



Academic Sports Scholars

ASSESSMENT OF COMPETITIVE ABILITY BETWEEN SPORTS PERSONS OF INDIVIDUAL AND TEAM GAMES

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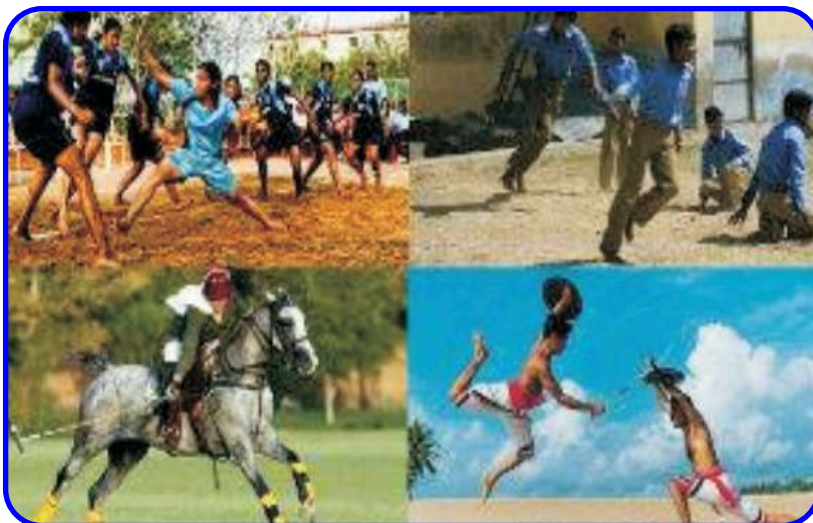
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ABSTRACT

Seventy sports persons, studying in lucknow university and its associated colleges, who had participated in the inter-university competitions during the last three years, representing any university in any individual or team game, were randomly selected for this study. They were further divided into two

groups of 35 persons each in individual game and team game. Their age ranged between 22 to 25 years. The questionnaire selected for the purpose of the study namely competitive ability questionnaire in sports was administered to 70 subjects (35 each in individual and team games). The statistical technique used for the study was 't' test. There was no significant difference in the mean values of the sports persons of individual and team games. However, it may be attributed to the fact that probably both types of sports discipline create similar pressure and effect on the players in relation to the psychological dimension competitive ability.

KEYWORDS :characterized , psychological stress , modern society , statistical technique .



INTRODUCTION :

According to Vanek and Slepicka there are two significantly different situations in sports, i.e (1) Training situations, and (2) Competitive situations. "Sports training involves preparation in a complex combination of physical, technical, tactical and psychological factors. Training is characterized by a predominance of physical loads. The essential difference is the psychological stress that is present in the competitive situation. Hence the players need to have adequate psychic stress during training that will help to develop his resistance to psychic stress during competition. They need to provide task in training that bring training closer to competition. The psychological aspect of performance involves the

preparation that player undergoes to be ready for giving the peak performance in the sports competition.

Competitive sports are the out growths of modern society. It is a challenge, which stimulates, inspires and motivates men and women to run faster, jump higher, throw further and exhibit greater growth strength, endurance and skills to establish supremacy over other. Every individual or a team that participate in any sports/games wants to win as the society attaches a great significance to winning.

METHODOLOGY

Seventy sports persons, studying in Lucknow University and its associated college, who had participated in the Inter-University competition during the last three years, representing any university in any individual or team games, were randomly selected for this study. They were further divided into two groups of 35 sports persons each in individual game and team game. Their age ranged between 22 to 25 years. The questionnaire selected for the study namely competitive ability (attitude) questionnaire in sports was administered to 70 subjects (35 each of individual and team games). The subjects were given all necessary instructions before responding to statements in the questionnaire. It was clearly explained to the subject that the responses were being collected for the purpose of research. The statistical technique used to compare the mean difference between sports persons of individual and team games on the variable competitive ability 't' test was employed.

FINDINGS

To find out the mean difference between the sports persons of individual and team games on the variables competitive ability, 't' test was employed, finding related to 't' test has been presented in Table-1. Description of table is given immediately after the table so as to assimilate the finding easily.

Table-1
Comparison of competitive ability between sports persons of individual and team games

| Sr. No | Group | Mean | S.D | Standard error of mean | t-value |
|--------|------------|-------|------|------------------------|---------|
| 1. | Individual | 13.17 | 2.81 | 0.47 | 0.52 |
| 2. | Team | 13.49 | 2.33 | 0.39 | |

* Significant at 0.05 level, $t_{0.05(68)} = 1.99$

Table-1 clearly indicate that mean value of sports persons of individual game on the variable competitive ability is 13.17, where as mean value for sports person of team games is 13.49. the standard deviation of sports persons of individual and team games are 2.81 and 2.33 respectively.

Table also reveals that there is no significant difference between the sports persons of individual and team game on the dimension competitive ability as the 't' value of 0.52 is less than the required value of 1.99 at 0.05 level of confidence.

DISCUSSION OF FINDINGS

The result of the study indicate that the mean value (13.49) of sport persons of team game is higher than the mean value (13.17) obtained for sports persons of individual game. However there is no significant difference in the mean values of the sports persons of individual and team game on the variable competitive ability as the obtained value of 0.52 is much less than the required value of 1.99 at

0.05 level of confidence.

Comparing the norms, competitive ability scores of 13.49 and 13.17 acquired by the sports person of team and individual game respectively lie towards higher side, as the scores more than 14 for women and more than 15 for men are considered high scores. Insignificant difference between the mean values of sports persons of individual and team games may be attributed to the fact that probably both types of sports discipline i.e individuals and team games create similar pressure and effect on the players in relation to the psychological dimensions competitive ability.

CONCLUSIONS

On the basis of the analysis of the data and limitation of the study following conclusions were drawn:-

1. There is no significant difference in the competitive ability of the sports persons of individual and team games.
2. Sports persons of team game have more competitive ability than the sports persons of individual games.
3. The competitive ability of sports persons belonging to team and individual game lies towards the higher side.

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