

COMPARATIVE ANALYSIS OF MENTAL SKILLS BETWEEN PHYSICALLY CHALLENGED SPORTSMAN AND NON-SPORTSMAN

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ABSTRACT

The purpose of the study was to compare the mental skills between physically challenged sportsman and non-sportsman. To achieve this purpose, fifty school children were selected as subjects from Aykudi Amerseva Sangam, Tenkasi, Tamilnadu, India. The selected subjects were divided into two groups such as physically challenged sports participant (n=25) and physically challenged non-sports participant (n=25). The selected subject's age were ranged between 10 to 16 years. The selected variables such as imagery ability, mental preparation, self confidence and concentration ability were tested by using mental skills test questionnaire. The collected data was statistically analyzed by independent 't' test and it was tested at 0.05 level of confidence to find the significant difference between the selected groups. The result shown that, there was a significant difference exists on mental skills between physically challenged sportsman and non-sportsman.

Key words: Imagery Ability, Mental Preparation, Self Confidence, Concentration Ability

INTRODUCTION

Regular physical activity improves lifelong wellness. Participation in physical activity helps to develop both physical and mental fitness. The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (Stephen, et al., 2005) [5]. Perhaps sports are a combination of many physical activities. Success in sports depend many psychological factors. This is also true within the world of track and field as coaches and athletes have become interested in enhancing their athletes' psychological skills (Caudill, et al., 1983) [3]. Sports psychology describes how psychological factors affect sports performance and how participation in sports and physical activity affect psychological factors. Increased mental skill will often contribute to better performance.

PURPOSE OF THE STUDY

The purpose of the study was to compare the mental skills between physically challenged sportsman and non-sportsman.

METHODOLOGY

To achieve this purpose, fifty school children were selected as subjects from AykudiAmersevaSangam, Tenkasi, Tamilnadu, India. The selected subjects were divided into two groups such as physically challenged sportsman (PCS) (n=25) and physically challenged non-sportsman (PCN) (n=25). The selected subject's age were ranged between 10 to 16 years. The selected variables such as imagery ability, mental preparation, self confidence and concentration ability weretested by using mental skills test questionnaire. The collected data was statistically analyzed by independent 't' test and it was tested at 0.05 level of confidence to find the significant difference between the selected groups.

ANALYSIS OF DATA

The selected variables were compared between physically challenged sportsman and non-sportsman are presented in the following tables.

IMAGERY ABILITY

The Mean and standard deviation on imagery ability between physically challenged sportsman and non-sportsman were collected and presented in table 1.

TABLE 1
MEAN AND STANDARD DEVIATION Of INDEPENDENT 't' TEST BETWEEN
PHYSICALLY CHALLENGED SPORTSMAN AND NON-SPORTSMAN ON
IMAGERY ABILITY (In Numbers)

Group	Number	Mean	SD	't'-test
Physically Challenged Sportsman	25	15.28	2.41	1.013
Physically Challenged Non-sportsman	25	14.56	2.615	

*Significant at .05 level. (Table value required for significance at .05 level with df 48 is 2.02).

Table above shows that the mean values of physically challenged sportsman and non-sportsman were 15.28 and 14.56 respectively. The obtained 't' ratio value is 1.013 which is less than the required table value 2.02 for significance at .05 level of confidence with df 48. It was concluded from the results of the study that there was no significant difference exists between physically challenged sportsman and non-sportsman on imagery ability.

The mean value of physically challenged sportsman and non-sportsman on imagery ability were graphically represented in Figure I.

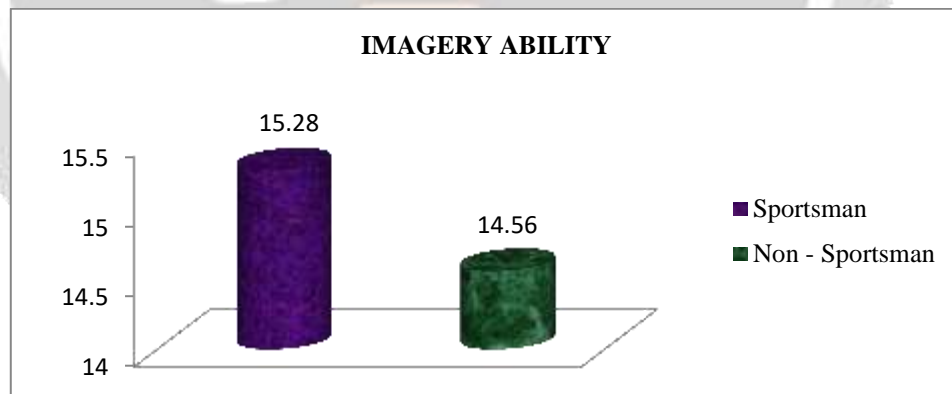


FIGURE I: MEAN VALUES OF PHYSICALLY CHALLENGED SPORTSMAN AND NON-SPORTSMAN ON IMAGERY ABILITY.

MENTAL PREPARATION

The Mean and standard deviation on mental preparation between physically challenged sportsman and non-sportsman were collected and presented in table II.

TABLE II
MEAN AND STANDARD DEVIATION Of INDEPENDENT 't' TEST BETWEEN
PHYSICALLY CHALLENGED SPORTSMAN AND NON-SPORTSMAN ON
MENTAL PREPARATION (In Numbers)

Group	Number	Mean	SD	't'-test Values
Sportsman	25	14.92	3.94	1.25
Non-sportsman	25	13.52	4.01	

*Significant at .05 level. (Table value required for significance at .05 level with df 48 is 2.02).

Table above shows that the mean values of physically challenged sportsman and non-sportsman were 14.92 and 13.52 respectively. The obtained 't' ratio value is 1.25 which is less than the required table value 2.02 for significance at .05 level of confidence with df 48. It was concluded from the results of the study that there was no significant difference exists between physically challenged sportsman and non-sportsman on mental preparation.

The mean value of physically challenged sportsman and non-sportsman on mental preparation were graphically represented in Figure II.

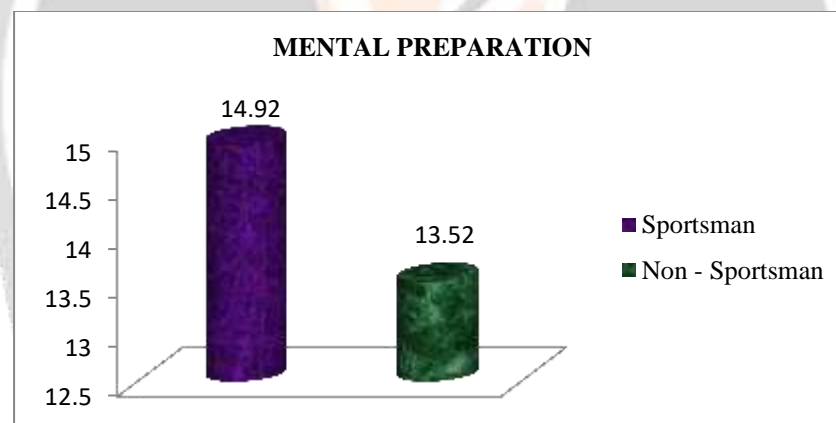


FIGURE II: MEAN VALUES OF PHYSICALLY CHALLENGED SPORTSMAN AND NON-SPORTSMAN ON MENTAL PREPARATION.

SELF-CONFIDENCE

The Mean and standard deviation on Self confidence between physically challenged sportsman and non-sportsman were collected and presented in table III.

TABLE III
MEAN AND STANDARD DEVIATION OF INDEPENDENT 't' TEST BETWEEN
PHYSICALLY CHALLENGED SPORTSMAN AND NON-SPORTSMAN ON SELF
CONFIDENCE (In Numbers)

Group	Number	Mean	SD	't'-test
Sportsman	25	14.24	2.52	0.36
Non-sportsman	25	13.96	2.96	

*Significant at .05 level. (Table value required for significance at .05 level with df 48 is 2.02).

Table above shows that the mean values of physically challenged sportsman and non-sportsman were 14.24 and 13.96 respectively. The obtained 't' ratio value is 0.36 which is less than the required table value 2.02 for significance at .05 level of confidence with df 48. It was concluded from the results of the study that there was no significant difference exists between physically challenged sportsman and non-sportsman on self confidence.

The mean value of physically challenged sportsman and non-sportsman on self confidence were graphically represented in Figure III.

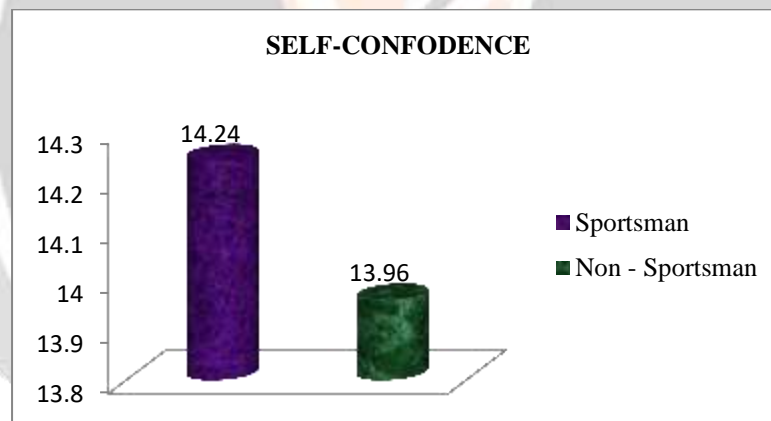


FIGURE III: MEAN VALUES OF PHYSICALLY CHALLENGED SPORTSMAN AND NON-SPORTSMAN ON SELF CONFIDENCE.

CONCENTRATION

The Mean and standard deviation on concentration between physically challenged sportsman and non-sportsman were collected and presented in table IV.

TABLE IV
MEAN AND STANDARD DEVIATION OF INDEPENDENT 't' TEST BETWEEN
PHYSICALLY CHALLENGED SPORTSMAN AND NON-SPORTSMAN ON
CONCENTRATION (In Numbers)

Group	Number	Mean	SD	't'-test Values
Sportsman	25	14.16	3.08	0.51
Non-sportsman	25	13.76	2.47	

*Significant at .05 level. (Table value required for significance at .05 level with df 48 is 2.02).

Table above shows that the mean values of physically challenged sportsman and non-sportsman were 14.16 and 13.76 respectively. The obtained 't' ratio value is 0.51 which is less than the required table value 2.02 for significance at .05 level of confidence with df 48. It was concluded from the results of the study that there was no significant difference exists between physically challenged sportsman and non-sportsman on Concentration.

The mean value of physically challenged sportsman and non-sportsman on concentration were graphically represented in Figure IV.

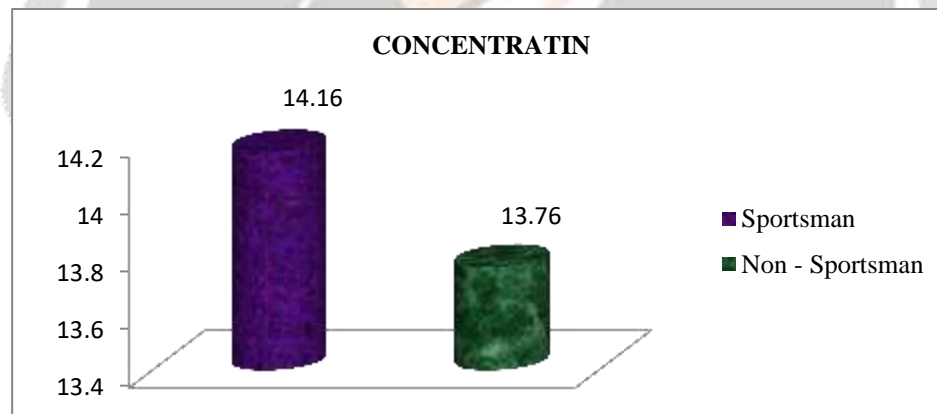


FIGURE IV: MEAN VALUES OF PHYSICALLY CHALLENGED SPORTSMAN AND NON-SPORTSMAN ON CONCENTRATION.

DISCUSSION ON FINDINGS

The aim of the present study was to compare the mental skills between physically challenged sportsman and non-sportsman. The result of the study proved that no significant difference existed between physically challenged sportsman and non-sportsman on imagery ability, mental preparation, self confidence and concentration ability.

These results are also supported by the conclusions made by Morgan (1984) [1], Humphrey et al (2000) [6] and Stephen et al (2005) [5] that female player subjects are found more positive in self-evaluation, integration of personality, autonomy, group-oriented attitudes and environmental mastery than female non player subjects, and over all mental health, there is significant difference between female player and female non -player subjects.

Bandura (1997) [1, 8] suggested that past sports experiences and repeated successes increase and build self-efficacy.

CONCLUSIONS

From the result of the study the following conclusions were drawn,

1. There was no significant difference exists between physically challenged sportsman and non-sportsman on imagery ability among school boys.
2. There was no significant difference exists between physically challenged sportsman and non-sportsman on mental preparation among school boys.
3. There was no significant difference exists between physically challenged sportsman and non-sportsman on self confidence among school boys.
4. There was no significant difference exists between physically challenged sportsman and non-sportsman on concentration ability among school boys.

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