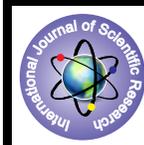


Studying Impulsivity in the Context of Different Sports Activities



Sports Science

KEYWORDS : Impulsivity, Team and Individual Games, independent sample t-test.

Dinesh Kumar

PhD Scholar Lovely Professional University

ABSTRACT

Acting with or without forethought the knowledge about the consequences or early expressed or poorly perceived behavior has many severe consequences on the outcome of the match. The present study aim at appraising impulsivity in the context of different nature of sports activities i.e. team games and individual games. For the study 100 male (18-28 age) interuniversity team (Kho-Kho, Handball, Basketball, Softball, Baseball, and Volleyball) and individual game players (Power lifting, Boxing, Taekwondo, Badminton, Chess, Judo, Weightlifting and Yoga) were conveniently selected. The data was collected using S. N. Rai and Alka Sharma's impulsivity scale. Descriptive statistics and independent sample t-test revealed team game players mean 17.24 ± 3.22 were having high impulsive behavior than the players of individual game 13.48 ± 3.39 , which concluded that the team game players act with less forethought have poor perception and express early without predicting much about the consequences whereas individual game players require more forethought and planning before action than team games.

Introduction

Impulsivity is a type personality trait and also has been associated to the different disorders including ADHD. It is a kind of behavior where individual without suitable thought and thought about consequences the propensity to act with less planning than do most individuals of identical capability and awareness, or a predisposition toward quick, unplanned reactions to internal or external provocations without any respect to the adverse costs of these reactions. Impulsivity is a multifactorial paradigm that contains a propensity to act on a notion, exhibiting behavior characterized by minute or no planning, likeness, or thought of the outcomes. Impulsive activities are normally "poorly perceived, early expressed, overly risky, or unsuitable to the situation that often results in unwanted consequences," which endanger long-term goals and strategies for success. Actions contain both impulsive and compulsive topographies, but impulsivity and compulsivity are functionally dissimilar. Compulsivity and Impulsivity are interrelated in that each displays a propensity to act prematurely or without careful understood and often include negative results. Compulsivity occurs in response to a apparent risk or threat, impulsivity occurs in response to a supposed immediate gain or benefit, whereas compulsivity encompasses monotonous actions, impulsivity involves unintended reactions. Principally hyperactive-impulsive type symptoms may include: Fiddling and struggling in seats, Talking uninterrupted, Dashing round, touching or playing with anything and everything, having trouble sitting quiet during dinner, and story time, school, Being continually in motion, Having difficulty doing quiet tasks. Impulsivity, in simplest terms, is a mainly broad and split personality construct. Impulsivity can describe a person's inclination to give into thirsts; incapacity to plan or weigh options previously deciding seeks out adventure or pleasures lack of patience, failure to appreciate consequences, and propensity for immoral unsuitable behaviors. These broad classifications suggest the range to which impulsivity is defined in normal; seemingly, impulsivity includes a wide range of daily events. Impulsivity is a behavioral outline categorized by several types of indicators: motor -acting deprived of thinking, attentional -dearth of focus on the task at hand, and non-planning i.e. focus on the pre- sent without bookkeeping for the concerns of the coming out- comes. The impulsive conduct is a principal symptom in a large number of psychiatric sicknesses but, however, there is also an increasing interest in the role of impulsivity amongst healthy populations engaging in diverse activities, For example, a intricate and active environment where impulsiveness undoubtedly affects in the human behavior is the sportive situation. Preceding research in this area has focused on representing the relationship between impulsivity and the connection with

particular types of sports as like com-pared the impulsiveness of athletes involved in sports defined as endurance sport and explosive sports i.e., those involve short, intense bursts of activity. They found that athletes who involved in explosive sports as football scored higher on impulsivity measures than endurance contestants like marathon runners. Impulsivity may be a vital factor in motor performance interfering in open-skill sports like soccer, handball and basketball. Due to persistent changes in the environment like changes in rivals positioning, the player is forced to inhibit pre-planned reactions, anticipate actions and organize bodily segments based on the complex and dynamic flow of sensorial info. Preceding studies shown that motor control is affected by the amount of the subject's impulsivity. For example, healthy individuals with higher impulsivity scores present smaller relative time to achieve the peak velocity than the low-impulsive in physical aiming activities. By keeping these in mind present study was framed to study the level of impulsiveness between team and individual game players.

Objectives:

- To study impulsivity in the players of team and individual games.
- To compare impulsivity between team and individual game players.

Hypothesis

- There might be insignificant difference in impulsivity between team and individual game players.
- Alternate: Team game players will show high impulsivity than the players of individual games.

Methodology

The comparative study was conducted on conveniently selected male inter university players equally 50 from both team (Kho-Kho, Handball, Basketball, Softball, Baseball, and Volleyball) and individual (Power lifting, Boxing, Taekwondo, Badminton, Chess, Judo, Weightlifting and Yoga) games of age group 18-28 years. Impulsiveness Scale by S. N. Rai and Alka Sharma was used to measure impulsivity. The data was interpreted using descriptive and independent sample t-test at 0.05 level of significance using SPSS.

Analysis and Interpretations

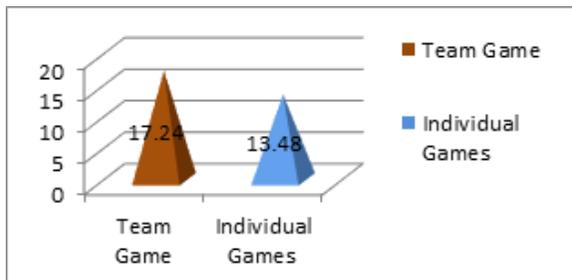
Descriptive statistics

Groups	N	Mean		SD	Range		Skewness	
		Stat	Std. error		Min.	Max.	Stat.	Std. error
Team Game	50	17.24	.45	3.22	15.00 11	26	.003	.337

Individual Game	50	13.48	.48	3.39	14.00				
					7	21	-.053	.337	

Descriptive statistics calculated on the 100 team and individual game players revealed the players engaged in team and individual games were having moderately impulsive behavior, but the mean value for team game players 17.24 sd. ± 3.32 showed that the players who engage in team sports where the performance of one player is depend on the cooperation of the team mates showed more impulsive behavior as compared to the players where the individual player is solely responsible for his performance i.e. for individual games. The normality of the data was also tested using skewness and found that the data was symmetrical as the standard error of skewness is not twice of its standard error.

Comparison of Impulsivity among team and individual game players



The result of the independent sample t-test to establish any significant difference in impulsive behavior between team and individual game players showed significant difference as the calculated t-value -5.680 is higher than the tabulated at α 0.05, 98df. for 2-tailed test (1.984). **Now further to ensure which group was having higher impulsivity**

Discussion on the hypothesis

The study was conducted with an aim to determine whether there is any difference exists between two different natures of sports i.e. players of team and individual games in impulsivity. To test the null hypothesis of insignificant difference the result of independent sample t-test rejected the null hypothesis hence the alternate hypothesis of team games were having higher impulsive behavior was accepted. Individual game players require more forethought and planning before action than team games.

Conclusion

It is concluded that team game players were highly impulsive as compared to the players of individual game.

Acknowledgement: I owe deep sense of gratitude to University Grant Commission for providing the necessary grant. I also wholeheartedly thankful of my supervisor Dr. Yuvraj Singh and co-supervisor Professor J. P. Verma who are always ready to help, lastly I am grateful of Department of Physical Education Lovely Professional University for being providing useful equipment.

References

1. Carli Pentz and Colin Willis. (2012). CCK Impulsivity Scale Validation. Department of Psychology, Lake Forest College
2. Forero. C. G. et al. (2008). Disentangling impulsiveness, aggressiveness and impulsive aggression: An empirical approach using self-report measures, Department of Personality, University of Barcelona, Pg. de la Vall d'Hebron, 171, 08035 Barcelona, Spain.
3. Guilherme M. Lage, Livia G. Gallo, Gabriela J. M. Cassiano, Ingrid L. B. Lobo, Marcus V. Vieira, João V. Salgado, Daniel Fuentes, Leandro F. Malloy-Diniz. (2011). Correlations between Impulsivity and Technical

Performance in Handball Female Athletes. Scientific research, 2(7), DOI:10.4236/psych.2011.27110

4. Moosavi. N., Hezardastan. F., Atashpoor. H. and Markazi. F. (2012). The Comparison of Irrational Beliefs and Impulsivity Between Obsessive-Compulsive Clinical and Non Clinical Women in Isfahan. World Applied Sciences Journal 20 (1): 164-169, 2012 ISSN 1818-4952, DOI: 10.5829/idosi.wasj.2012.20.01.1114.
5. Rai, S. N., Sharma, A. (NA). Impulsiveness scale. National Psychological Corporation, 4/230, Kacheri Ghat, Agra.
6. Wang. L. et al. (2014). Associations between impulsivity, aggression, and suicide in Chinese college students. Published online Jun 3, 2014. doi: 10.1186/1471-2458-14-551.