



Assessment Of Fear Of Failure And Managing Pressure Among Intercollegiate Men Athletes

ASHIK ALI (Research Scholar, Department of Physical Education, Annamalai University)

Dr. V. GOPINATH (Professor, Department of Physical Education, Annamalai University)

Abstract

This study aims to analyse the psychological characteristics of inter-collegiate male athletes who compete in six sports: Volleyball, Basketball, Hockey, Badminton, Kho-Kho, and Kabaddi. Using the Sports Personality Questionnaire (SPQ-20), the study examines two crucial psychological variables: Fear of Failure and Managing Pressure. A total of 230 athletes were chosen using Stratified Random Sampling. The data were analysed using ANOVA and Scheffe's post hoc test. The level of confidence was set to test significance is 0.05. The results reveal that Hockey players show significantly higher levels of controlling Fear of Failure than other players. However, Kabaddi and Kho Kho players are also less prone to Fear of Failure than volleyball players. Further, the results show that Basketball players have less Managing pressure than Hockey and Kabaddi players. In addition to that, Hockey players have significantly better Managing Pressure than Volleyball players. In conclusion, it is observed that players of Hockey, Kabaddi, and Kho-Kho have better control over Fear of Failure and Managing Pressure. The study highlights the importance of psychological training in enhancing athletic performance and offers recommendations for coaches and policymakers to develop personalised interventions for athletes.

Keywords: Psychological qualities, SPQ-20, Fear of Failure, Managing Pressure.

Introduction

Sports are institutionalised competitive activities that involve physical exertion or the use of relatively complex physical skills by participants motivated by internal and external rewards (Coakley, 2017). Sports are an essential component of human civilization, transcending geographical, cultural, and social barriers. They are more than just physical exercises; they also represent human desire, teamwork, and the pursuit of excellence. From the ancient Olympic Games to modern-day global championships, sports have become a worldwide language that brings people together, develops camaraderie, and inspires millions. Sports, whether

practiced at the grassroots level or on the world stage, cover a wide spectrum of physical, mental, and emotional qualities, making them a rich and diversified field of study and practice. The world of sports is a dynamic and challenging environment in which athletes must continually adapt to changing conditions, set meaningful goals, and manage their emotions.

Psychology is the science of behaviour and mental processes (**Myers and DeWall, 2019**) Psychology is the scientific study of the human mind and behaviour, including issues like cognition, emotion, motivation, personality, and social relationships. It aims to comprehend how people think, feel, and respond in different situations, providing insights into human development, mental health, and overall well-being. Psychology is both a theoretical and applied science, with applications in education, healthcare, business, and sports. Psychology, by delving into the complexities of the human mind, assists individuals and organisations in improving performance, relationships, and overall quality of life.

Sport and exercise psychology is the scientific study of people and their behaviours in sport and exercise contexts and the practical application of that knowledge (**Weinberg and Gould, 2018**). Sports psychology is a specialist discipline of psychology that studies the mental and emotional elements of athletic performance. It investigates how psychological aspects like motivation, confidence, attention, stress, and teamwork affect an athlete's performance under pressure. Sports psychologists help athletes improve mental skills, including goal setting, visualisation, relaxation techniques, and emotional management, all of which are necessary for top performance. Athletics psychology also handles burnout, injury recovery, and the transition from athletics to post-athletic jobs. The field realises that physical aptitude alone is insufficient for athletic success; mental toughness and psychological resilience are equally important.

Personality is a pattern of relatively permanent traits and unique characteristics that give both consistency and individuality to a person (**Feist and Roberts, 2018**). Personality is a fundamental concept in psychology that refers to the distinct set of psychological traits, behaviours, and cognitive patterns that define an individual. It includes traits like temperament, attitudes, motivations, and emotional responses, which all influence how a person interacts with the world. Personality is frequently described as generally consistent throughout time, yet it can be altered by events, the environment, and personal development. Psychologists have created a variety of theories to explain personality, including trait theories (such as the Big Five personality traits), psychodynamic theories (such as Freud's id, ego, and superego), and humanistic methods (such as Maslow's hierarchy of needs). These theories shed light on how personality develops and how it influences behaviour, decision-making, and relationships.

These psychological elements are crucial in deciding Indian varsity athletes' performance, well-being, and long-term success, as they frequently balance academic expectations with hard training schedules. Fear of Failure and Managing pressure is especially important in the context of Indian varsity sports, where athletes face unique problems such as limited resources, societal expectations, and the pressure to perform in both academics and sports.

Methodology

To achieve this purpose, the investigator has selected 284 male from different games such as volleyball, hockey, badminton, basketball, kho-kho and kabaddi Intercollegiate players from different colleges in Kerala as the population. SPQ-20 (sports personality questionnaire) (Cameron, 2011) is used to evaluate the 2 psychological characters (Fear of Failure and Managing pressure) and was administered to all 284 players, out of which 230 players scored 6-10 in the validity index (VI) and were selected as subjects for the study. The age categories were between 19 and 25 years as per the eligibility form submitted by the respective colleges. The SPQ-20 is a validated tool designed to measure: The questionnaire consists of 20 items, divided into three subscales corresponding to the variables under study. Participants respond to each item on a 5-point Likert scale, ranging from "Strongly Disagree" to "Strongly Agree. "The questionnaire is administered both online and offline to ensure accessibility and convenience for the participants. The collected data is analysed using statistical tools such as ANOVA and Scheffe's post hoc test. The level of confidence is fixed at 0.05 for significance

Results and Findings

To determine the significant difference among different game players. ANOVA was applied. The ANOVA of different games (volleyball, basketball, hockey, badminton, Kho-Kho and kabaddi), men Inter-collegiate players on selected personality traits were analysed and presented in Table 1.

TABLE I

ANALYSIS OF VARIANCE FOR DIFFERENT GAME PLAYERS ON FEAR OF FAILURE AND MANAGING PRESSURE

S. No	variables	Volleyball (n=41)	Basketball (N=40)	Hockey (N=61)	Badminton (N=16)	Kho-Kho (N=35)	Kabaddi (N=37)	'F' Ratio	Sig.
		Mean	Mean	Mean	Mean	Mean	Mean		
1	FF	19.41	20.87	23.57	21.37	21.74	21.83	16.57	.000
2	MP	20.65	20.10	22.26	21.06	21.71	22.02	6.66	.000

Table 1 shows the mean value of different games (volleyball, basketball, hockey, badminton, Kho-Kho, and kabaddi) for men players on Fear of Failure and Managing pressure, and it also shows the "F" ratio values of the selected dependent variables. The result of the ANOVA shows that both variables were found to be significant among the Intercollegiate Volleyball, basketball, hockey, badminton, Kho-Kho and kabaddi players at a 0.05 level of confidence. Hence, Scheffe's post hoc test was used to find out the mean difference between the sports and presented in the Table II

TABLE II

**SIGNIFICANT LEVEL VALUES OF SCHEFFE'S TEST AMONG DIFFERENT GAME
MEN PLAYERS (P – VALUE)**

Variables	VB Vs BB	VB Vs HO	VB Vs BA	VB Vs KH	VB Vs KA	BB Vs HO	BB Vs BA	BB Vs KH	BB Vs KA	HO Vs C	HO Vs Vs	HO Vs C	BA Vs D	BA Vs Vs	KHO Vs KAB
FF	.171	.000	.161	.003	.001	.000	.991	.769	.665	.053	.022	.031	.998	.994	1.000
MP	.929	.021	.995	.480	.171	.000	.810	.068	.001	.563	.920	.998	.962	.816	.996

Fear of Failure

The mean difference between different games players were compared, and the results reveal that Hockey players show significantly higher levels of controlling Fear of Failure than other players. However, Kabaddi and Kho Kho players are also less prone to Fear of Failure than volleyball players.

Managing Pressure

The mean difference between different games players were compared, and the results show that Basketball players have less Managing pressure than Hockey and Kabaddi players. In addition to that, Hockey players have significantly better Managing Pressure than Volleyball players.

Discussion

The findings of this study reveal significant psychological differences among inter-collegiate male athletes participating in various sports, specifically in their capacity to manage Fear of Failure and Performance Pressure. Hockey players emerged as the most competent in both psychological domains, which may be attributed to the fast-paced, high-intensity nature of the sport that requires quick decision-making, sustained focus, and emotional resilience (Weinberg and Gould, 2019). Such psychological robustness is often nurtured through intense training environments and frequent exposure to high-pressure competitive settings, factors known to enhance mental preparedness and mental toughness (Jones, Hanton and Connaughton, 2002, Gould and Maynard, 2009).

Athletes involved in traditional Indian sports like Kabaddi and Kho-Kho also demonstrated lower levels of Fear of Failure in comparison to Volleyball players. These sports are rooted in physical contact, strategic gameplay, and dynamic team coordination, which may naturally foster mental toughness and reduce anxiety through physical and psychological engagement (Nicholls, Polman, Levy, and Backhouse, 2009). Moreover, the culturally communal and high-stakes nature of these games tends to build a strong team-

oriented mindset, which acts as a buffer against individual performance (Smith, Smoll, and Cumming, 2007).

In contrast, Basketball players showed reduced competence in managing Pressure. This could be linked to the sport's high individual visibility and continuous scoring demands, which intensify performance stress and public scrutiny (Sagar & Stoeber, 2009). Volleyball players also underperformed in managing both psychological variables, suggesting a notable gap in psychological readiness. This may reflect a lack of structured psychological training or mental skills development, highlighting the importance of sport-specific psychological interventions (Anshel, 2012; Conroy & Elliot, 2004).

Conclusion

This study gives helpful insights into the psychological profiles of Inter-collegiate male athletes, finding significant disparities in fear of failure and pressure management across six sports. The findings underscore the need for sport-specific psychological training to meet the distinct issues that athletes encounter across disciplines. Coaches and policymakers should think about including mental skills training into regular practice sessions to improve athletes' performance and well-being. Future research could look into the underlying causes of these variances, such as coaching techniques, training regimens, and cultural influences, in order to create more personalized psychological support programs.

Recommendation

The performance of sports persons at intercollegiate level maybe influenced by psychological qualities in particular with fear of failure and managing pressure. Hence it is suggested to include psychological training in there training regime to overcome psychological barriers.

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