

A STUDY OF PSYCHOLOGICAL PROFILES OF INTERNATIONAL AND NATIONAL MALE CRICKET PLAYERS OF CENTRAL ZONE

***Sameer Bhagirathi **Deepak Mehta and ***Sudhira Chandel**

1. Teacher, Toronto District School Board, Toronto, CANADA.
2. Professor and Head, School of Physical Education, Devi Ahilya University, Indore, INDIA.
3. Professor, School of Physical Education, Devi Ahilya University, Indore, INDIA.

Email: sameerelwin2009@gmail.com

(Received Sept 03, 2023, accepted December 15, 2023)

ABSTRACT

The purpose of the study was to find out the comparative result of the psychological profiles of International and National level male Cricket players of the Central zone. Sports Psychology can help a lot in assessing the personality and sports anxiety characteristics of the players participating in different sports. Individual performance in Cricket not only demands systematic training to develop physical and physiological variables but also demands training and consideration of psychological characteristics for success in this field. The subjects selected for the study ages ranged between 18-30 years. One hundred and eighty-two male subjects were randomly selected from Central zone means Madhya Pradesh, Railways, Uttar Pradesh, and Rajasthan states, who were regularly participating at the national and international level cricket tournaments in India. There were 16 International and 166 national level players selected from the central zone for this study. Criterion measures chosen for the study were the scores obtained from the various psychological tests of Self-concept (Swatva Bodh), Sports Competition Anxiety (SCAT), To ensure maximum cooperation from the players, the researcher had a meeting with the subjects in the presence of their coaches, where the subjects would be oriented and explained the purpose of the questionnaire. The coaches of the subjects were contacted personally and requested to permit their subjects to meet personally for the description of the questionnaires and their sincere cooperation was solicited. The Self-concept in the dimension of Mental Health of International level players was found at a good level but in case of national level players it was found to be average, and there was a significant difference found between the International and National level cricket players, as the "t" value obtained is 4.3, whereas needed to be significant at .05 level is 2.08. International and National level Cricket players of the Central zone scored 21.3 and 18.1 respectively for SCAT which indicated that the sports competition anxiety level of International level players is high but in the case of national level players it was found to be

moderate, and there was a significant difference found between the International and National level cricket players, as the “t” value obtained 3.8, significant at .05 level whereas needed to be significant at .05 level is 2.08. Also, the Sports Aggression results indicated that the mean of the International and National level Cricket players of Central zone is 14.2 and 3.6 respectively. Both of the means indicate that the Sports Aggression level of international level players is average but in case of national level players it is found to be aggressive, and there is a significant difference found between the International and National level cricket players, as the ‘t’ value obtained is 3.5, whereas needed to be significant at .05 level is 2.08. Players participating at the National and International levels of Cricket have immense pressure for their performance and the audience while playing to perform well consistently to move to the higher level and to stay in the team for a long period which affects their psychological and emotional health.