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“ASSESSMENT OF SELECTED PSYCHOLOGICAL ABILITY OF INTERNATIONAL AND NATIONAL LEVEL WUSHU PLAYERS OF INDIA”

- **Dr.Praveen Kumar, Associate Professor, Dept. of Physical Education, Ch. Charan Singh University Meerut.**
- **Mr. Rajeev Singh Ph.D Research Scholar Dept. of Physical Education, Ch. Charan Singh University Meerut.**

Abstract

The subjects for this study were Fifty female Wushu players were randomly selected from different states and regions of India. The sample was collected from International level (n = 25), National level (n =25) female Wushu players. The ages of the players will be between 18 to 29. On the basis of review of related literature, expert's opinion in the field of Wushu, sports psychology and scholar's own understanding, following variables were selected for the purpose of the study. Psychological Variables: Anxiety, Stress, and Self confidence. The particular design used would single group design national and international Wushu players were compared on the basis of there psychological abilities required for the game of Wushu. The data on psychological variables were collected by administering following standard tests: anxiety was measured by SCAT questionnaire, Stress was measured by Psychological Stress Scale Constructed developed questionnaire, Self Confidence was measured by self Confidence Inventory (ASCI),. To compare national and international Wushu players and prepare the profiles on the psychological ability parameters Paired T- Test was used, mean and standard deviation were also calculated to find out the variability among the scores. The level of significance will be 0.05.

Key words: Wushu, Psychological Variables, Anxiety, Stress, and Self confidence.

Introduction

Physical education and sports have been part of human life almost since the time immemorial, it have been indispensable to mankind and become part of his culture, today physical education and sports have emerged as universal cultural phenomena. It is a comprehensive concept and not limited to all-round development of individuals, It has potentials not only to touch the lives of individuals but also to form an important and enduring part of the culture in which they live.

John T. Powell 1983 Physical education seems to have taken a new turn in the form of sport sciences. The sport sciences in turn have taken their substance and methodology from various basic sciences. For many years the research in sport was being undertaken within these basic sciences but with the advancement of knowledge the new specialization and micro-specialization have taken a respectable position. As a matter of fact that the research now-a-days embraces knowledge from various disciplines of human sciences. In India too in the recent years some research work had been going on in the basic discipline, pertaining to sport. Physical education has also experienced the impact of scientific advancements. Now the sportsman have been able to give outstanding performance because of involvement of new scientifically substantiated training methods and means of execution of sport exercises such as sports techniques as well as other components and conditions of the system of training.

Wushu is a game of intricate movements combined with great speed, power and accuracy. Great teams are developed by the meshing of fundamentally sound players weaving clever patterns of attack and defence tactics. The spectator realizes this subconsciously but in many cases cannot recognize. It makes little difference how well a team plays the game rather than winning or any other trophy but how does it performs the skills and plays the game it is a pleasure to admire and watch the skills alone.

Sports psychology as an applied psychology is considered as the greatest boon of the modern day sports. In a short time, sports psychology has completed long steps. The knowledge with we have in the all field of human hard working sector, especially of behavior has increase to such a level that we find ourselves helpless in order to discuss one character of behavior without giving the reference of others. Singer has rightly remarked, "Sports psychology explores one's behavior in athletics". At present, in the sports, the psychological aspects are getting more and more importance and getting the most important place in the study of psychological characteristics of time limit of performance of an individual in a high of competition.

We consider of psychological area in physical education and sports with motor performance, motor learning and motor acquisition. We have a clear large swing to toward a looser, more phenomenological approach to the psychology of physical activity and sport and it is shown by an increasing interest in the behavior of the participant in comparison of his performance. Therefore, if we make a behavioral analysis of the sports, we find in general terms that psychological, social and emotional aspect of an individual are in a context of physical activity and athletics.

This is psychology that provides to the teacher, coaches and sport psychologists the knowledge of the fact that individuals, through la like in many respects, are different from one another in personality make-up, capacities, and abilities, innate and acquired traits. They are response to stimuli and situations differently and in their own characteristics ways. We cannot drive them like animals with the same stick. The base of the athletic coaching is taken from the theory of individual differences. Each individual is a unique creation of nature and must be viewed as such. In physical education and sport, psychology is not merely an academic subject at the training colleges. Coaches and athletes practice it in the field setting Psychological interventions. Coping strategies metal skill like imagining, concentrating, focusing etc.

The objectives of the study will be as follows:

1. The objective of the study was to prepare profile of Psychological ability of International and National level female Wushu players of India.
2. To compare the Psychological ability of International and National level female Wushu players of India.
3. To establish the relationship between Psychological ability of International and National level female Wushu players at different levels of achievement.

On the basis of study reviewed and own understanding of the scholar about the problem, it is hypothesized that:

1. There will be no significant difference between International and National level Wushu players in relation to their selected Psychological variables.
2. There will be no significant relationship between International and National level Wushu players in relation to their selected Psychological variables.

Methodology

The subjects for this study were 50 female Wushu players were randomly selected from different states and regions of India. The sample was collected from International level (n = 25), National level (n =25) female Wushu players. The ages of the players will be between 18 to 29. On the basis of review of related literature, expert's opinion in the field of Wushu, sports psychology and scholar's own understanding, following variables were selected for the purpose of the study. Psychological Variables: 1) Anxiety will be measured by using Sports Competition Anxiety Questionnaire of Dr. Ravi Kant, MGKVP, Varanasi. 2) Stress will be measured by Psychological Stress Scale Constructed developed by Dr. A. K. Sirvastava and Dr. D. M. Pestonjee 3) Self Confidence will be measured by self Confidence Inventory (ASCI) questionnaire by Agnihotri's. The particular design used would single group design national and international wushu players were compared on the basis of there psychological abilities required for the game of Wushu.

Analysis of data and Results of the study

The data of two groups namely was examined by applying mean, standard deviation and 'Paired T-Test' on the basis of there for comparison on Anxiety, Stress , Self Confidence Ability for 50 Girls of from International level (n = 25), National level (n=25) Wushu players selected by a simple random sampling.

The results pertaining to find the relationship and to find out the significant difference if any, between pre and post data for anxiety were found out with the help of 'T- Ratio. The analysis of data pertaining to National and international Wushu player's data for anxiety is presented in Table 1.

Table-1

MEAN AND STANDARD DEVIATION (NATIONAL AND INTERNATIONAL) OF ANXIETY OF FEMALE WUSHU PLAYERS IN SCAT QUESTIONARRE

Nature of Test	N	Mean	Standard Deviation
National	25	256.78	35.68
International	25	278.89	36.89

The means and standard deviations for national and international Wushu players data for anxiety it was found that the score of the subjects was normal as per the national standards in national players , difference is very significant as the score is in points and higher the score better the score, hence it could be said that the International Players can cope up with anxiety. The standard deviation in national and international Wushu players was more or less same which suggests that the scores did not vitiate much among the subjects in national as well as international being from the same age group and sex.

To find out the significant difference if any, between national and international in test of anxiety of Wushu players in SCAT Questionnaire were found out with the help of "Paired T-Test". The analysis of data pertaining to is presented in Table 2.

TABLE-2

PAIRED T-TEST FOR NATIONAL AND INTERNATIONAL WUSHU PLAYERS WITH RESPECT TO ANXIETY OF FEMALE SUBJECTS IN SCAT QUESTIONARRE

Variable	Groups	df	T- Ratio
Score in SCAT Questionnaire	2	24	2.58*

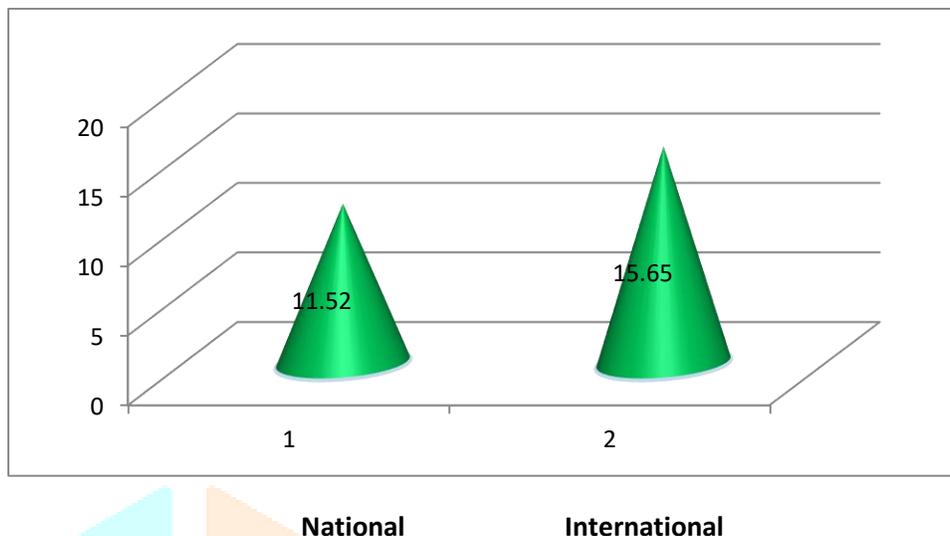
*Significant at .05 level of confidence.

$$T.05 (2.24) = 0.867$$

It is evident from Table - 2 that variability exists among the national and international Wushu players of anxiety of national and international Wushu players in SCAT Questionnaire. The difference is very significant as the score is in points and higher the timing betters the score, hence it could be said that the international players can cope up with anxiety better than the national players.

Difference between the means of anxiety of national and international Wushu players in SCAT Questionnaire, is shown in Fig.- 1.

FIG.1
BAR DIAGRAM REPRESENTING MEANS OF ANXIETY OF NATIONAL AND INTERNATIONAL WUSHU PLAYERS IN SCAT QUESTIONARRE



The analysis of data pertaining to National and international Wushu player’s data for stress is presented in Table 3.

Table-3

MEAN AND STANDARD DEVIATION (NATIONAL AND INTERNATIONAL) OF STRESS OF FEMALE WUSHU PLAYERS IN PSYCHOLOGICAL STRESS SCALE QUESTIONARRE

Nature of Test	N	Mean	Standard Deviation
National	25	253.69	32.25
International	25	275.65	34.58

The means and standard deviations for national and international Wushu players for stress it was found that the score of the subjects was normal as per the national standards in national players, difference is very significant as the score is in points and higher the score better the score, hence it could be said that the International Players can cope up with stress. The standard deviation in national and international Wushu players was more or less same which suggests that the scores did not vitiate much among the subjects in national as well as international being from the same age group and sex.

To find out the significant difference if any, between national and international in test of stress of Wushu players in psychological stress scale Questionnaire were found out with the help of “Paired T-Test”. The analysis of data pertaining to is presented in Table 4.

TABLE-4

PAIRED T-TEST FOR NATIONAL AND INTERNATIONAL WUSHU PLAYERS WITH RESPECT TO STRESS OF FEMALE SUBJECTS IN PSYCHOLOGICAL STRESS SCALE QUESTIONARRE

Variable	Groups	df	T- Ratio
Score in PSS Questionnaire	2	24	1.58*

*Significant at .05 level of confidence.

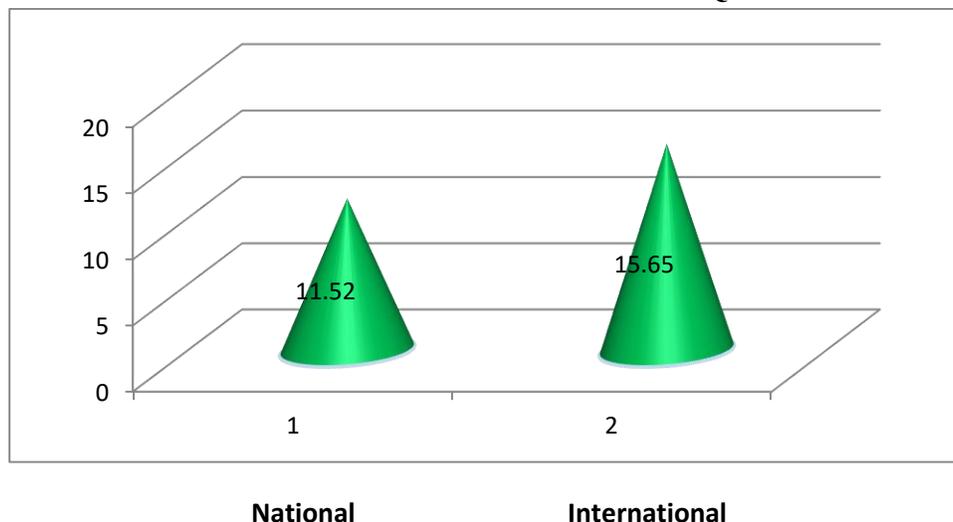
$T_{.05} (2,24) = 0.867$

It is evident from Table - 2 that variability exists among the national and international Wushu players of anxiety of national and international Wushu players in psychological stress scale Questionnaire. The difference is very significant as the score is in points and higher the timing better the score, hence it could be said that the international players can cope up with stress better than the national players.

Difference between the means of stress of national and international Wushu players in psychological stress scale Questionnaire, is shown in Fig.- 2.

FIG.2

BAR DIAGRAM REPRESENTING MEANS OF STRESS OF NATIONAL AND INTERNATIONAL WUSHU PLAYERS IN PSYCHOLOGICAL STRESS SCALE QUESTIONARRE



The analysis of data pertaining to National and international Wushu player’s data for self confidence is presented in Table 5.

Table-5

MEAN AND STANDARD DEVIATION (NATIONAL AND INTERNATIONAL) OF STRESS OF FEMALE WUSHU PLAYERS IN AGNIHOTRI’S SELF CONFIDENCE INVENTORY (ASCI)

Nature of Test	N	Mean	Standard Deviation
National	25	245.68	35.25
International	25	285.65	28.58

The means and standard deviations for national and international Wushu players for self confidence it was found that the score of the subjects was normal as per the national standards in national players, difference is very significant as the score is in points and higher the score better the score, hence it could be said that the International Players have higher self confidence. The standard deviation in national and international Wushu players was more or less same which suggests that the scores did not vitiate much among the subjects in national as well as international being from the same age group and sex.

To find out the significant difference if any, between national and international in test of self confidence of wushu players in Agnihotri’s Self Confidence Inventory (ASCI) were found out with the help of “Paired T-Test”. The analysis of data pertaining to is presented in Table 6.

TABLE-6

PAIRED T-TEST FOR NATIONAL AND INTERNATIONAL WUSHU PLAYERS WITH RESPECT TO SELF CONFIDENCE OF FEMALE SUBJECTS IN AGNIHOTRI’S SELF CONFIDENCE INVENTORY (ASCI)

Variable	Groups	df	T- Ratio
Score in ASCI	2	24	1.45*

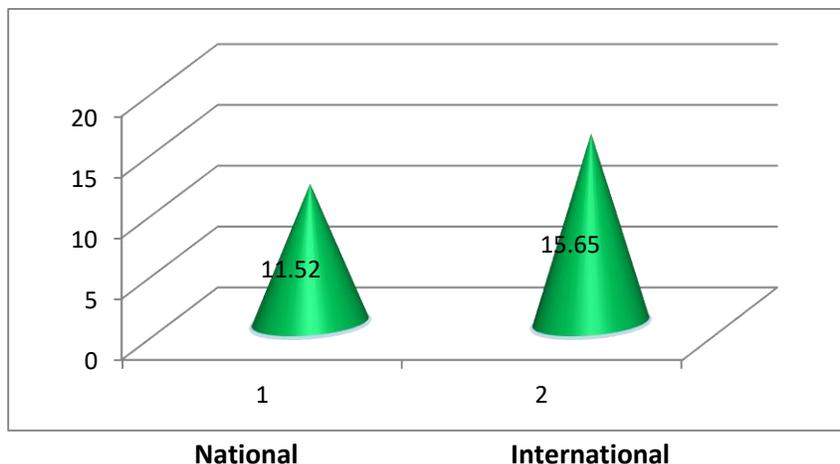
*Significant at .05 level of confidence.

$T_{.05}(2,24) = 0.867$

It is evident from Table - 2 that variability exists among the national and international Wushu players of self confidence of national and international Wushu players in Agnihotri’s self Confidence Inventory (ASCI). The difference is very significant as the score is in points and higher the timing better the score, hence it could be said that the international players have higher self confidence, better than the national players. Difference between the means of self confidence of national and international Wushu players in Agnihotri’s self Confidence Inventory (ASCI), is shown in Fig.- 3.

FIG.3

BAR DIAGRAM REPRESENTING MEANS OF SELF CONFIDENCE OF NATIONAL AND INTERNATIONAL WUSHU PLAYERS IN AGNIHOTRI'S SELF CONFIDENCE INVENTORY (ASCI)



Discussion of Findings

1. Paired T-Test was applied for testing the difference between the national and international Wushu players in terms of anxiety of female subjects in SCAT Questionnaire of Dr. Ravi Kant, MGKVP, Varanasi. The groups showed significant difference as lower the timing better the performance. This depicts that international Wushu players can control anxiety better than the national players, might be the cause they are at a higher level.
2. Paired T-Test was applied for testing the difference between the national and international Wushu players in terms of stress of female subjects in Psychological Stress Scale Constructed developed questionnaire developed by Dr. A. K. Srivastava and Dr. D. M. Pestonjee. The groups showed significant difference as lower the timing better the performance. This depicts that international Wushu players can control stress better than the national players, might be the cause they are at a higher level.
3. Paired T-Test was applied for testing the difference between the national and international Wushu players in terms of self confidence of female subjects in Self Confidence was measured by self Confidence Inventory (ASCI) questionnaire by Agnihotri's. The groups showed significant difference as lower the timing better the performance. This depicts that international Wushu players have higher self confidence better than the national players, might be the cause they are at a higher level.

Conclusions

1. Paired T-Test was applied for testing the difference between the national and international Wushu players in terms of anxiety of female subjects in SCAT Questionnaire of Dr. Ravi Kant, MGKVP, Varanasi. The groups showed significant difference as lower the timing better the performance. This depicts that international Wushu players can control anxiety better than the national players, might be the cause they are at a higher level.
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Discussion of Hypothesis

1. It was hypothesized that there will not be any significant difference between national and international Wushu players in terms of selected psychological variables in relation to female national and international Wushu players may be rejected.
2. It was hypothesized that there will not be any significant relationship between national and international Wushu players in terms of selected coordinative abilities in relation to female national and international Wushu players may be rejected.

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