

STUDY OF SELECTED PSYCHOLOGICAL VARIABLES AND SOCIO ECONOMICAL FACTORS AMONG THE UNIVERSITY LEVEL JUDOKAS, WRESTLERS AND BOXERS AT DIFFERENT TOPOGRAPHY IN INDIA
(Received on: 13 Nov 2014, Reviewed on: 30 Jan 2015 and Accepted on: 22 Feb 2015)

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Abstract

The purpose of the study was to find out whether there was any significant difference in Anxiety, Achievement Motivation and socio economic factors among the college level Judokas, Wrestlers and Boxers at different topography in India. In order to achieve this purpose One hundred and twenty (120) college man Judokas, Wrestlers and Boxers at four topography were selected as subjects at random and their age was ranged between 18 to 25 years. To assess the level of Anxiety, Rainer Marten's (1997) sports competition anxiety test was used and data were obtained from the subjects. To assess the achievement motivation, the sports achievement motivation questionnaire designed and validated by Kamlesh (1991) was used and data were collected from the subjects. To assess the socio economic status Srivastava (1987) questionnaire was used and data were collected from the subjects. The entire filled in questionnaire, collected from the subjects were scored according to the scoring key. The total scores obtained were tabulated and statistically treated to arrive at meaningful conclusions.

Keywords: Socio Economical Factors, Anxiety and Motivation.

Introduction

The Indian society is gradually increasingly mechanized and automated with its corresponding decrease in physical labor, requires that individuals engage in same planned programmes of physical activity by and large, jobs today require much less physical efforts than those of our forebears before in earlier days. When most jobs involved farming or industrial work, hard physical labor was the norm. One estimate is that as a result of mechanization during the post hundred, human and animal efforts has declined drastically from 90% of the total muscle power to produce goods to 10% today human beings are controller of mechanical power rather than were source of power as in year post. Anxiety is a transitory emotional state or condition of the human organism that is characterized by subjective, consciously perceived feeling of tension and apprehension and heightened nervous system activity. Anxiety as an emotional reaction is followed by complicated psychological disturbances affecting respiratory, circulatory, digestive process etc, which might lead to psychological state having for-reaching consequences for the organism. Achievement motivation is relatively a new concept in the world of motivation. It is essentially a type of motivation that is personal in nature. It owes its birth to USA

and basically a product of a system that is based on capitalism, cut throat competition and blind race towards materialism. The basic of achievement motivation is achievement motive, i.e. a motive to achieve. Those who engage themselves in a task on account of an achievement motivation is expectancy of finding satisfaction in mastery of difficult and challenging performance whereas in the field of Physical Education and Sports in particular it stands for the pursuit of excellence.

A sound mind lives in a sound body is a proverb. In our country where many are socially back word and economically not sound, rehabilitation for this poor destitute is a necessity. Even, if the required sympathy is given for accelerating them, still the physical fitness can only be in a Lowell. Though they have the aspiration to show themselves up in physical activities, they seldom in it. The fortunate few who are economical sound and healthy do have the physical fitness to take up the privilege in the sports man ship.

Research Methodology

Psychological factors play a dominant role in addition to the physical fitness for the best performance. Each sport required a predominant psychological quality which helps to win the competition though numbers of studies have been undertaken on psychological factors, no attempt has been made to find-out the level of anxiety, achievement-motivation, and socio-economic factors among the university level Judokas, wrestlers and Boxers at different topography in India. Moreover, the investigator has adequate knowledge experience and interest in the field The investigator's previous experience hails from participation at various levels namely inter school, inter university, state and national championships in Judo, Wrestling and Boxing. Among the many existing psychological variables, the researcher's close proximity to the event has urged him to select variables such as anxiety and achievement motivation and socio-economic factors in the present study. All these selected variables are interred related to Judo, Wrestling and Boxing performance and are indispensable for achieving excellence. Further, reviews of post and ongoing research studies have motivated the investigators to select this study. Both Secondary data & Primary Data has been used for the study.

High level sports performance depends upon various factors such as Genetically factors, training status, physical structures, nutritional factors, psychological factors,

physiological factors socio-economic factors and techniques. However, the requirement of above factors will vary from game to game or sports to sports. Keeping the above facts in mind, the researcher has selected the topic to know the status of the above factors.

To know the study may add more knowledge with regard to the psychological variables and socio-economical factors in the area of Judo, Wrestling and Boxing players. To provide guideline, which will help the trainers, physical educators and coaches for effective coaching and to provide adequate knowledge about University Games and its relation to sports performance.

Variables Used

Sports psychology plays vital role in all sports performance. There is number of variable to analyze the performance of players and his nature of mental tendency. These variables are also used to find out the personality of an individual. Psychological variables such anxiety, achievement motivation and socio economical factors are highly needed for each and every one and in all games. These variables were selected to know the level of selected psychological variables between the university level Judokas, Wrestlers and Boxers at different topography in India.

Dependent Variables

- Anxiety
- Achievement Motivation
- Socio-Economic Factors

Independent Variables

- I. Factor A- Different Topography a) North Zone b) South Zone c) East Zone d) West zone
- II. Factor B- Game performance in a)Judo b)Wrestling and c) Boxing

Results and Findings

TABLE No. 1
SIMPLE EFFECT OF ANXIETY FOR THREE CATEGORIES OF COLLEGE PLAYERS AT FOUR DIFFERENT TOPOGRAPHY

Comparison	Sum of Scores	df	Mean Scores	F - ratio
<u>Categories of Players</u>				
Judokas	96.68	3	32.23	6.27*
Wrestlers	11.68	3	3.89	0.76
Boxers	201.88	3	67.29	13.08*
<u>Topography of Players</u>				
North Zone	48.27	2	24.13	4.69*
South Zone	61.27	2	30.63	5.96*
East Zone	20.47	2	10.23	1.99
West Zone	153.27	2	76.63	14.90*
Error	555.50	108	5.14	

*Significant at 0.05 level of significance

Table I shows the simple effect of Anxiety for three topographies of players namely Judokas, Wrestlers and Boxers were 6.27, 0.76 and 13.08 respectively. The table 'F' ratio for degrees of freedom 3, 108 was 2.69. Hence the following were significant: Judokas, Boxers . And also the

following was not significant: Wrestlers . Table I shows the simple effect of Anxiety for four topographies of players namely North, South, East and West zones were 4.69, 5.96, 1.99 and 14.90 respectively. The table 'F' ratio for degrees of freedom 2, 108 was 2.69. Hence the following were significant: North, South, West zones. And also the following was not significant: East zone.

TABLE No. 2
SIMPLE EFFECT OF ACHIEVEMENT MOTIVATION FOR THREE CATEGORIES OF COLLEGE PLAYERS AT FOUR DIFFERENT TOPOGRAPHY

Comparison	SS	df	MS	F - ratio
<u>Categories of Players</u>				
Judo	119.50	3	66.50	9.10*
Wrestling	49.10	3	16.37	2.24
Boxing	51.60	3	17.20	2.35
<u>Topography of Players</u>				
North Zone	24.80	2	12.40	1.70
South Zone	7.47	2	3.73	0.51
East Zone	106.67	2	53.33	7.29*
West Zone	21.07	2	10.53	1.44
Error	789.60	108	7.31	

*Significant at 0.05 level of significance

Table II shows the simple effect of Achievement Motivation for three categories of players namely Judo, Wrestling and Boxing were 9.10, 2.24 and 2.35 respectively. The table 'F' ratio for degrees of freedom 3, 108 was 3.08. Hence the following were significant: Judo . And also the following was not significant: Wrestling, Boxing. Table II shows the simple effect of Achievement Motivation for four topographies namely North, South, East and West zones were 1.70, 0.51, 7.29 and 1.44 respectively. The table 'F' ratio for degrees of freedom 2, 108 was 2.69. Hence the following were significant: East zone . And also the following comparisons were not significant: North, South, West zones.

TABLE No. 2
SIMPLE EFFECT OF SOCIO ECONOMIC FOR THREE CATEGORIES OF COLLEGE PLAYERS AT - FOUR DIFFERENT TOPOGRAPHY

Comparison	Sum of Scores	Degrees of Freedom	Mean Scores	F - ratio
<u>Categories of Players</u>				
Judo	1388.08	3	462.69	9.22*
Wrestling	1464.28	3	488.09	9.72*
Boxing	63.68	3	21.23	0.42
<u>Topography of Players</u>				
North Zone	231.80	2	115.90	2.31
South Zone	640.87	2	320.43	6.38*
East Zone	394.47	2	197.23	3.93*
West Zone	432.80	2	216.40	4.31*
Error	5420.50	108	50.19	

*Significant at 0.05 level of significance

Table III shows the simple effect of Socio Economic for three categories of players namely Judo, Wrestling and Boxing were 9.22, 9.72 and 0.42 respectively. The table 'F' ratio for degrees of freedom 3, 108 was 2.69. Hence the following

were significant: Judo, Wrestling. And also the following was not significant: Boxing. Table III shows the simple effect of Socio Economic for four topographies namely North, South, East and West zones were 2.31, 6.38, 3.93 and 4.31 respectively. The table 'F' ratio for degrees of freedom 2, 108 was 3.08. Hence the following were significant: South, East, West zones. And also the following was not significant: North zone

Conclusions

Within the limitations of the present study, the following conclusions were drawn. 1. There was significant difference in anxiety level among college men Judokas, Wrestlers and Boxers at different Topography such as South, North, East and West zone players. 2. There was significant difference in anxiety level between Judokas and Boxers, Wrestlers and Boxers. 3. There were significant difference in anxiety level between North and East, South and East zone players. Also the North zone players had greater anxiety level than the East zone players. Further the South zone players had greater anxiety level than the East zone players. 4. There was significant difference in anxiety level of college Judokas among various zones. The North zone Judokas had greater anxiety level than West zone players, the South zone Judokas had greater anxiety level than West zone. 5. The Boxers of North zone had greater anxiety level than East zone Boxers. Further South zone Boxers had greater anxiety level than the East zone Boxers and the West zone Boxers had greater anxiety level than the East zone Boxers. 6. There was significant difference in achievement motivation level among the college level Judokas, Wrestlers and Boxers at different topography such as North, South, West and East zones. 7. The Judokas of the various zone had greater achievement motivation level than the Wrestlers and the Boxers. 8. There was significant difference in Socio-Economic Status level among the college level Judokas, Wrestlers and Boxers at different topography such as North, South, West and East zones. 9. The West zone players had greater socio-economic status than South, East and North zone players. Further the East zone players had greater socio-economic status than the South and North zone players and also North zone players had greater socio-economic status than South zone players. 10. There was significant difference between socio economic level of college Judokas, Wrestlers and Boxers at different topography. Further, the Boxers had greater socio economic level than Judokas and also Boxers had greater socio economic level than Wrestlers. 12. There was significant difference between socio economic levels of college Judokas at different topography. Further, Judokas of North zone had greater socio economic level than South zone players and

also Judokas of East zone had greater socio economic level than South zone players. 13. There was significant difference between socio economic level of college men Wrestlers at different topography. Further, North zone of Wrestlers had greater socio economic level than West zone players and also West zone Wrestlers had greater socio economic level than south zone players. 14. Boxers of all zones had greater socio-economic status level than the Judokas and Wrestlers, and also the Wrestlers had greater socio-economic status than Judokas. 14. Judokas of East zone had greater socio-economic status level than North, West and South zones. Judokas of North zone had greater socio-economic status level than South and West zones Judokas. 15. The West zone Wrestlers had greater socio-economic status than the South, East and North zones Wrestlers. The East zone Wrestlers had greater socio-economic status than the South and North zone Wrestlers and also the north zone Wrestlers had greater socio-economic status than the South zone Wrestlers.

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