

ANALYSIS OF PSYCHOLOGICAL VARIABLES AMONG GOVERNMENT, AIDED AND PRIVATE ARTS AND SCIENCES COLLEGE SPORTSMAN

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Abstract

'Psychology' refers to the study of human behaviour and sports psychology denotes such category of psychology that deals with the behaviour of athletes and teams engaged in competitive sports. The aim of the study was to analysis of selected psychological variables among government, aided and private arts and Sciences College sportsman. Forty five arts and Sciences College sportsman (15 from Government, 15 from aided and 15 from private College) were selected randomly from virudhunagar district, their age group between 22 to 26 years. As per the available literatures, the questionnaire methods were used to collect relevant data on the selected Psychological variable as Stress, Anxiety, Achievement Motivation and Happiness. The collected data were statistically analyzed by using Analysis of variance (ANOVA). In all the cases 0.05 level of confidence was fixed as a level of confidence to test the hypothesis. The result shows that there was significantly different among the government, aided and private arts and Sciences College sportsman on Psychological variable as Stress, Anxiety, Achievement Motivation and Happiness

INTRODUCTION

The word 'psychology' refers to the study of human behavior and sports psychology denotes such category of psychology that deals with the behavior of athletes and teams engaged in competitive sports. Sports psychology is that branch of psychology which is intimately connected with human behavior on the play field, both under practice and competitive situations, with a view to bring about qualitative improvement in performance and maintain the same even during the stresses of competition. Sports psychology focuses on how individuals are affected by playing sports as well as how to improve a person's mindset in order to excel at sports. A sport psychologist understands that individuals who play sports must be healthy in both their bodies and minds in order to succeed. At times, some athletes need help overcoming psychological issues that do not allow them to play to their full potential. Reducing stress and extreme anxiety before events often leads to better performances by athletes.

An elite athlete is a rare combination of talent, hard work and the right psychological profile. In sports today, everyone knows the best training methods, has access to the best facilities and most nutritional foods. Often the difference between the good and the elite is the mental qualities of the athletes. Psychological characteristics of elite athletes were an interesting read. It goes into how the mental parts of sports play a huge role when comparing good athletes to elite athletes.

STATEMENT OF THE PROBLEM

The purpose of the study is to analysis of selected psychological variable among government, aided and private arts and Sciences College sportsman.

HYPOTHESIS

There would be significant difference among government, aided and private arts and Sciences College sportsman on Psychological Variable.

METHODOLOGY

Forty five arts and Sciences College sportsman (15 from Government, 15 from aided and 15 from private College) were selected randomly from virudhunagar district, their age group between 22 to 26 years. As per the available literatures, the questionnaire methods were used to collect relevant data on the selected Psychological variable as Stress, Anxiety, Achievement Motivation and Happiness. The collected data were statistically analyzed by using Analysis of variance (ANOVA). In all the cases 0.05 level of confidence was fixed as a level of confidence to test the hypothesis.

TABLE I
ANALYSIS OF DATA

Variable	Mean values of groups			f- ratio
	Government College sportsman	Aided College sportsman	Private College sportsman	
Stress	14.2	15.93	18	6.35*
Anxiety	14	15.73	17.93	4.71*
Achievement Motivation	25.6	22.93	21.33	3.72*
Happiness	37.27	32.47	28.67	11.96*

*Significant at .05 levels, (The table value required for significance at .05 levels with df 2 and 42 is 3.22)

The Table I show that, they obtained f-ratio among government, aided and private arts Sciences College sportsman on Stress, Anxiety, Achievement Motivation and Happiness are 6.35*, 4.71, 3.72* and 11.96* respectively. It is greater than the table value 3.22 with df 2 and 42 required for significance at 0.05 level of confidence. The results of the study indicate that there was significant mean difference among government, aided and private arts and Sciences College sportsman on Stress, Anxiety, Achievement Motivation and Happiness.

CONCLUSIONS

Above the analysis the following conclusion were drawn

It is concluded that the government, aided and private arts and Sciences College sportsman had significantly different on Stress, Anxiety, Motivation and Happiness.

In the present study, it was concluded that government arts and Sciences College sportsman have less stress and Anxiety; more Achievement Motivation and Happiness other than groups

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