Original Research Paper

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PSYCHOLOGICAL WELL BEING AND WILL TO WIN AMONG DIFFERENT GENDERS OF BASKETBALL PLAYERS

Physical Education

KEYWORDS:

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ABSTRACT

The purpose of the study was to find out the relationship between Psychological well being and will to win among male and female basketball players. The sample of the study was state level and national level basketball players from the state of Utter Pradesh. The total number of the subjects was 40 equally divided into two groups (i.e. 20 male and 20 female basketball players respectively). Pearson product moment correlation was used as a statistical technique in the study. The level of significance was set at 0.05 level. The results revealed out that there was no relationship between emotional intelligence and will to win among different genders of basketball players as the p-value of both groups (i.e. male and female basketball players) was found to be greater at 0.05 level of significance.

Introduction

The most important factor in sports performance is to have the ability of a sports person to recognize and think the proper feeling need to perform at his best when required. Whatever might be the stage of strength, talent and understanding of the sports person, his performance in the face of rigid completion will be generally influenced by his aptitude to think the correct feeling and achieve a proper level of the emotional energy for performing at his hopefulness.

Psychological well-being actually deals with "positive view of persons self and life". It is a versatile concept that almost touches each and every aspect of morale and gratification of life Lent (2004); moreover one is having comparatively high positive emotion and low negative emotions. Psychological well-being is regarded as the vital component of human being. It makes a person mentally sound, stable, promotes happiness, positive morale, insight performance and motivates the individual to attain goals throughout life. On the hand if ones psychological wellbeing is negative, essentially for a long period of time, that may lead to mental disorders like stress and depression that finally ends up into physiological problems and makes individual upset both externally and internally(Hiroeh, Appleby, 2001 and Liu, 2009). Campbell (1976) stated psychological wellbeing as person'sexisting state of affairs, morale, self-actualization, anxiety, fear and phobia which are the fundamental ingredients of psychological wellbeing. Sound mental health is regarded as significant to handle challenges of life. Joshi et al. (2008) indicates the experience of the individual determines the "psychological well being". The other way to define it as state of feeling healthy, happy, having peace of mind, highly satisfied, relaxed and pleasured. These emotions may be comprised of negative and positive states of mind as well and it also includes mental constraints like frustration, stress, and collapse etc. Religious beliefs have also framed some positive results on psychological wellbeing. Religious beliefs have direct relation with psychological well being and supplies all the essential materials that are required to establish the relationship with respect to the involvement of various facets of religion involved in psychological wellbeing. Psychological wellbeing revolves around emotion and experiences of athletes in their day to day lives.

Paul (1960) rightly remarked, "A winner never quite and quitters never win" that encompasses if one has wished to win definitely wins. It indicates that where there is will there is way Will to win can be defined through winning edge means need to strive for excellence not perfection .Will is the strength of sports person ,its character ,attribute ,determination, unrecoverable decision and total perception of situation. The strong willed overcome the emotion and the weak wiled give it .Will is a deliberate of fixed desire or intention. It is an inclination to act without suggestion from others. Will is the determination of the mind coupled with all bodily resources, Strength, vitality, agility, speed and many more, which moves person forward for the achievement of victory. It is the type of determination which an athlete moves Do or Die and runs throws jumps or swing towards victory.

Objectives

1. To find out the relationship of Psychological well being with will to win among male basketball players.

2. To find out the relationship of Psychological well being with will to win among female basketball players.

Hypothesis

There will be a positive correlation between psychological well being and will to win among male and female basketball players respectively.

Delimitation

The study was delimited to 40 players between 19 to 25 years of age group (i.e. 20 male and 20 female basketball players). The study was delimited to psychological variables i.e. psychological well being and will to win. The study was further delimited to state and national level basketball players.

Methodology

Selection of the subjects

The sample of the study was state level and national level basketball players from the state of Utter Pradesh. The total number of the subjects was 40 equally divided into two groups (i.e. 20 male and 20 female basketball players respectively)

Selection of the tools

To measure the level of psychological well being of the subjects, the psychological well being scale constructed by Hyde et al. (2001) was administered. The level of will to win among athletes was measured by applying will to win questionnaire prepared by Kumar and Shukla (1998).

Statistical technique

To find out relationship between psychological well being with will to win among male and female basketball players, descriptive statics and person product moment correlation coefficient was used.

Results and discussion

Table 1.1 Correlation between PWB and WTW among male basketball players

Variable	N	Correlation	PWB	WTW	Mean	SD
Psychological well being	50	Pearson correlation Sig.(2-Tailed)	1	-.121 .175	42.90	6.84
Will To Win	50	Pearson correlation Sig.(2-Tailed)	-.121 .175	1	9.82	3.00

The mean value of the psychological well being and will to win among medalist was 42..90 ± 6.84 and 9.82 ± 3.00 00 respectively. For establishing relationship the result of pearsons product moment correlation coefficient r -.121 revealed insignificant relationship between psychological well being and will to win among male

basketball players at 0.05 level of significance as the p. value .175 is greater at 0.05 for two tailed test.

Table 1.2
Correlation between PSW and WTW among female basketball players.

Variable	N	Correlation	PWB	WTW	Mean	SD
Psychological well being	50	Pearson correlation Sig.(2-Tailed)	1	-0.71 .551	34.29	3.227
Will To Win	50	Pearson correlation Sig.(2-Tailed)	-0.71 .551	1	6.56	1.48

The mean value of the psychological well being and will to win among medalist was 34.29 ± 3.227 and 6.56 ± 1.48respectively. For establishing relationship the result of Pearsons product moment correlation coefficient r -. 0.71, revealed insignificant relationship between psychological well being and will to win among female basketball players at 0.05 level of significance as the p. value .551 is greater at 0.05 for two tailed test.

Conclusion: On the basis of the findings of the results following conclusions were drawn:-

There was insignificant correlation between psychological well being and will to win among male basketball players. A insignificant correlation was also found between psychological well being and will to win among female basketball players.

Recommendation
The study can be conducted on large sample size between different category of age group among male and female players respectively. The study can be conducted on different psychological variables

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