

# Level of Participation in Cricket Is a Predictor of Coping Skill Ability of the Players: A Psychological Study

Madhu Sudan Hazra\*,  
\*Research Scholar,

Dr. Sudarsan Biswas\*\*  
\*\*Associate Professor

Department of Physical Education  
Vinaya Bhavana, Visva-Bhartai, Santiniketan  
West Bengal, India, PIN- 731204

## ABSTRACT

The purpose of this study was to compare the coping skills ability of the cricket players as per the different level of cricket participation. The total number of subject participated in this study is 410 male cricketers. Subjects are from different division club, universities and cricket coaching centers of West Bengal, India. Coping skills ability was assessed by Athletic Coping Skills Inventory (Smith et al, 1995) One-way analysis of variance (one-way ANOVA) indicated that there were significant differences in coping skill between the cricket players as far as different level of cricket participation is concern. Significant difference also found in regards of their performance on the various sub scale of Athletic Coping Skill. A definite psychological-skills status come to the front, indicating that State Level players, regardless of other participation level, expressed high proficiencies in Confident & Achievement Motivation, Concentration Ability and Peaking Under Pressure, where the District level player possess higher ability in Mental Preparation and Goal Setting. Essential conclusion draws after analyzing the result that there are significant differences belongs in Coping Skill Ability between the cricket players as per different level of participation. Study revealed the fact that different level in cricket may be the predictor of coping skill ability of the cricket players.

**Key word-** Cricket, Coping Skill Ability, Level of Participation

## INTRODUCTION

Cricket is a very unique sport and it's been spread in so many countries around the world through many level of competition. On the one side it is a team game where eleven individuals come together to form an effective fielding side, where thinking and acting is only and ultimate aim. On the other side cricket is an individual sport where a batsman or bowler playing to achieve their own individual performance. It has been found in all level of competition of cricket, that, there is always a rapid contest between two individuals,

where the batsman and bowler fight each other with their best possible skills and technique to defeat each other. At the end of the play, who possesses good physical and mental ability and has the ability to execute his capability as per situation demands he hits victory.

In Cricket there is many different formats which used to play over on various number of days (3, 4 or 5 days), over one day (40 or 50 overs match), or over just a few hours (in the case of T20 cricket, Cotterill & Barker, 2013). As per the requirement of the sports, in some sports - say hockey, soccer or basketball—the physical aspect of players dominates. Whereas in cricket, especially In Test cricket, the five-day version of the game demand physical as well as mental ability of the cricketers.

The constraints of the game, including the competition level, field situation, crowd from the spectator, long duration of play, breaks in play for drinks, lunch, tea, and of course weather this all create a series of obstacles which successful players need to react against effectively to achieve performance. The biggest challenge to a cricketer is not the learning of the skills (most players have sufficient practical techniques), often the biggest challenge for players is being able to deal with the many psychological factors that can affect thinking and ultimately performance during a game.

Level of competition is also a very realistic scenario where the player faces the real mental pressure according to the level of competition. When a cricketer performs on the field they may feel mal adjustment with the situation or lack of coping skill ability with the situation. The situation may be including pain, fear, lack of confidence, psychological demands, coach stress etc (Dale, 2000). The inability to cope with stress is a significant factor in the failure of athletes to function fully in many types of athletic performance (Lazarus, 2000a). It is therefore widely accepted within the sport psychology literature that athletes of all ages despite of different competition level and the abilities need to be able to cope with performance stressors, not only to perform to the best of their ability, but also to experience enjoyable sports.

## **AIM OF THE STUDY**

The aim of the present study is to find out the difference of Coping Skill Ability among the cricket players as per their different level of participation.

## **METHOD**

### **Selection of Subjects**

Data have been collected from various 1st division and 2nd division club who are affiliated by Cricket Association of Bengal to participate in Kolkata Cricket League. Data was also collected from various

cricket coaching centre and universities of West Bengal. The criteria imposed for the selection of the subjects was:-

1. Age should be 16 years above.
2. Played at least 20 matches in a session

### **Selection of Test Items and Description of Tools**

The test item selected for assesses the psychological parameter for this study was Athletic Coping Skills Inventory (ACSI) developed by Smith, Shutz, Smoll, and Ptacek in the year of 1995.

Athletic Coping Skills Inventory (ACSI) measures various aspects of coping skills such as namely Mental Preparation and Goal Setting, Confident and Achievement Motivation, Concentration Ability and Peaking under Pressure. The ACSI contains total 28 items describing seven specific sub variables. Each variable are consist of four questions. For the purpose of the resent research, researcher selected four sub variables which are as follows:

- Mental preparation & Goal setting
- Confidence and Achievement motivation
- Concentration ability
- Peaking under pressure

The Cricketers were required to answer that how often they experienced the situations presented in each of the related questions by using a 4-point scale. In this scale the responses possibility lays on the option of almost never, sometimes, often and almost always.

### **Administration of Tests and Collection of Data**

Researcher take the appointment from various 1<sup>st</sup> Division and 2<sup>nd</sup> Division club participated in Kolkata league and also from the coaching clubs of Kolkata and different Universities of West Bengal. Researcher has been visited those places and administered the test by providing the set of questionnaire to the subjects. Before attempting the questionnaire researcher described the aim, purpose and necessary details connected with the study. Also the researcher demonstrated the guidelines to the subject before filling up the questionnaire and also concern them about time limit. The athletes were assured regarding the confidentiality of the answer they give. Also it was intimated that who wish to know their score could collect the result from the investigator either in personally or through email.

The data has been collected as per procedure provided in the manual of the questionnaire.

## Reliability of the Questionnaire

To check the reliability of the questionnaire, researcher used the Cronbach's alpha coefficient method as statistical procedure during his study. The reliability of the questionnaire was .842.

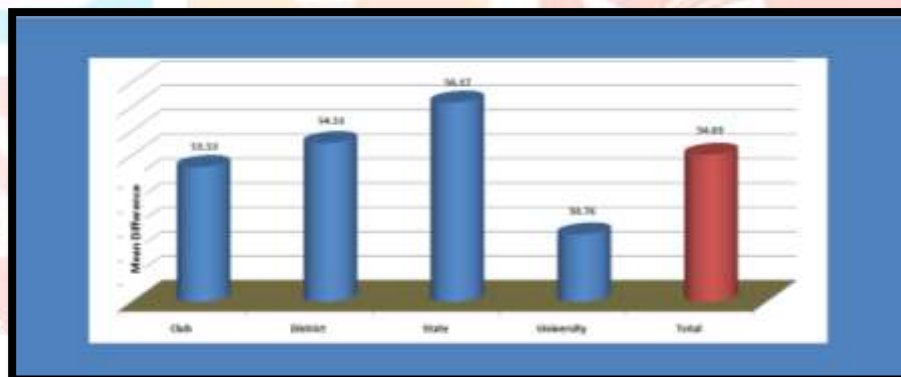
## Statistical Techniques

Data were analyzed by the use of the IBM SPSS Statistical analysis package (Version 21). The following statistical procedures were used to analyze the data:

In Descriptive statistics, Mean, Standard deviation, Standard error of mean, Percentage was analyzed and in Inferential Statistics' ANOVA were employed for analyze the difference among the cricketers. Level of Significance set at 0.05 level

## **RESULT AND FINDINGS**

Statistical analysis of Athletic Coping Skill ability of different age level cricket players are reflecting in the figure and table which are given below



**Fig 1: Graphical Representation of Athletic Coping Skill Ability of Cricket Players as per Level of Participation**

Table No-1

**Descriptive Analysis of Athletic Coping Skill Ability of Cricket Players as per Level of Participation**

		N	Mean	Std. Deviation	Std. Error	Percentage (%)
<b>Athletic</b>	Club	200	53.53	10.87	.76922	63.73

<b>Coping Skill</b>	District	85	54.51	10.09	1.09527	64.90
	State	87	56.17	10.54	1.13087	66.87
	University	38	50.76	9.54	1.54884	60.43
	<b>Total</b>	<b>410</b>	<b>54.03</b>	<b>10.59</b>	<b>.52336</b>	<b>64.33</b>

Table no 1 shows that Mean and SD of Athletic Coping skill ability of club, District, state and University cricket players are  $53.53 \pm 10.87$ ,  $54.51 \pm 10.09$ ,  $56.17 \pm 10.54$  and  $50.76 \pm 9.54$  respectively. It reveals that State players possess higher Mean in Athletic Coping skill ability with a score percentage of 66.87.

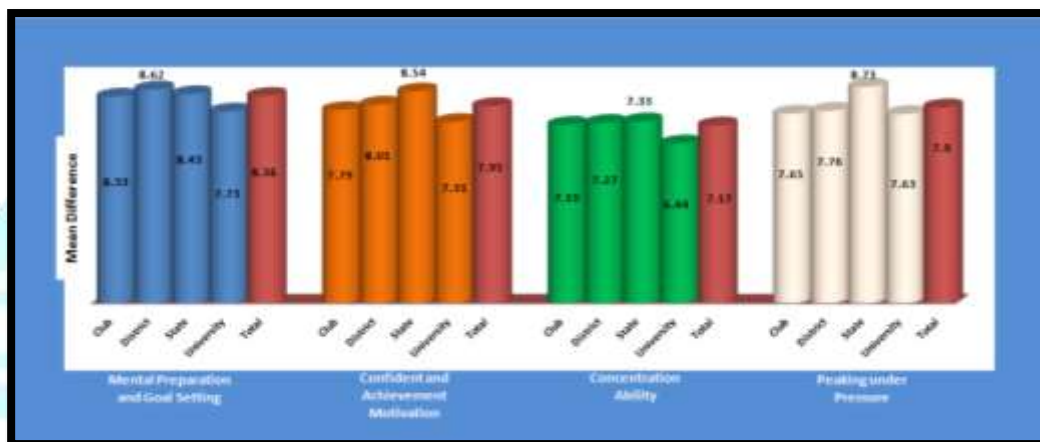


Fig 2: Graphical Representation of Athletic Coping Skill Ability of Cricket Players as per Different Psychological Variables and Level of Participation

Table No- 2

**Descriptive Analysis of Athletic Coping Skill Ability of Cricket Players as per Different Psychological Variables and Level of Participation**

		N	Mean	Std. Deviation	Std. Error	Percentage (%)
<b>Mental Preparation And Goal Setting</b>	Club	200	8.33	2.26	.15997	69.46
	District	85	8.62	2.15	.23370	71.86
	State	87	8.43	2.46	.26398	70.31
	University	38	7.73	3.01	.48839	64.47
	<b>Total</b>	<b>410</b>	<b>8.36</b>	<b>2.36</b>	<b>.11677</b>	<b>69.68</b>

<b>Confident and Achievement Motivation</b>	Club	200	7.79	2.29	.16247	64.96
	District	85	8.01	2.07	.22547	66.77
	State	87	8.54	1.90	.20473	71.17
	University	38	7.31	2.37	.38482	60.97
	<b>Total</b>	<b>410</b>	<b>7.95</b>	<b>2.20</b>	<b>.10883</b>	<b>66.28</b>
<b>Concentration Ability</b>	Club	200	7.19	2.31	.16346	59.96
	District	85	7.27	2.16	.23454	60.59
	State	87	7.33	2.22	.23899	61.11
	University	38	6.44	1.94	.31487	53.73
	<b>Total</b>	<b>410</b>	<b>7.17</b>	<b>2.23</b>	<b>.11046</b>	<b>59.76</b>
<b>Peaking Under Pressure</b>	Club	200	7.65	2.76	.19550	63.79
	District	85	7.76	2.73	.29688	64.71
	State	87	8.73	2.50	.26838	72.80
	University	38	7.63	2.24	.36454	63.60
	<b>Total</b>	<b>410</b>	<b>7.90</b>	<b>2.68</b>	<b>.13271</b>	<b>65.87</b>

Table no 2 shows Mean and SD of selected psychological variables namely Mental Preparation and Goal Setting, Confident and Achievement Motivation, Concentration Ability and Peaking under Pressure of cricket players belongs from different level of participation categories (Club, District, state and University). Table shows that in each sub variable except Mental Preparation and Goal Setting state players are possessing higher Mean value which is  $8.54 \pm 1.90$ ,  $7.33 \pm 2.22$  and  $8.73 \pm 2.50$  respectively. In case of Mental Preparation and Goal Setting district player possess higher Mean score which is  $8.62 \pm 2.15$ .

Table No- 3

**Inferential Statistical Analysis of Athletic Coping Skill Ability  
of Cricket Players as per Level of Participation**

		Sum of Squares	df	Mean Square	F	Sig.
<b>Athletic Coping</b>	Between Groups	875.050	3	291.683	2.628	<b>.050**</b>
	Within Groups	45056.326	406	110.976		

<b>Skill</b>	Total	45931.376	409			
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Table no 3 shows the significance difference in Athletic Coping skill ability among cricketer of different level of participation (club, District, state and University cricket players) at 3/406 degree of freedom and .05 level of confidence. The F ratio found from one way analysis (ANOVA) is 2.628 which is significant at 0.05 level. To know the inter group differences in Athletic Coping skill ability, a scheffes post hoc comparison was done and the results are in table no 4.

Table No- 4

**Multiple Comparison Between Groups**

<b>Dependent Variable</b>	<b>Group</b>	<b>Groups</b>	<b>Mean Difference</b>	<b>Std. Error</b>	<b>Sig.</b>
<b>Athletic Coping Skill</b>	State	Club	2.64241	1.35295	.284
		District	1.65477	1.60661	.787
		University	5.40926	2.04842	<b>.036**</b>

Table no 4 shows the scheffes post hoc comparison for further analysis of difference in Athletic Coping Skill Ability among different level of cricket participants (Club, District, State and University cricket players). It reveals that there is significant difference lies between State and University level and State level players possess higher Coping ability skill with Mean difference of 5.40926 and a significant value of 0.036.

Table No- 5

**Inferential Statistical Analysis of Athletic Coping Skill Ability of Cricket Players  
as per Different Psychological Variables and Level of Participation**

		<b>Sum of Squares</b>	<b>df</b>	<b>Mean Square</b>	<b>F</b>	<b>Sig.</b>
<b>Mental Preparation and Goal Setting</b>	Between Groups	21.297	3	7.099	1.272	.283
	Within Groups	2265.279	406	5.580		
	Total	2286.576	409			
<b>Confident and Achievement</b>	Between Groups	50.717	3	16.906	3.546	<b>.015**</b>
	Within Groups	1935.403	406	4.767		

<b>Motivation</b>	Total	1986.120	409			
<b>Concentration Ability</b>	Between Groups	23.149	3	7.716	1.549	.201
	Within Groups	2022.900	406	4.983		
	Total	2046.049	409			
<b>Peaking Under Pressure</b>	Between Groups	77.039	3	25.680	3.625	<b>.013**</b>
	Within Groups	2876.251	406	7.084		
	Total	2953.290	409			

Table no 5 shows the difference of selected sub variables (Mental Preparation & Goal Setting, Confident & Achievement Motivation, Concentration Ability and Peaking under Pressure) of Athletic coping skill ability among the cricketers of different level of participation (club, District, state and University). There the difference found in Confident and Achievement Motivation and Peaking under Pressure. The F ratio of Confident and Achievement Motivation is 3.546 and Peaking under Pressure is 3.625. Degree of freedom and level of significance set at 3/406 and .05 respectively. To know the inter group differences in Confident & Achievement Motivation and Peaking under Pressure, a scheffes post hoc comparison was done and the results are displayed in table no 6

Table No- 6

**Multiple Comparison Between Groups**

Dependent Variable	Group	Groups	Mean Difference	Std. Error	Sig.
<b>Confident and Achievement Motivation</b>	University	Club	-.47921	.38637	.674
		District	-.69598	.42606	.447
		State	-1.22444*	.42455	<b>.041**</b>
<b>Peaking Under Pressure</b>	Club	District	-.10971	.34463	.992
		State	-1.08063*	.34184	<b>.020**</b>
		University	.02342	.47101	1.000

Table no 6 shows the findings of further inter group difference in Confident and Achievement Motivation and Peaking under Pressure. For the purpose a scheffes post hoc test was done. Table shows that, state players possess more Confident and Achievement Motivation than university players with a Mean difference of 1.224 and a significant value of 0.041. It is also found in Peaking under Pressure that state players are better than club players with a Mean difference of 1.08063 and a significant value of .020.



## DISCUSSION

Discussion of the findings with regards to an understanding of the coping skill ability of cricketer players has been presented here.

On the basis of the findings obtain in this study; the analysis indicated that there were statistically significant differences in coping skill ability among the players belong from different level of participation. Collected general psychological information about the cricketers expose the fact that in compare to other groups, state players are educated by their coach about the psychology and its use in cricket, even during their training session they often used to do psychological skill training session under the guidance of experts. So the obtain result may be the reflection of the knowledge of the cricketer. Also In sub variables of Athletic coping skill ability, except Mental Preparation and Goal Setting, other sub variables namely Confident and Achievement Motivation, Concentration Ability and Peaking under Pressure State players are possess higher ability. In case of Mental Preparation and Goal Setting District players possess higher ability. Here against the result of Mental Preparation and Goal Setting the result is something like this because, obtain data about the personal particulars of the cricketers revel that the district player are having maximum average year of experience. They are playing cricket from long time so they are well in mental preparation and goal setting.

## CONCLUSION

On the basis of the result it is concluded that state level cricket players possess higher coping skill ability then the players belong from other level. The level of competition can be act as a predictor of coping skill ability of the cricket players.

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