



ORIGINAL RESEARCH PAPER

Physical Education

A COMPARATIVE STUDY OF PSYCHOLOGICAL VARIABLES AND PHYSICAL FITNESS COMPONENTS OF FEMALE PLAYERS BETWEEN BODY CONTACT AND NON BODY CONTACT GAMES

KEY WORDS: physical fitness, psychology, speed, motivation, aggression, cardio muscular endurance, muscular strength, muscular endurance, agility etc.

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ABSTRACT

It is a comparative study of selected psychological variables and physical fitness components of female players between body contact and non-body contact games, whose age is between 18 to 25years. Psychological variables for comparative study are motivation and aggression. Physical fitness components are agility, muscular strength, muscular endurance, cardio muscular endurance, explosive strength, etc. In this study the data were collected randomly from the various colleges and universities of Uttar Pradesh during the training of players prior their competition. Total 510 female players were selected as subjects, 85 from each game body contact and non-body contact. SMAQ and A-SCALE questionnaires are used to collect the data of motivation and aggression. The AAPHAR test battery is applying for collecting the data of physical fitness. The t-test was applied to find out the significance difference between selected variables. The level of significance was set at 0.05 level of confidence. After the evaluation of data, motivation, aggression, cardio muscular endurance, muscular strength and muscular endurance variables level were higher in body contact players than non-body contact game players. But in explosive strength and agility non-body contact player was better than body contact game players.

INTRODUCTION:

Sports perhaps may be viewed as that aspect of human activity, which essentially strengthens the integration of body and mind. The term sport has been coined from the word "disport" which means diverting oneself merely for fun or merry making. Recently, it has been felt that apart from the purposeful use of physical activities and games as a measure of maintenance of general health, happiness and fitness for personal factors that develop among participants, it also develops a total personality. Success in sports is generally attributed to the level of physical fitness, psychological variables, techniques and tactics. Sport psychology encompasses scholarly, professional, and practical activities that provide the basics for understanding and influencing the behavior of people involved in sports and exercise.

Motivation is a psychological aspect that has the tendency to excel in task-situations. It governs behavior relevant to achievement and learning. Motivation is defined as the need to perform well or striving for success and evident by persistence and effort in the face of difficulties. It is an athlete's predisposition to approach or avoid a competitive situation. Motivation also plays a key role in the success of sports person's performance; high motivation is widely accepted as an essential prerequisite in getting an athlete to fulfill their decided goal. Motivation is essential for learning process. The old saying "You can lead a horse to the water, but you cannot make it drink, it is an excellent way to describe the function of motivation in learning. Motivation is considered as that process by which a child may be prepared to respond to a situation which is directed towards the achievement of a certain predestined goal or objectives. In the field of physical education and sports no athletes can win or show better performance without motivation".

Aggression in its broadest sense is a behavior or a disposition towards behavior that is force full: hostile or attacking. It makes occur either in relation or wit out provocation. Aggression could have a positive influence on the performance outcome of an individual or team if the aggressive behavior harmed the opposition either physically or psychologically weakening their resources. Aggression could also improve a team's performance outcome by improving the process of that group. Aggressive behavior is quite visible in sports. In assertive behavior, the player employs legitimate force within the game rules. In instrumental aggression, the player tries to inflict physical damage as a step towards the higher goal of winning. In hostile aggression, the player is angry and primarily bent on physically harming an opponent. Aggressive behavior is quite visible in sports. Not all aggressive behavior in sports is violent and destructive. Often aggression is "part of the game" and Use of the term aggression refers to a wide range of sports a behavior that causes injury. In fact, many forms of aggressive behavior are accepted and even prompted.

Physical fitness is the nucleus of the sports Physical fitness is

affected by age, sex, diet and environment. Proper co-ordination of these factors and affective movement, agility, speed, endurance from game to game to game like basketball, handball, football etc. players requires much greater strength, endurance, speed, agility etc. to give better performance in these activities. Today, physical fitness is better understood in terms of the heart, blood vessels, lungs and muscles to function at optimum efficiency. Physical fitness is the ability of the body to adopt and recovery from strenuous exercises. It is alertness without undue fatigue, sufficient energy for unforeseen emergencies, often people think only about fitness when the term, "fitness is used, but the above definition implies that one should view physical fitness as only a part of total fitness. Physical fitness is the capacity to carry out, reasonably various forms and includes qualities important to the individual health and well being.

METHODOLOGY

Selection of subjects: - For the purpose of this study 510 subjects were selected, 85 from each body contact and non- body contact game who participated at national, inter-college and all India Intersarsity competitions were considered as subjects.

Tools:-

For measuring the motivation SAMT Questionnaires, A-Scale Questionnaires for aggression and AAPHERD test battery for physical fitness was used to collect the data.

Procedure:-

The questionnaires and test items were administered to the subjects during regular training and camps prior the competitions from different colleges and universities of Uttar Pradesh..

Data Analysis:

The data thus collected were analyzed statistically computing Mean, S.D. and t-ratio was applied to find out the significance difference between selected psychological and physical fitness variables. The level of significance was set at 0 .05 level of confidence.

RESULTS

Sr. no.	Variables	Mean		S.D.		T-ratio
		Body contact	Non-Body contact	Body contact	Non-Body contact	
1	Agg.	90.20	88.74	15.98	13.75	1.111
2	Mot.	26.69	24.88	3.98	3.74	5.282
3	SBJ	1.748	1.749	.150	.178	.099
4	Sit-up	36.35	28.12	5.42	5.31	17.33
5	F.A.H.	32.10	30.66	13.24	12.36	1.265
6	C.M.E.	1617.61	1583.94	107.26	100.26	3.654
7	Agility	10.39	10.76	.787	.789	5.350

*Significance at 0.05 level (df = 508) 1.96

It has been depicted in the table that there was significant difference exist between body contact and non-body contact female players among selected variables.

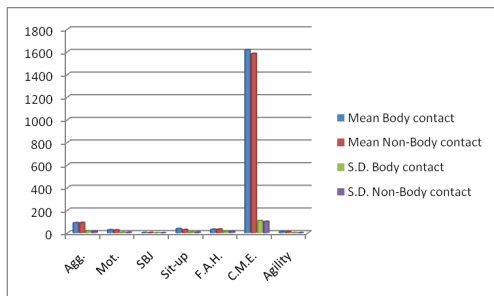


Fig. Graph showing significant differences between body contact and non-body contact games of female players

DISCUSSION:-

To find-out the differences between body contact and non-body contact female players of selected Psychological variables and physical fitness components. The required statistical calculations were computed with the help of SPSS software. The difference among all the selected physical fitness abilities and psychological variables, the data were collected and analyzed by using the descriptive 't' test as statistical techniques. The level of significance was set at 0.05. After the evaluation of data, motivation, aggression, cardio muscular endurance, muscular strength and muscular endurance variables level were higher in body contact players than non-body contact game players. But in speed and agility non-body contact player was better than body contact game players.

CONCLUSION:-

On the basis of the results obtained from the empirical investigation that body contact players had significant difference than non-body contact players. It may be due to the nature and need of the game. In light of the findings and conclusions drawn from the present study should be tested prior to the selection of the players and after the competitions, which play a vital role in achieving a high level of performance in sports and games.

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