

“Influence of Psycho-Motor Abilities on Goal Shooting Performance of Hockey and Football Players”

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Introduction :

Psychology of sport is a branch of psychology that examines various aspects of sports activities and physical culture. It also studies the psychological aspects of the athlete's personality. It develops diagnostic techniques for selecting persons of specific sporting events and effective training methods. Sports psychology examines the athlete's psychic states in various complex situations. Sports psychology is also designed to develop the psychological foundations of sporting skills by teaching optimal loco motor habits and proper control of one's body and by fostering the athlete's will power and all round development.

Aggression in Sports:

The type of aggression witnessed in sport may be categorized in to (1) athlete's and (2) spectator's aggression or hostility. The competitive nature of sport, perhaps, is the major reason for the athletes behaving aggressively especially in contact sports where the instinctive tendencies of offences and defense (primitive or racial forms of behavior aiming at struggle for existence and survival of the fittest) are directly reflected in the skills and actions of the participants. The struggle for supremacy, dominance and excellence obviously involves all sorts of aggression retaliatory, instrumental, direct indirect, etc. aggression in one from or the other is inevitable and inescapable in sporting activity.

Self confidence in Sport :

When athletes feel confident, they are more readily about to turn sporting potential into superior performance. Conversely, when they feel unsure of themselves, the slightest setback or smallest hurdle can have an inordinate effect on their performance.

Costas Karageorghis explores the nature of self confidence and presents a theory underlying the causes of self confidence in sport. He also reviews recent research and provides some powerful techniques that you can apply to enhance your own confidence or that of athletes in your charge “I don't think it's bragging to say I'm something special”. Muhammad Ali.

Physical Fitness :

The United States President's Council of physical and sports defined the terms physical fitness as “the ability to carry out daily tasks with vigor and alertness, without under fatigue, with ample energy to enjoy leisure time pursuits, and to meet unforeseen emergencies” (Clark, 1971). General fitness implies the ability of a person to live most effectively with his/her potentials, with depend upon the physical mental emotional, social and spiritual.

Concept of performance :

The actual performance is the psycho motor ability process. The nature of sports performance can be understood completely only by studying this process. The study of this process will field variable information about the structure of performance thereby giving valuable information having implications about training. Therefore, it is of utmost importance to understood the sports performance as a unity of movement and its result.

Statement of the problem :

To study the influence of psycho-motor ability variables on goal shooting performance – hockey and football players.

Objectives of the study :

1. To study the motor ability test and goal shooting performance among hockey and football players.
2. To study the influence of aggression on goal shooting performance among hockey and football players.
3. To assess the role of self confidence on goal shooting performance among hockey and football players.
4. To compare the performance between hockey and football sample sub groups.
5. To study the effect of demographic factors on goal shooting performance.

Variables :**Independent variables :**

- 1) Aggression
- 2) Self confidence
- 3) Age
- 4) Games

Dependent variables :

- 1) Motor ability
- 2) Goal shooting

Hypothesis :

The following are the hypothesis of the present study:

- 1) There is an motor ability test goal shooting performance among hockey and football players.
- 2) There is an influence of aggression goal shooting performance among hockey and football players.
- 3) There is an impact of self confidence goal shooting performance among hockey and football players.
- 4) The demographic factor like age have significant bearing goal shooting performance among hockey and football players.
- 5) There will be significant correlation between independent and dependent variables.

Delimitation of the study :

The present study was delimited to psychological variable and motor ability test. As it was not possible to study all the psychological variables which helps the sports persons to become superior athlete or player and to train them for higher sports. Secondly the study has been delimited to age.

Limitation :

The study is limited to the hockey and football players who have participated at inter-university level competitions only.

Samples :

The sample of the study consist of 400 sports persons (200 hockey players and 200 football players). The age range of the sample was 18 – 25 years. Initially the large number of players will be chosen for administration of tests like aggression and self confidence to classify in equal number of high and low self confidence and aggression similarly an equal number of players from hockey and football, two age groups (18 – 21) and age group (22 – 25) will be selected finally. Thus the sample to match for age, game (hockey and football) aggression and self confidence. Thus the finally selected sample of 400 subjected to motor ability test and sports performance (goal shooting) in respective games. The distribution is a under:

Table – 1
Distribution of sample

Age	Football players	Hockey players	Total
Age Group – I 18 – 21 years	100	100	200
Age Group – II 22 – 25 years	100	100	200
Total	200	200	400

Significance of the study :

- 1) The study may help to know the variations and similarities in psychological variables and motor ability tests on goal shooting among hockey and football players.
- 2) The study may be of significance in the area of physical fitness and sports science.
- 3) The findings may throw light on the importance of psychological factors, aggression and self confidence who have participated at various levels of competitions.
- 4) The players in order to achieve higher excellence in their performance may require variety of abilities including physical fitness.
- 5) The psychological factors that speaks about the positive aspect of the sports persons which promote better performance needs to strengthen in the players and hence the findings of the study may help in this regard.

Tools :

The following tools will be used.

1. Personal Data Schedule

This is framed to collect information regarding the personal and demographic status of the sample.

2. Aggression inventory (BUSS-DURKEE, 1957)

This inventory consists of 60 items. The scoring is done as per the key given in the manual for every positive answers '1' and for every negative answers '0' score will be given and individual can be categorized as either high or low on aggression depending on the scores he gets. The reliability and validity of the scale are claimed to be significant.

3. Self confidence questionnaire (SCQ) (1975)

The self- confidence questionnaire (SCQ) developed by Basavanna. The questionnaire consists of 100 items. The odd even (split half) reliability co-efficient calculated by Spearman Brown formula was found to be 0.94.

4. McDonald Soccer Skill Test (1951)

This skill test constructed for college men to measure accurate kicking and the validity co-efficient of the test ranged from 0.63 to 0.94. He conducted the kicking test with a restraining line distance of 9 feet, 21 feet and 30 feet from the kickboard. However the test with a nine feet restraining distance provided the highest validity co-efficient and is in common use for soccer skill testing.

5. SAI Hockey Skill Testing (1992)

This test item is aimed to measuring the ball shooting ability of the hockey player. A target is formed by putting two flag posts (each of two meters height) at a distance of one meter from each other. A restraining line at a distance of ten meters from the target is marked on the ground. Ten balls are placed near the shooting sport on the restraining line. The subject is asked to hit all the ten balls into the target one by one.

6. Motor Ability Test (AAHPER)

The following motor tests will be used :

Sl. No.	Motor Ability	Test	Time
1.	Speed	50 yard dash	Time
2.	Agility	Shuttle run 10x4 yards	Time
3.	Endurance	12 min run / walk	Time
4.	Strength	Pull ups	Time
5.	Flexibility	Sit and reach test	Increase

Statistical method :

The following statistical methods would be employed :

1. T -test to compare differences between sample sub groups.
2. R -test to examine relationship between study variables.
3. ANOVA to assess the effect of independent variables on dependent variables.

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