

## **RELATIONSHIP OF SOMATOTYPING TO THE SELECTED PSYCHOLOGICAL VARIABLES OF THROWERS, JUMPERS AND RUNNERS**

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### **ABSTRACT**

*The purpose of the study was to find the relationship of somatotype components of the selected Psychological variables of throwers, jumpers & runners. One hundred and fifty (150) male athletes in the age group of 17-25 with representation at state, national and inter university level were selected for the present study. The selected subjects were the representative of different parts of the country and belonged to different socio economic strata. All subjects possessed well developed physique (By observation method) because of participation in different athletic meet in a number of years. Following variables were selected Somatotype: Endomorph, Mesomorph and Ectomorph. Psychological Variables: Achievement motivation, Sports Competition Anxiety and Sports Aggression. Achievement Motivation was measured by Sports Achievement Motivation Test (SAMT). Sports Competition Anxiety was measured by Sports Competition Anxiety Test (SCAT). The aggression score of the subjects was obtained by using Sports Aggression inventory developed by Anand Kumar and Prem Shankar Shukla. In determining the body builds classification or samototype, the individual is scaled from 1 to 7 in each component. The somatotype is thus given in the three number sequences in which the first number represents the endomorphy, the second number mesomorphy and the third is ectomorphy, an extreme endomorphy is classified as a 7-1-1; an extreme mesomorph is a 1-7-1; an extreme ectomorph is a 1-1-7. Relationship between Psychological and Somatotype was performed by using Pearson Product moment correlation. To compare the Runners, throwers and jumpers in relation to Body type, analysis of variance was used at 0.05 level of confidence. The above mentioned statistical techniques were performed using SPSS version 11.5. Findings concluded that mesomorphic body type has an important role in the performance of runners, jumpers and throwers. Moreover, depending on the nature of the events the body type differs in case of jumpers, throwers and runners.*