

## COMPARATIVE ANALYSIS ON SELECTED PSYCHOLOGICAL CHARACTERISTICS, AMONG CRICKET PLAYERS AND NON CRICKET PLAYERS

GEORGE V. THOMAS

Assistant Professor, Kerala University College of Teacher Education, Adoor, Pathanamthitta, Kerala, India

### ABSTRACT

The purpose of the study was to determine the psychological characteristics of cricket players and non cricket players. For this purpose 54 cricket players and 54 non cricket players were selected. The following psychological variables were considered-sports competitive anxiety, self confidence and stress. For the comparison of these variables 't' test was applied. The result of the study revealed that, there is significant difference between self confidence of cricket players and non cricket players whereas there is no significant difference in the sports competitive anxiety and stress among cricket players and non cricket players.

**KEYWORDS:** Confidence of Cricket Players, Non Cricket Players, Anxiety and Stress

### INTRODUCTION

Despite the pronounced emphasis on physical matters in the sport sciences, it is widely accepted that sports performance is influenced not only by physical attributes, but also by psychological factors. Some athletes seem to have a mental edge over other athletes with comparable physical characteristics and training background. Some athletes perform better under pressure, implement strategies more effectively, and tolerate discomfort better, concentrate more intensely, identify more creative solutions to challenging sport situations, push themselves harder, learn new skills more quickly, or prepare themselves for competition better than their physically similar peers. Issues associated with the mental advantage gained by these athletes fall squarely within the domain of sport psychology. If psychology is the scientific study of behavior and mental processes, then sport psychology is the scientific study of behavior and mental processes in the context of sport. Paralleling the rise of other sport sciences, a large research literature has accumulated to inform the practice of coaches and sport psychology specialists.

Cricket is a field-based sport, with each team consisting of 11 players. Although, all are required to field and bat during a match, each player generally possesses a set of specific skills that defines their role and contributes to the overall performance of the team. Cricket is often thought of as a sport in which the main competitions are more individual-to-individual than in any other team sport. Today cricket game demands greater physiological, biomechanical, fitness and strong psychological capability to sustain and shine in elite level of competition. The format of the game and advancement of technology and sporting gears have drastically advanced and improved the level of game as compared to earlier.

The purpose of this investigation was to compare the psychological characteristics namely sports competitive anxiety, self confidence and stress of cricket players and non cricket players. Besides, this study will help to understand the mental fitness of the cricket players and non cricket players.

## METHODOLOGY

In the present study the investigator adopted Survey method for the collection of data. The investigator collected the data from 54 cricket players and 54 non cricket players. The cricket players selected for the study were those who participated in the under 22 Kerala State level championship which accomplish the purpose of the study. The non-cricket players were selected through Random Sampling Technique. The average age of the subjects was 21 years.

### The Tools Used for the Study Were Questionnaires

- Sports Competition Anxiety Test Questionnaire developed by Martens for measuring sports competitive anxiety.
- Self Confidence Inventory prepared by Rekha Agnihotry.
- Psychological Stress Scale Questionnaire developed by Everly Giordano, for measuring stress.

The questionnaires used in this study for the collection of the data were selected because, they found to be more reliable and valid. These tools have been widely used in physical education and sports, throughout the world. The reliability and validity of these tests are already established and their values are tabulated below.

**Table1: Reliability and Validity Quotient of various Psychological Test Questionnaires**

Sl. No	Variables	Questionnaire	Reliability	Validity
1	Anxiety	Martens	0.98	0.89
2	Self confidence	Rekha Agnihotry	0.88	0.82
3	Stress	Everly and Giordano	0.91	0.86

### Statistical Procedure

The data collected from the cricket players and non-cricket players were analyzed using Mean and Standard Deviation. Comparison was made on the selected variables namely Sports Competition Anxiety, Self Confidence and Stress, using 't' test.

## ANALYSIS AND DISCUSSION OF RESULTS

The table 2 shows the Number (N), Mean (M), Standard Deviation (S.D), the obtained t value and the level of significance of Sports Competitive Anxiety scores of cricket players and non cricket players.

**Table2: Test of Significance of Difference between mean of Sports Competitive Anxiety Scores of the Cricket Players and Non-Cricket Players**

Variable	Group	N	M	S.D.	't' Ratio	Level of Significance
Anxiety	Cricket Players	54	18.13	3.32	0.03	P<0.05
	Non Cricket Players	54	18.15	3.02		

The above table shows that mean value of anxiety scores for cricket players and non-cricket players are 18.13 and 18.15 respectively. The obtained t value of 0.03 is less than the table value 1.66 even at 0.05 level. Thus the mean difference in the sports competitive anxiety scores is statistically insignificant. That is, there is no significant difference in anxiety scores of cricket players and non-cricket players.

The table 3 shows that the number (N), Mean (M), Standard Deviation (S.D) the obtained t value and the level of significance of self confidence scores of cricket players and non-cricket players

**Table 3: Test of Significance of difference between Mean of Self Confidence Scores of the Cricket Players and Non-Cricket Players**

Variable	Group	N	M	S.D.	't' Ratio	Level of Significance
Self Confidence	Cricket Players	54	25.48	4.5	1.92	P>0.05
	Non Cricket Players	54	27.23	4.79		

The above table shows that the mean value of self confidence scores of cricket players and non-cricket players are 25.48 and 27.23 respectively. The obtained t value of 1.92 is greater than the table value 1.66 at 0.05 level. Thus the mean difference in the self confidence scores is statistically significant. That is, there is significant difference in self confidence scores of cricket players and non-cricket players.

The table 4 shows that the number (N), Mean (M), Standard Deviation (S.D) the obtained t value and the level of significance of stress scores of cricket players and non-cricket players

**Table 4: Test of Significance of difference between Mean of Stress Scores of the Cricket Players and Non-Cricket Players**

Variable	Group	N	M	S.D.	't' Ratio	Level of Significance
Stress	Cricket Players	54	7.54	2.71	1.01	P<0.05
	Non Cricket Players	54	8.09	2.95		

The above table shows that mean value of stress scores of cricket players and non-cricket players are 7.54 and 8.09 respectively. The obtained t value of 1.01 is less than the table value 1.66 even at 0.05 levels. Thus the mean difference in the stress scores is statistically insignificant. That is, there is no significant difference in the stress scores of cricket players and non-cricket players.

## CONCLUSIONS

Significant difference was found between the means of selected psychological variable Self confidence of cricket players and non cricket players. Mean value indicates that the cricket players has better self confidence than the non cricket players. No significant difference found between the means of selected psychological variables anxiety and self confidence of cricket players and non cricket players

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