

A COMPARATIVE STUDY OF THE PSYCHOLOGICAL PROFILES OF RAJASTHAN AND MADHYA PRADESH NATIONAL AND INTERNATIONAL LEVEL MALE CRICKET PLAYERS

***Kumar Santosh **Prabhakaran Jyoti**

1. Lecturer, Department of Physical Education, Indira Priyadershini College, Bhopal, **INDIA**.
2. Lecturer, Department of Sports Management, LNUPE, Gwalior, **INDIA**.

E-mail: sankumar1975@gmail.com

(Received November 25, 2010, accepted December 23, 2010)

ABSTRACT

The purpose of the study was to find out the comparative result of the Psychological Profiles of Rajasthan and Madhya Pradesh International & National Level Male Cricket Players. The subject's age ranged between 18-25 years, they all were selected randomly from the Rajasthan and Madhya Pradesh U-19, U-22 Cricket teams, and the experts has made two groups of 49-49 players, one group made up of Madhya Pradesh cricket players and another group made up of Rajasthan Cricket players, those who are continuously participating at National and International level. The experts used questionnaires of Rainer and Martin's Sports Competition Anxiety Test and the Eysenck, Maudsley Personality Inventory; the questions addressed various aspects of Sports Competition Anxiety and Personality traits of cricket players respectively. The questionnaire has filled by the Rajasthan and Madhya Pradesh U-19 & U-22 Cricket teams players respectively. For the evaluation of questionnaire Two Sample T-test was employed, and the findings reveled that there was a significant difference found i.e. 2.8 in their Personality parameters, it means Rajasthan Cricketers were better in their Personality as compare to Madhya Pradesh Cricketers and found Insignificant i.e. 0.11 in the SCAT, which means there was no difference in Sports Competition Anxiety of Rajasthan Cricketers and Madhya Pradesh Cricketers. Sports Psychology can help a lot in assessing the personality and sports anxiety characteristics of the players or individuals performance in cricket not only demands systematic training to develop physical and physiological variables but also demands training and considerations of psychological characteristics for success in this field.

Key words: Sports Competition Anxiety, Training, Personality, Psychological Profiles, Cricket.

INTRODUCTION

No one really talked about applied sport psychology until recently, but it has been known in one form or another for almost as long as people have played professional sports. It used to be called gamesmanship. Basically, in its most basic form, it is about psyching out your opponents while building yourself up. Sports psychologists talk about the importance of being in the zone and of creating an intimidating presence on the field. Once you have the momentum, as long as you can

stay with it you can usually win. Although there are games that are a tossup until the very last moment, many games are decided within the first few minutes of play. What decides these games?

The psychology of sports is interesting not only to professional athletes, but to anyone with an interest in the mind, especially if they are into the psychology of peak performance. You see, it involves many elements. Part of it is about competitive thinking, but it starts way before the teams get to the field. In essence, sports psychology is about winning, and winning requires dedication at every stage of the game.

If you wait until you play a match to apply the principles of sports psychology, you probably won't do really well. Before that point, you need to have a winning attitude or else you will not be prepared. Training is one of the most important and difficult areas to apply to it. You have to keep your energy up each and every moment of each and every practice, or you will not be able to win. This requires all kinds of mental tricks. Sports training methods, in fact, involve many psychological techniques such as visualization, the chanting of positive phrases to create a positive attitude, and even meditation to enhance focus.

Although it is a new field, the opportunities for people with sports psychology degrees are growing every day. Many of the most successful teams in professional sports employ sports psychologists, and although they get very little of the glory, they are instrumental behind the scenes. Sports psychology is no longer a set of folksy tricks used by athletes to intimidate each other. Instead, it is an essential component of athletic training, athletic matches, and an athletic lifestyle. The psychology of sport and exercise is even used in gyms to help normal everyday people with their workout routines. Once you become aware of psychology sports, you can see it everywhere.

Cricket occupies a significant place among all other games and sports. In some respects it is unique as a sport. It is an ideal sport and is a grand energetic game, giving enjoyment and pleasure and demanding fitness and dedication. Cricket requires specific psychological characteristics to be on top gear to take all the qualities in the match. A lot of research work is done on the physical and psychological limitations of cricket but very less work has been

indicated towards physiological aspect, hence to satisfy this present study has been under taken in the field of Cricket.

METHODOLOGY

The subject's age ranged between 18-25 years, they all were selected randomly from the Rajasthan and Madhya Pradesh U-19, U-22 Cricket teams, and the experts has made two groups of 49-49 players, one group made up of Madhya Pradesh cricket players and another group made up of Rajasthan Cricket players, those who are continuously participating at National and International level. The experts used questionnaires of Rainer and Martin's Sports Competition Anxiety Test and the Maudsley Personality Inventory; the questions addressed various aspects of Sports Competition Anxiety and Personality traits of cricket players respectively. The questionnaire has filled by the Rajasthan and Madhya Pradesh U-19 & U-22 Cricket teams players respectively.

RESULTS AND DISCUSSION

For the evaluation of questionnaire Two Sample T-test was employed, and the findings reveled that there was a significant difference found i.e. 2.8 in their Personality parameters (Neuroticism and Extroversion), it means Rajasthan Cricketers were better in their Personality as compare to Madhya Pradesh Cricketers and found Insignificant i.e. 0.11 in the SCAT, which means there was no difference in Sports Competition Anxiety of Rajasthan Cricketers and Madhya Pradesh Cricketers.

Table 1

Variables	Means	SD	't'
Personality Rajasthan	32.39	5.90	
Personality MP	27.45	7.1	2.8*
SCAT Rajasthan	6.51	1.54	
SCAT MP	6.52	1.53	0.11

***Significant at .05 level**

The mean of Personality parameters of Rajasthan Cricketers was found to be 32.39, which is quiet higher than the Personality traits of MP players i.e. 27.45, which reveals that the Rajasthan players were having good personality but the MP players has also having average personality (Neuroticism and Extroversion), we couldn't say they have poor personality. And when we compared by applying 't' test it has shown that there was a significant difference found among them.

The mean of SCAT of Rajasthan Cricketers was to be found 6.51, and the mean of MP players was found 6.52, which is shown almost same and there was very slight difference found among them, which reveals that the Rajasthan and MP players has average level of sports anxiety. And when we compared by applying 't' test it has shown that there was an insignificant difference found among them at .05 level of significance and the tabulated value is 2.08.

CONCLUSIONS

Cricket occupies a significant place among all other games and sports. In some respects it is unique as a sport. It is an ideal sport and is a grand energetic game, giving enjoyment and pleasure and demanding fitness and dedication. Cricket requires specific psychological characteristics to be on top gear to take all the qualities in the match. A lot of research work is done on the physical and physiological limitations of cricket but very less work has been indicated towards psychological aspect, hence to satisfy this present study has been under taken in the field of Cricket. Sports Psychology can help a lot in assessing the personality and sports anxiety characteristics of the players or individual's performance in cricket not only demands systematic training to develop physical and physiological variables but also demands training and considerations of psychological characteristics for success in this field.

RECOMMENDATIONS

*It is highly recommended to Cricket coaches of Central zone to concentrate more on the teams psychological aspect of training of the cricketers of these areas, as the results of this study has revealed that players those who had participated at National level of these teams are average in various aspects of Sports Competition Anxiety in comparison to players participating at an International level.

*The results of this study would help the coaches and administrators in planning and training of cricketers for the upliftment of standard of cricket in Central zone.

*The data of this study is useful in preparing the self regulation program, which may be designed to suit the particular need of the players of the country.

*The same study can be repeated with some more psychological variables.

REFERENCES

Burton, Carter E. (2001). "State and Trait Anxiety, Achievement Motivation and Skill Attainment in College Women. *Research quarterly* **42** (1). P.36

Bryant, J. Cratty (1995). Psychology and Physical Activity. *Prentice-Hall, Inc., Englewood Cliffs, New Jersey*. P.102

Eysenck, H.J., Arnold, W.J. and Hide, R.(1998). *Encyclopedia of Psychology*. 'Self Concept'. P. 14.

Guildford, J.P. et al. (2008). 'Fundamental Statistics in Psychology and Education. *Tokyo: the Mc Graw Hill Co. Gakusha Ltd*. P.5.

Jack, H. Llewellyn, and Judy, A. Blucker.(1989). Psychology of Coaching: Theory and Application. *Surjeet Publications, Kamla Nagar, New Delhi*.P.48.

Hanin, L. Yuri (1992). "A Study of Anxiety in Sports" cited by William F. Straub, Sport Psychology – An Analysis of Athlete Behaviour. *Ithaca, New York*.P.76.

http://EzineArticles.com/?expert=Ian_Botham.

International Journal of Sports Sciences and Fitness, 2011. **Sample Paper**

Kamlesh, M.L.(2007). "Psychology in Physical Education and Sports." *Metropolitan Book Co. Pvt. Ltd.*.P.46.

Kaul, R. (2002). "An Investigation into the Motivational Profiles of High and Low Achievers of Individual and Team Games". *NIS Scientific Journal*.2 (1).P.22.

Keith, Bell (2003). *Championship Thinking - The Athletics Guide to Winning Performance in all Sports. London: Prentice Hall Int, inc.*P.129.

Mason, W.F. (1989). "An Investigation of the Relationship Between the Self concept and Physical Fitness of White American Indian and Black Women College Students". *Dissertation Abstracts International*. P. 134.

Reuben, B. Frost (1991). "Psychological concepts Applied to Physical Education and Coaching". *Massachuctts Addison Westey*.P.109.

Seldom, K. Synder and Etmor, Spreitser (1988). *Social Aspect of Sports. Englewood cliffs, N.J.: Prentice Hall inc.* P.43.

Whitting, H.T.A. and Stembridge, D.E. (1985)." Personality and persistent Non swimmers". *Research Quarterly* 36. P.348.

AKNOWLEDGEMENT

It is real pleasure that, I record my indebtedness to my friend Prof. Deepak Mehtaa for his counsel and guidance during the preparation of this research paper. I am also grateful to Prof. Sudhira Chandel and Dr. K. K. Khare for all the suggestions offered an encouragement given to me. My thanks are due to all the students who acted as a subject for the study. With their voluntary and wholehearted support could not have been completed.