



## "A PSYCHO SOCIAL STUDY ON THE PERFORMANCE OF SPORTS PERSONS"

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### ABSTRACT

*The main objective of the present study was to investigate a few of the psychological and social variables that differentiate between athletics and martial arts, and also to compare between males and females.*

*Male and female sports persons will differ on all the psycho social variables and the most important social and personal factor judge as affecting performance will differ for the both groups.*

**KEYWORDS:** - psychological and social variables , Male and female sports.



### INTRODUCTION

Psychology of sport is a branch of psychology that examines various aspects of sports activities and physical culture. Sports psychology examines the athletes psychic states in various complex situations. Sports psychology is also designed to develop the psychological foundations of sporting skills by teaching optimal locomotor habits and proper control of one's body and by fostering the athlete's will power and all round development.

### METHODOLOGY :

#### Sample :

The sample consists two types of sports persons training for (1) Athletics and (2) Martial arts.

**Table -1 Distribution of the sample in two groups**

Events	Male	Female	Total
Athletics	30	30	60
Martial Arts	30	30	60

### OBJECTIVES :

1. To compare the two groups of sports persons on certain relevant psycho social factors.
2. To compare male sports persons with female sports persons on psycho social variables.

### HYPOTHESIS :

1. The two groups of sports persons will differ on the psychological variables on self concept and aggression.
2. Male and female sports persons will differ in all the psycho social variables.

3. The most important social factor judged as affecting performance will differ for the two sports and sex groups.

# ANALYSIS OF DATA :

**Table – 2**

## Difference between the two groups on self concept

	Mean	SD	t-value
Athlete	117.5	23.194	0.042
Martial arts	117.33	20.242	

The t-value indicates that, there is no significant difference between the two groups (athlete and martial arts) on perceived self.

**Table – 3**

## Difference between the two groups on aggression

	Mean	SD	t-value
Athlete	8.3	3.14	3.6
Martial arts	9.65	3.69	

The t-value indicates that there is exist significant difference between two sports (athletic and martial arts). The results show that the aggression level of athletics and martial arts groups has low but compare to athletes and martial arts sports persons has high score. This shows the level of aggression is differ.

**Table – 4**

## Male and female differences on self concept

	Mean	SD	t-value
Male	118.83	23.802	0.88
Female	115.5	17.064	

It has been found that the group has in general good self concept in males and of the female had scores on self concept higher than the group median.

**Table – 5**

## Male and female differences on aggression

	Mean	SD	t-value
Male	8.4	3.18	2.216
Female	9.55	2.454	

The t-value indicate that there is a significant difference between the two groups.

**Table – 4**

## Male and female on social factor

Factors	Male	Female
1	3	1
2	3	2
3	6	9
4	7	8
5	2	4
6	6	10
7	5	4
8	6	6
9	14	6
10	2	2
11	2	4

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12	1	3
13	1	1
14	2	0
Total	60	60

The results shows that in social factor item 9 (supervisor opponent) was affected on performance most of the male sports persons and item 6 (being flavored to win) was considered more influential by females and items 13 and 14 (effect of home field) and (other factors) are considered least influential on performance.

### CONCLUSIONS :

1. There is significant difference between athletics and martial arts sports persons on psychological variables.
2. There is significant difference between male and female sports persons on psychological variables, self concept and aggression.
3. The most important social factor judged as affects performance was different for two sports groups and for male and female.

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