

## PSYCHOLOGICAL SKILLS OF MALE ELITE AND NON-ELITE PLAYERS OF MADHYA PRADESH

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### ABSTRACT

The aim of study was to investigate the psychological skills of male Elite and Non-elite players belong to Madhya Pradesh. Eighty Male elite and Non-elite players belong to team Games (N=40) and individual games (N=40) were selected as the subject for this study. The age range of the selected players was 14 to 18 years. The PSIS(R-5) is 5-point Likert type scale that prepared and developed by Mahoney *et al.* (1987). This instrument consisted of 45 items and six psychological skills. Out of which, the Motivation has 8 items (1 to 8), followed by Confidence -8 items (9 to 16), Anxiety Control -8 items (17 to 24), Mental Preparation -7 items(25 to 31), Team Emphasis -7 items (32 to 38 ), and Concentration -7 items (39 to 45). The results of study indicated that the Male elite and non-elite players had similarity in their motivation, Self Confidence, mental preparation and concentration factors of psychological skills. And similarity in their anxiety control, and Team emphasis factors of psychological skills. Male elite players had significant differences in their all factors of psychological skills. Male non-elite players had also expressed the significant differences in their all factors of psychological skills. But the actual mean differences was not observed among them in their six psychological skills

**Keywords:** Male, Elite, Non-elite, Psychological traits, Games

## 1. INTRODUCTION

The Psychological preparation on the basis of psychological characteristics of the sport, the competition conditions and the personality structure (profile) of the sportsmen, is planned and carried out with the aim and objectives.

The personality make-up of an individual has great significance for his achievements in every field of life. " Personality is expressed through the complex and interdependent relationship formed between an individual and environment. (Dureha, 1987).

To obtain optimal efficiency in sports/games, techniques alone is not enough. Besides skill one must have a high level of physiological and psychological fitness. Therefore the coaches should know which variable contributes to skill full performance. For the healthy development of the athlete particularly for peak performance, a constructive relationship between the athlete and coach is essential. The coach should evaluate the personality of the athlete and train effectively on those factors which directly influence the performance. ( Wletestone )

Elite athletes outperformed collegiate athletes in Cox et al. (1996)'s study on confidence and anxiety management

It is not obvious that psychological competencies and performance level are similar for males and girls or for various sports. For instance, many of studies have shown that psychological skills differ in between both types of games i.e. team and individual games (Mahoney et al., 1987).

To assist young athletes in reaching elite level, it is very essential that they must have knowledge about the influencing factors to increase the chance of successful sports career, such as their psychological skills. However, as far as the authors was more concern on the relationship in between psychological competencies and performance within a youth talent group players. .

Athletes had higher levels of social self-esteem told by Pascarella and Smart (1991). Athletes who have high self-esteem and therefore have a better ability to set goals that better mental preparation are able to choose specific performance goal and objectives resulted by Gyorgy and Moldovan (2013). The female student-athlete's self-esteem measures will be more dissimilar than the their countert parts searched by Heinmiller (2001). Significant positive correlation was noticed between variables of going in for sport and general self-esteem mentioned by Gasic-Pavisc, Joksimovic & Janjetovic (2010).

For this period, the inability to imitate the behavior of adults and critically evaluate his own misbehavior, his closeness to older people, and his excessive contact with a group of peers who help him, and so on . In the second stage, the adolescent stops doubting that he is still a young child and starts to behave independently, appreciate his own personality, and have a clear understanding of who he is. Teenagers are primarily curious about their personalities; they strive to understand who they are, grow in a purposeful way, and pursue education.

During adolescence, there are major qualitative changes in the growth of inner freedom, self-awareness, and independent behavior. Willpower is also a factor in such changes. The will as a higher mental function is a tool for the free movement of the adolescent, as well as a backbone of personal development. By this time, his actions were no longer dependent on a group of peers. Even when his peers try to force the teenager to reconsider his misconceptions about himself, he is

more likely to say no and stand firm in his opinion. can protect. It is during this period that the overcuriosity of other people's inner worlds and the self-analysis of their own behavior, the emergence of elements of self-discipline, are characteristic of the lives of adolescents in this second stage. Negative characteristics like militancy, aggressiveness, lack of self-awareness, and stubbornness are frequently associated with adolescence. Teenagers see and feel envious of adults' independence and liberty in real life, as well as in media such as movies and literature.

The aim of study was to investigate the psychological skills of male Elite and Non-elite players belong to Madhya Pradesh

## **2. METHODOLOGY**

### **2.1 Sample**

Eighty Male elite and Non-elite players belong to team Games (N=40) and individual games (N=40) were selected as the subject for this study. The age range of the selected players was 14 to 18 years. The random sampling method was used for selection of subjects.

### **2.2 Selection of Variables**

On the premise of the significance of decided on mental variables on team and individual players, feasibility of collection of facts, valid time and value worried on this study, following variables has been selected.

#### **2.2.1 Independent Variables**

- (i) Elite and Non-elite players
- (ii). Male and Female Players

#### **2.2.2 Dependent Variables**

Five Psychological Characteristics i.e. Confidence, Anxiety Control, Mental Preparation, Team Emphasis, and Concentration.

### **2.3 Research Design**

A random sampling research design was used to analyze the collected data on psychological characteristics of male elite and Non-elite players from various areas of Madhya Pradesh in the present investigation

### **2.4 Description of Tool**

The PSIS(R-5) is 5-point Likert type scale that prepared and developed by Mahoney *et al.* (1987). This instrument consisted of 45 items and six psychological skills. Out of which, the Motivation has 8 items (1 to 8), followed by Confidence -8 items (9 to 16), Anxiety Control -8 items (17 to 24), Mental Preparation -7 items(25 to 31), Team Emphasis -7 items (32 to 38), and Concentration -7 items (39 to 45). The answer almost never equates to 1, and almost always to 5. Items worded negatively are transformed by reversing the aforementioned 1-5 format. In this way, a high score on each scale corresponds to the psychological skill being present to a large extent. Before completion of the questionnaire informed consent and ethical procedures conforming to standards set by the British Psychological Society were adhered to throughout the research process. The participants were requested to complete the inventory in their respective spare times. Average completion time was less than 20 minutes. For just the record, no participants denied to complete the questionnaire administered.

### 2.5 Statistical Analysis

To assess the psychological characteristics of male elite and non-elite players, Means, standard Deviations, and t ratio, were used to analyze the collected data through questionnaire..The level of significant was set at .05 level

### 3. RESULTS

To assess the six factors of psychological skills of Elite and Non-elite players of both sex of Madhya Pradesh belong to Individual and team games, mean, standard deviation, t-ratio were computed and data pertaining to this have been presented in Table 1 and 2..

**TABLE 1**  
**DESCRIPTIVE STATISTICS OF PSYCHOLOGICAL SKILLS OF ELITE AND NON-ELITE PLAYERS OF BOTH SEX BELONG TO MADHYA PRADESH**

S. No.	Factors	MALE PLAYERS			
		Elite (N=40)		Non-elite(40)	
		M	SD	M	SD
1	Motivation	4.040	0.336	3.781	0.253
2	Self-confidence	4.053	0.313	3.772	0.214
3	Anxiety control	3.553	0.692	3.793	0.550
4	Team Emphasis	2.964	0.364	3.035	0.430
5	Mental Preparation	3.625	0.599	3.312	0.569
6	Concentration	3.393	0.673	4.100	0.447

The means and SDs of 6 factors of psychological skills of Elite and Non-elite players of both gender belong to Madhya Pradesh have been depicted in figures 1 to 6



Figure-1: Mean Scores of Elite and Non-elite Male Players on Motivation factor of psychological characteristics

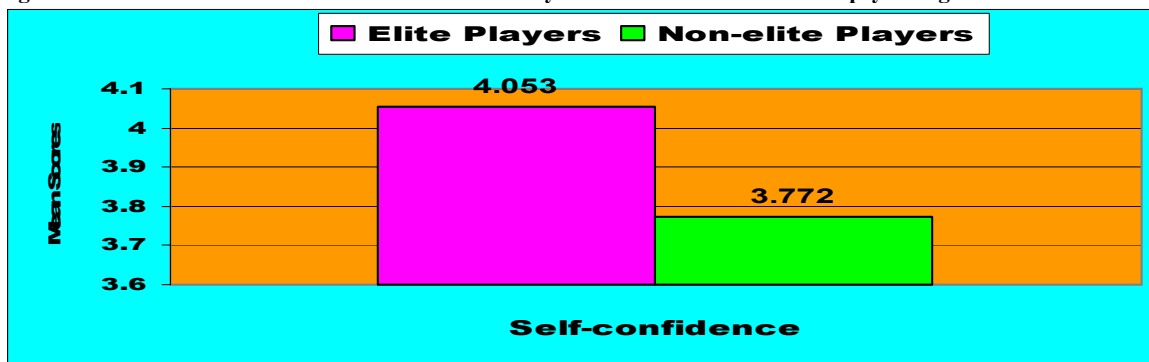


Figure-2: Mean Scores of Elite and Non-elite Male Players on Self-confidence factor of psychological characteristics

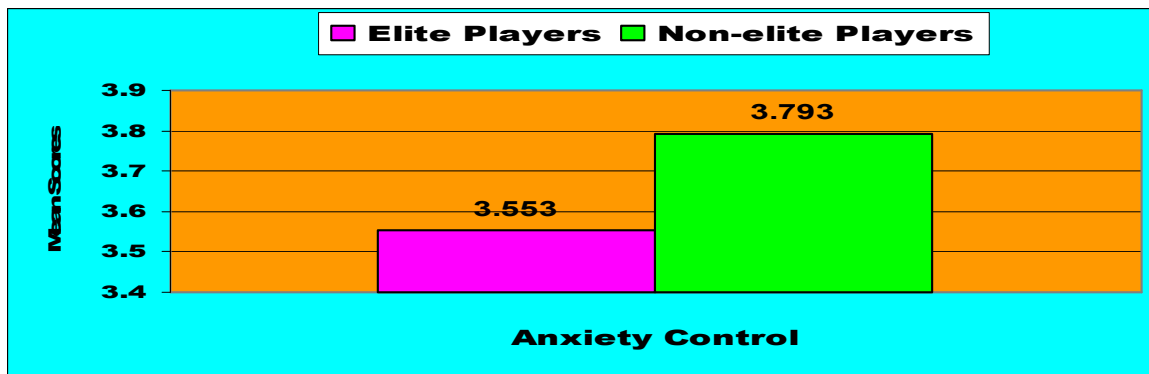


Figure-3: Mean Scores of Elite and Non-elite Male Players on Anxiety Control factor of psychological characteristics

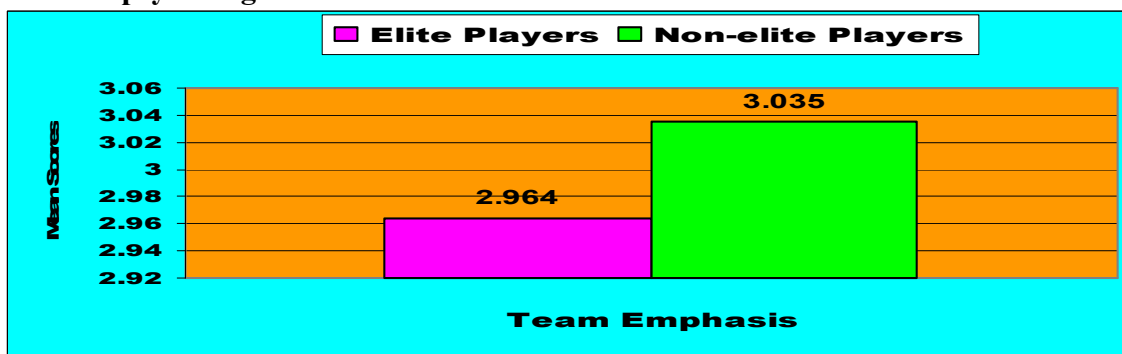


Figure-4: Mean Scores of Elite and Non-elite Male Players on Team Emphasis factor of psychological characteristics.

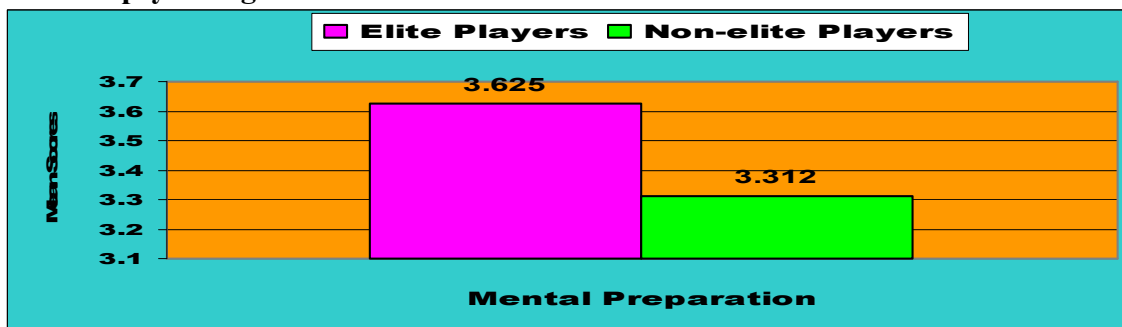


Figure-5: Mean Scores of Elite and Non-elite Male Players on Mental Preparation factor of psychological characteristics.

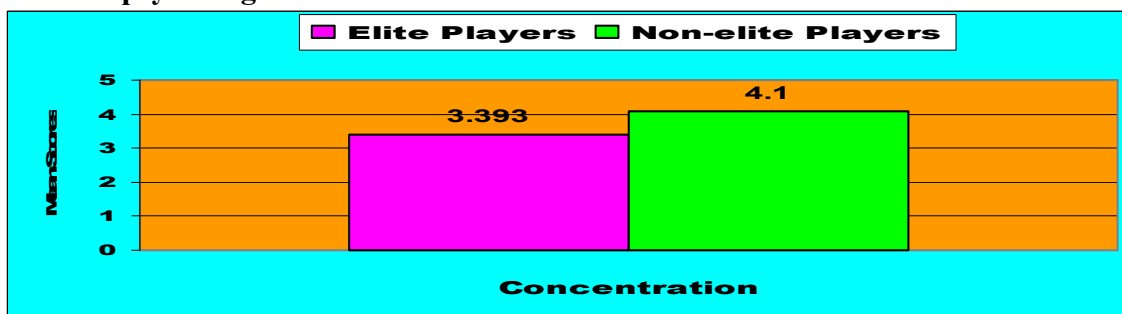


Figure-6: Mean Scores of Elite and Non-elite Male Players on Concentration factor of psychological characteristics

**TABLE 2**  
**SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF ELITE AND NON-ELITE MALE PLAYERS ON SIX FACTORS OF PSYCHOLOGICAL CHARACTERISTICS**

S.No.	Factors	Levels	N	Mean	MD	$\sigma$ DM	t-ratio
1	Motivation	Elite Non-elite	40 40	4.040 3.781	0.259	0.070	3.686*
2	Self-confidence	Elite Non-elite	40 40	4.053 3.771	0.281	0.060	4.687*
3	Anxiety control	Elite Non-elite	40 40	3.553 3.793	0.240	0.139	1.722
4	Team Emphasis	Elite Non-elite	40 40	2.964 3.035	0.071	0.089	0.802
4	Mental Preparation	Elite Non-elite	40 40	3.625 3.312	0.313	0.130	2.402*
5	Concentration	Elite Non-elite	40 40	3.393 4.100	0.707	0.127	5.534*

\*Significant at .05 level  $t_{.05}(78)=1.99$

As demonstrated by Table 2, where the t-values of 3.686, 4.687, 2.402, and 5.534 respectively, were greater than the required value of  $t_{.05}(78)=1.99$ , the psychological skill variables of motivation, self-confidence, mental preparation and concentration were statistically different between elite and non-elite male players. The t-values of 1.722 and 0.802 were lesser than the necessary value to be significant, indicating that substantial similarity was found in the psychological skills of elite and non-elite male players belong to individual and team games .

#### 4. DISCUSSION

Interferential statistics for psychological characteristics of male elite players indicated the higher mean value in motivation, Self Confidence and mental preparation and lower mean valued in anxiety control, Team emphasis and concentration than male non-elite players counter parts. The significant variation in psychological skills was observed in between to male elite and non-elite players belong to combined individual and team games, But they had insignificant differences in anxiety control, and team emphasis psychological skills.

#### 5.CONCLUSIONS

1. Male elite players were found greater in amount of motivation Self Confidence and mental preparation than their counter parts and elite players were found t greater in amount of anxiety control, Team emphasis and concentration skills compared to male elite players.
2. Male elite and non-elite players had similarity in their motivation, Self Confidence, mental preparation and concentration factors of psychological skills And imilarity in their anxiety control, and Team emphasis factors of psychological skills.
3. Male elite players had significant differences in their all factors of psychological skills. But the actual mean differences was not observed among them in their six psychological skills
4. Male non-elite players had also expressed the significant differences in their all factors of psychological skills. But the actual mean differences was not observed among them in their six psychological skills

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