

INFLUENCE OF MENTAL HEALTH AND LEVEL OF ASPIRATION ON THE SPORTS PERFORMANCE OF SELECTED NATIONAL LEVEL SPORTS PERSONS

(Received on: 25 July 2014, Reviewed on: 14 Aug 2014 and Accepted on: 02 Oct 2014)

Dr. Kanhaiya Kumar Singh, Assist. Prof.,
Akal College of Physical Education
Mastuana Shahib, Sangrur, Punjab
Mrs. Neena Sandhu, Assist. Prof.,
S K R College of Physical Education
Bhagoo Majara, Punjab



Abstract

The influence of various psychological variables on sports performance has been observed in sports and exercise and extensively investigated in sports psychology. This investigation was conducted to determine the influence of Mental Health and Level of aspiration on the sports performance of national level Players. Statistical Analysis: One way statistical analysis of variance (ANOVA) was applied to find out the significant differences among the groups. Result showed that Socio-economic status doesn't influence their sports performance but medalist and participants are alike with respect to their other mental factors. It is concluded that mental health factors influences the sports performance. Level of aspiration have three major factors GDS, ADS and NTRS, all four groups GDS, ADS and NTRS, score are almost same, so it is concluded that players are not capable to set their goal as per their potential.

Keywords: Medalist, Discrepancy, GDS, ADS and NTRS

Introduction

World Health Organization conceptualized mental health separate from mental ill-health and defined as 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 own community. Level of aspiration is an individual's future expectation or ambition. It refers to the estimate of one's future in a given task. Level of aspiration is a form of self-motivation involving competition with one past performance. When an individual is actively involved in the task, he sets himself a new standard or goal to achieve. Psychological wellbeing of the players affects their sports performance to a lot of extent. At national and international level of performance the all physiological potential among medalist almost are same. Now the psychologies potentials of the players are imparting a leading role in deciding the winners and runners. A comparative study on mental health in relation to performance of medalist and nonmedalist soft ball players has been done. The result showed significant difference among medalist and nonmedalist softball players in relation to their mental health. (Gill, 2009). Comparison study of mental health between team and individual players was studied on 200 athletes. Result showed that male individual team game player have better mental health in comparison to

team game players (Quadri, 2012). An analysis of level of aspiration among varsity level archers, shooter and weight lifters has been done on 105 players 35 players in each group. No significance difference was found with respect to sub variables as GDS, ADS, and NTRS. The paired mean comparison showed that shooter had better GDS, NTRS score than archers, archers and lifters also better ADS than weight lifters (Singh et al 2005). The purpose of the study was to compare the aspiration level of male and female players from various age groups. Statistical analysis was done on the basis of percentage and two fold Chi-square. The result showed that there is significant difference between male and female players. Seniors boys have higher level of aspiration than girls and juniors. (Raut and Das, 2012).

Methodology

All National Players of Punjab from 10 major sports as Hockey, football, Basket Ball, Volley Ball, Hand Ball, Kho - Kho, Soft Ball, Kabbadi and Cricket was set as population and 200 players 20 from each sport were selected from through random sampling. The achievement of the players of was set as measures of performance so again out of the selected samples; four groups of 25 each were drawn; Gold Medalist (GM), Silver Medalist (SM), Bronze Medalist (BM) and Participants only (PO). These all selected hundreds players represents all 10 major selected games from Punjab state. Mental Health battery of consists two sections A & B of one hundred and thirty (N=130) items covering six areas of mental health. This questionnaire includes six areas that are, emotional stability (EM), overall adjustment (OA), autonomy, security-insecurity, self-concept and intelligence. A detailed description about the tool was given to subjects and their doubts were clarified. Level of aspiration test had following factors:

- i) Goal Discrepancy Score (G.D.S.)
- ii) Attainment Discrepancy Score (A.D.S.)
- iii) Number of time the goal reaches Score (N.T.R.S.)

Results

To study the influence of mental health and level of aspiration on sports performance of selected national level sports persons was computed through ANOVA. The difference between the variables in the sample was calculated through ANOVA and then hypotheses were tested at the 0.05 level of significance.

Mental Health

Table no 1
Analysis of Variance (ANOVA) for Mental Health
among Groups

Variables	Source of Variance	Sum of Squares	df	Square of the means	'F' ratio
Section A	Between	1.07	3	0.35	0.06
	Within	522.72	96	5.44	
Section B	Between	1737.84	3	579.28	6.67
	Within	8462.8	96	88.15	

$F_{0.05}=2.70$ *Sig. at 0.05 level.

Discussion

Mental health battery have two sections, Section A (Socio-economic status): The mean value of gold medalist, silver medalist, bronze, and participants was found to be 9.24, 9.08, 9.16, and 8.96 respectively. Whereas the above ANOVA table showed that insignificant difference ($F=0.06<2.70$) between the means of all four groups (medalist) at 0.05 level of significance. Hence the null hypothesis is accepted and concluded that all national players belongs to almost same socio-economic background. So we can say that socio-economic status doesn't influence the sports performance at national level. Section: B The mean value of gold medalist, silver medalist, bronze medalist, and participants was found to be 76.28, 72.48, 75.36 and 65.64 respectively. Whereas the above ANOVA table showed that significant difference ($F=6.67>2.70$) between the means of all four groups (medalist) at 0.05 level of significance. Hence the null hypothesis is rejected and concluded that all national players with different achievement level are having different emotional status, adjustment, autonomy, security, selfconcept and intelligence. All players medalist and nonmedalist are alike in emotions, adjustment ability, autonomy, security, self-concept and intelligence. So we can conclude that sports performances are influenced by the above said factors at national level.

Level of Aspiration

Table no 2
Analysis of variance (ANOVA) for Level of Aspiration
among Groups

Variables	Source of Variance	SS	df	SSM	'F' ratio
Goal Discrepancy Score (G.D.S.)	Between	14413.8	3	4804.6	1.42
	Within	323880.16	96	3373.75	
Attainment Discrepancy Score (A.D.S.)	Between	5715.88	3	1905.29	0.44
	Within	415134.96	96	4324.32	
Number of Times The Goal Reach Score (N.T.R.S.)	Between	8.75	3	2.91	0.23
	Within	1201.44	96	12.51	

$F_{0.05}=2.70$ *Sig. at 0.05 level.

Interpretation and Discussion

Goal Discrepancy Score (GDS): The mean value of gold medalist, silver medalist, bronze, and participants was found to be 9.72, 19.64, 40.16 and 34.4 respectively. Whereas the above ANOVA table showed that insignificant difference ($F=0.05<2.70$) between the means of all four groups (medalist) at 0.05 level of significance. Hence the null hypothesis is accepted and concluded that all National Players' Goal Discrepancy Score (GDS) are almost same.

Under the limitations of study, it can be said that with respect to their Level of Aspiration they are not able to achieve their goal which is set by themselves.

Attainment Discrepancy Score (ADS): The mean value of gold medalist, silver medalist, bronze, and participants was found to be -2.48, 2.16, -15 and -14.84 respectively. Whereas the above ANOVA table showed that insignificant difference ($F=0.05<2.70$) between the means of all four groups (medalist) at 0.05 level of significance. Hence the null hypothesis is accepted and concluded that all National Players' are almost same in aspiration of their achievement. Under the limitations of study, it can be said that with respect to their Level of Aspiration there is a difference between aspiration and the achievement on the repeated trial.

Number of Times The Goal Reach Score (N.T.R.S.): The mean value of gold medalist, silver medalist, bronze, and participants was found to be 5.64, 6.04, 5.44, and 5.24 respectively. Whereas the above ANOVA table showed that insignificant difference ($F=0.05<2.70$) between the means of all four groups (medalist) at 0.05 level of significance. Hence the null hypothesis is accepted and concluded that all National Players' are almost same in number of times goal reached but it is not more than the expected score.

Conclusions: Under the limitations of the study, it has been observed that mental health is an important factor in achieving all selected sports performance at national level. Even socio-economic status doesn't have any influence on the performance where as other mental factors as emotions, autonomy, security, selfconcept and intelligence have greater influence on sports performance. Level of aspiration leads to the level of achievement, Goal Discrepancy Score (GDS) Attainment Discrepancy Score and No of Times Goal Reach Score (NTRS) are almost same in all national players including medalist and no medalist. Coaches and players should more focus on the strength of mental health as well as improving level of aspiration along with other psychological factors.

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