



"A STUDY OF THE REBOUND ABILITY FOR DIFFERENT LEVELS HANDBALL PLAYERS"

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ABSTRACT

Handball is body contact and short duration playing game which needs mentally strong and tough players to win matches and championships. Due to paramount importance of mental toughness in sports and particular in Handball that present paper focused to a compare study of the rebound ability International, National and State levels Handball players and find out the best group among Handball players of national and state level. The data of Ninety (N=90) Handball players was collected from state levels. Sixty (N=60) Handball players each from National levels and Thirty (N=30) Handball players International level were selected as subjects for this study. Mental toughness (rebound ability, ability to handle presser, concentration ability, levels of confidence, motivation) of different level of Indian handball players was assessed by mental toughness Questionnaire made by Alan Goldberg, (2005). The means and standard deviations are calculated through SPSS. Test of significance scheffe's Post hoc test was applied to check the significant difference between State levels, National and International level Handball players. The significance level was checked at 0.05 levels. The findings of this research paper showed that International Handball players have significantly better on trait anxiety as F-value 17.858 of Handball players.

KEYWORDS : rebound ability, high performance, Handball.

INTRODUCTION

Handball has become one of the popular sports in the world and is known for its speed. This game is also a part of Olympic Sport. The simple rules of game, minimal ground and equipment facilities and the speed of game itself along with the scope for players to exhibit their exclusive skills makes it a popular game among even the schools and educational institutions.

In sports Psychology, Mental toughness is a combination of learned skills that was help you raise the level of your training and competitive performance (Alan Goldberg, 2005).

Mental toughness is "Having the natural or developed psychological edge that enables you to: generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer; specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure." (Jones, Hanton, & Connaughton, 2002).

The definition given by Goldberg was found suitable for the study.

METHODOLOGY:

SELECTION OF SUBJECTS:

The data of Ninety (N=90) Handball players was collected from State level. Sixty (N=60) Handball players from National level and Thirty (N=30) Handball players from International level were randomly selected as subjects for this study. Those who secured India Camp Sai center Gandhinagar and Sai center Amosi Lucknow, National championship and U.P State Championship was considered as players. Those who did not secure any position from said championships and only participated were considered as Handball players.

1. TOOLS: Mental Toughness of different level of Indian handball players was assessed by Mental Toughness Questionnaire made by Alan Goldberg (2005).

STATISTICAL TECHNIQUES:

The data of One hundred eighty (N=180) male Handball players was analyzed by descriptive statistics. The means and standard deviations are calculated through SPSS. Test of

significance ANOVA test was applied to check the significant a compare study of State, National and International Handball players. The Further, where results F value found significant that Scheffe's post-hoc test was applied to see the better level among State, National and International Handball players. Significance level was checked at 0.05 levels.

Table - 1 Analysis of Variance of Rebound ability of Three Different Levels of Participation of Indian Handball Players

	Sum of Squares	df	Mean Square	F
Between Groups	25.977	2	12.988	17.858*
Within Groups	128.835	177	.728	
Total	154.831	179		

*Significant at 0.05 level

$$F_{05}(2, 177) = 3.04$$

It appears from the Table-9 that there was a significant difference of Rebound Ability among three different levels of Indian handball players as calculated F value (17.858) was greater than the tabulated F value (3.04) at.05 level of significance with 2, 177 degree of freedom.

Since the F-value was found to be significant, the scheffe's Post hoc test was applied for further comparison.

Table - 1.1 Pair wise comparison of Rebound Ability Means of different level of Indian Handball Players

Levels			Mean Difference
State	National	International	
2.88	2.97		0.09
2.88		3.93	-1.05*
	2.97	3.93	-0.96*

*Significant at 0.05 level

The table-1.1 reveals that there was no significant difference between State level and National Level Indian of Handball players; on the other hand there was significant difference between state and international level; national and international level handball players in relation to Rebound ability.

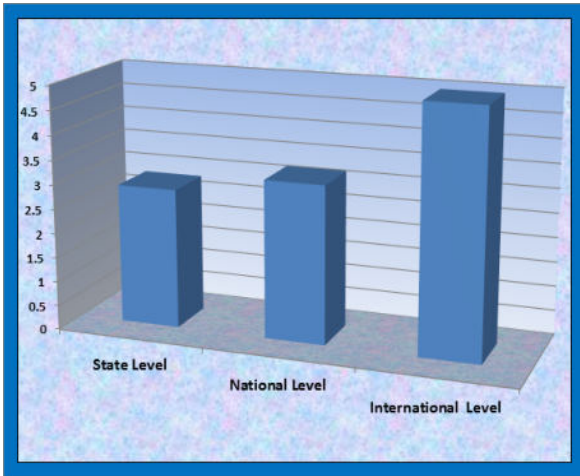


Figure 1 Graphical Representation of Indian handball players of different Levels in relation to Rebound ability.

RESULTS:

The significant difference was found in Rebound Ability of the different levels of participation of Indian Handball players.

CONCLUSION:

The significant difference was found in mental Toughness of the different levels of participation of Indian Handball players. As per findings of this study it is concluded that rebound ability is one of the important variables in sports psychology which helps to produce champion's players in Handball. Therefore, there is need to given due importance to mental toughness in daily training programs of Handball players to produce the champion in tournaments and India championship.

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