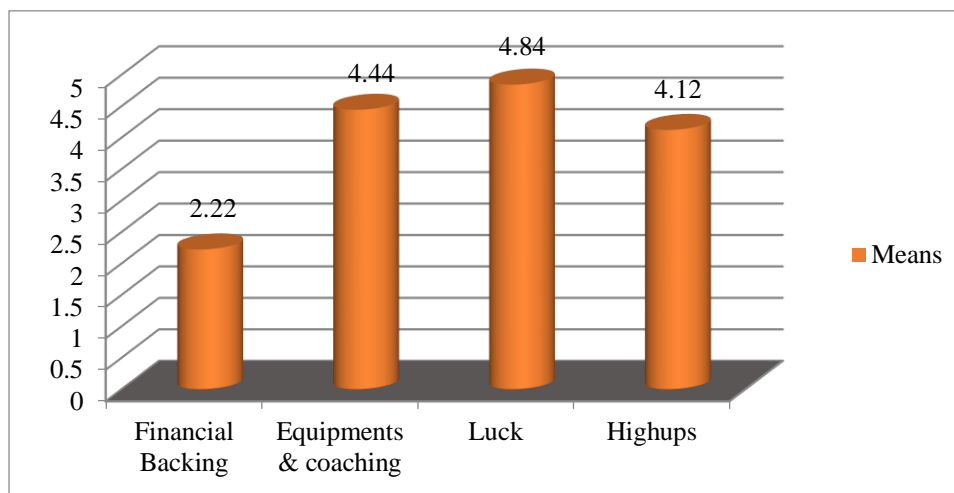
**Table 3: Significant Difference between Paired Sub-factors of External Factors Influencing Sports Career of Women Netball Players.**

	FB		EC		Luck		High ups		M.D.	σMD	t
	M	S.D.	M	S.D.	M	S.D.	M	S.D.			
1	2.22	1.68	4.44	1.645	-	-	-	-	2.219	0.391	5.678*
2	2.22	1.68	-	-	4.84	2.76	-	-	2.625	0.548	4.791*
3	2.22	1.68	-	-	-	-	4.12	2.366	1.906	0.517	3.690*
4	-	-	4.44	1.645	4.84	2.76	-	-	0.406	0.571	0.711
	-	-	4.44	1.645	-	-	4.12	2.366	0.312	0.532	0.587
	-	-	-	-	4.84	2.76	4.12	2.366	0.719	0.646	1.112

\*significant at .05 level ,  $t < 2.03(df=35)$

FB-Financial backing.  
EC-Equipment &Coaching

The result presented in table 3 have shown that financial backing sub factor of external factor differs significantly from equipment & coaching, luck and high ups. The obtained 't' value (5.678) between financial backing and equipments & coaching was higher than the tabulated value. Again obtained 't' value 4.791 shows significant difference between financial backing and luck at 5% level. The obtained 't' value 3.690 shows significant difference between financial backing and high ups as all those 't' values are higher than the table value required being significant at 5% level. However no significant difference was observed among equipment & coaching, luck and high ups as there was no significant difference between equipment & coaching and Luck. The obtained 't' value (0.587) was less than tabulated value. Similarly no significant difference was observed between luck and high ups because obtained t-value (0.711) in this pairs of sub factors was also less than tabulated. A graphical presentation has been given in fig.3.



**Figure 3: The Graphical Representation of Mean Differences between the Scores of External Factors Influencing Sports Career of Women Netball Players.**

**Discussion:** The result pertaining to sub-factors of external factor influencing sports career revealed that luck is the most dominating sub-factor which influence sports career of women netball players as the mean score (4.84) were the highest among the scores of other factors. The second powerful factor was found equipment and coaching with mean value of scores as 4.44. The third ranking sub-factor which influence sports career has been found high ups with mean scores as 4.12. The least influencing sub-factor was found financial backing with mean scores as 2.22.

## CONCLUSION

In the light of findings and limitations of the study it was concluded that Internal sub factors have been proved as powerful in influencing sports career and three internal factors have significant difference among one another. As far as external sub factors for influencing sports career are concerned luck was found at the top ranking followed by equipment & coaching and third place was obtained by high ups and last factor influencing sports was financial backing.

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