



"Assessment Of Competitiveness And Goal Settings Among Intercollegiate Women Athletes"

1. NISHA M.B (Research Scholar, Department of Physical Education, Annamalai University)
2. DR. V. GOPINATH *(Professor, Department of Physical Education, Annamalai University)

Abstract

This study investigates the psychological qualities of Intercollegiate women athletes participating in six sports: volleyball, basketball, hockey, badminton, Kho-Kho, and kabaddi. The research focuses on two key psychological variables - competitiveness, and goal settings using the Sports Personality Questionnaire (SPQ-20). A sample of 251 athletes was selected through stratified random sampling. Data were analysed using ANOVA and Scheffe's post hoc test. The study highlights the importance of psychological training in enhancing athletic performance recommendations for coaches and policymakers to develop tailored interventions for athletes. The results of the Competitiveness show less favour of Volleyball players then Basketball, Hockey and Kho- Kho players. Basketball and Hockey players are shows significantly better Competitiveness, than Badminton players. Further the result of Goal Settings was significantly higher for Badminton player and very low for Volleyball players. Hence it was concluded that Volleyball players are poor in Competitiveness and Goal Settings and Hockey, Basketball plyers were better in Competitiveness and Badminton players show significantly high in Goal Settings then the rest of the players.

Keywords: Psychological qualities, women athletes, SPQ-20, Competitiveness, Goal Setting, Inter collegiate sports.

INTRODUCTION

Sports play a pivotal role in fostering physical fitness, mental resilience, and social interaction. In recent years, the significance of psychological qualities in athletic performance has gained considerable attention. Athletes are not only required to possess physical strength and technical skills but also need strong mental attributes to excel in their respective sports. This is particularly true for Intercollegiate athletes, who often balance academic pressures with the demands of competitive sports. India, with its rich sporting heritage, has seen a surge in the popularity of both traditional and modern sports. However, limited research exists on the psychological qualities of Intercollegiate athletes, especially women. Provides evidence-based

guidelines on effective goal-setting practices in sports, emphasizing structured, specific goals to improve athlete performance ^[1]. Compares psychological profiles and performance differences in elite athletes by sport type and gender, highlighting distinct mental traits across groups ^[2]. Compares personality traits between individual and team sport athletes, identifying unique psychological patterns associated with competitive success in each ^[3]. Discusses research and practical applications of goal-setting in sport and exercise psychology, focusing on strategies to enhance motivation and achievement ^[4]. This study aims to address this gap by examining the psychological traits of women athletes participating in six sports: volleyball, basketball, hockey, badminton, Kho-Kho, and kabaddi. The findings will contribute to the body of knowledge in sports psychology and provide insights for coaches and policymakers to enhance athlete performance and well-being. These sports, widely played at the Intercollegiate level, provide a unique opportunity to study the psychological qualities of athletes. Understanding these qualities can help in developing strategies to enhance performance, goal settings, and foster a competitive spirit among athletes. Personality, comprising physical, mental, social, and emotional dimensions, also plays a significant role in shaping an athlete's behaviour and performance.

Utilizes ANOVA to explore psychological traits and motivation differences in university athletes across various sports disciplines ^[5]. Highlights the use of statistical methods such as ANOVA and post hoc tests in evaluating psychological traits in athletes for empirical sports psychology research ^[6]. The study aims to assess the psychological qualities of Intercollegiate women athletes participating in six sports, comparing differences in personality traits and exploring their qualities. By focusing on goal setting, and competitiveness the research seeks to provide insights into the mental attributes that contribute to success in sports. Reviews motivation and goal orientation theories in sports, distinguishing task-oriented from ego-oriented athletes and their impact on performance and behaviour ^[7].

The findings will aid coaches, physical education teachers, and policymakers in developing targeted psychological training programs, contributing to the body of knowledge in sports psychology, and serving as a screening tool for selecting potential athletes. Ultimately, this study aims to enhance the psychological well-being and performance of Intercollegiate athletes, fostering long-term athletic growth and success.

METHODOLOGY

The study adopts a quantitative research design, focusing on two psychological variables: competitiveness and goal settings. A total of 251 Intercollegiate women athlete were selected from different games using stratified random sampling. The sample included athletes from six sports: volleyball (n=39), basketball (n=41), hockey (n=66), badminton (n=18), Kho-Kho (n=45), and kabaddi (n=42) players from different colleges in Kerala. The Sports Personality Questionnaire (SPQ-20)^[8] was used to assess psychological traits. The questionnaire consists of 168 items, measuring 20 personality dimensions, with a validity index (VI) to ensure response accuracy. Data were analysed using ANOVA to compare competitiveness and goal settings traits across sports. Scheffe's post hoc test was applied to identify significant differences and the level of confidence was fixed at 0.05

Analysis of Data

Table -1

ANOVA results for competitiveness and goal settings traits across sports.

S. No	variables	Volleyball (n=39)	Basketball (N=41)	Hockey (N=66)	Badminton (N=18)	Kho-Kho (N=45)	Kabaddi (N=42)	'F' Ratio	Sig.
		Mean	Mean	Mean	Mean	Mean	Mean		
1	CM	20.74	24.46	23.92	21.66	22.73	22.42	12.60	.000
2	GS	19.79	25.43	22.89	28.11	23.91	25.69	39.79	.000

Table-1 shows the mean value of different game (volleyball, basketball, hockey, badminton, Kho-Kho, and kabaddi) women players on, competitiveness, and goal setting and also shows the "F" values of the selected dependent variables. The result of the ANOVA shows that competitiveness, and Goal Setting were found significant among the Kerala Inter collegiate Volleyball, basketball, hockey, badminton, Kho-Kho and kabaddi players at 0.05 level of confidence. To find out the mean difference the Scheffe's post hoc test was applied and presented in table.

Table I-

Scheffe's post hoc test results competitiveness and goal settings level of significant [P- value]

Variab les	VB Vs BB	VB Vs HO C	VB Vs HO BA D	VB Vs HO KH O	VB Vs HO KA B	BB Vs HO C	BB Vs BA D	BB Vs KH O	BB Vs KA B	HO C Vs BA D	HO C Vs KH O	HO C Vs KA B	BA D Vs KH O	BA D Vs KA B	KH O Vs KA B
Cm	.00 0	.000	.888	.022	.102	.94 5	.009	.068	.018	.043	.295	.102	.795	.946	.997
GS	.00 0	.000	.000	.000	.000	.00 0	.018	.171	.999	.000	.506	.000	.000	.045	.060

RESULT

The ANOVA results revealed significant differences in competitiveness and goal-setting among women athletes across six sports.

Competitiveness- Volleyball players showed the lowest competitiveness, significantly lower than basketball, hockey, and Kho-Kho players. Basketball and hockey players exhibited higher competitiveness than badminton players.

Goal-Setting- In goal-setting, badminton players scored the highest, while volleyball players had the lowest.

Analysis concluded these differences, with basketball and hockey players outperforming others in competitiveness, whereas badminton players excelled in goal-setting.

Discussion

The findings of the present study reveal that competitiveness and goal-setting significantly differ among Intercollegiate women athletes across six sports. Volleyball players scored the lowest in both variables, possibly due to the collaborative nature of the game, which may downplay individual psychological engagement. In contrast, basketball and hockey players displayed significantly higher levels of competitiveness, likely influenced by the fast-paced, performance-driven nature of these sports. Badminton players, representing an individual sport, excelled in goal-setting, supporting the notion that structured, personal goal orientation enhances motivation and performance, as outlined. ^[1] These patterns align with who found that psychological profiles vary by sport type and gender ^[2]. Comparison of team versus individual athletes further corroborates these findings, identifying team athletes as more ego-oriented and individual athletes as more task-oriented ^[3]. The goal-setting advantages observed among badminton players also reflect research, highlighting the link between intrinsic goals and athlete well-being. Overall, the study emphasizes the value of sport-specific psychological training programs to boost competitiveness, goal-setting, and mental preparedness in women athletes. ^[5]

Conclusion

The study concludes that psychological traits of competitiveness and goal-setting significantly differ among intercollegiate women athletes based on the sport they play. Basketball and hockey players exhibited higher competitiveness, while badminton players demonstrated superior goal-setting abilities. Volleyball players showed the lowest levels in both traits, likely due to the collective nature of the sport. These findings emphasize the importance of tailored psychological training programs that address sport-specific mental demands, helping coaches and educators enhance athletes' competitive drive and goal-setting skills for improved performance and development.

Recommendation

From the results and conclusion of the study it is recommended that, irrespective of sports all the women at intercollegiate level in need of psychological wellbeing to perform better in competition. Hence, in every training protocol, psychological training will be included to excel in sports, at different level.

REFERENCES

- Weinberg, R., Butt, J., & Knight, B. J. (2021). A contemporary view of goal setting in sport: Evidence-based guidelines for effective practice. *International Journal of Sport and Exercise Psychology*, 19(3), 343–360.
- Lorenzo-Calvo, J., Gómez-López, M., & Ruiz-Barquín, R. (2020). Psychological profiles and performance in elite athletes: A comparison by sport type and gender. *Psychology of Sport and Exercise*, 51, 101781..
- Piepiora, P. (2021). Personality traits of competitive athletes: A comparative study between individual and team sports. *International Journal of Environmental Research and Public Health*, 18(18), 9774.
- Weinberg, R., & Butt, J. (2011). *Goal setting in sport and exercise: Research and practical applications*. In Tenenbaum, G., & Eklund, R. C. (Eds.), *Handbook of Sport Psychology* (3rd ed., pp. 347–377).
- Kaplanova, A., & Gregor, J. (2020). Psychological traits and motivation in university athletes: An ANOVA approach. *Acta Gymnica*, 50(2), 71–78.
- Jovanović, M., & Radosav, R. (2013). Statistical approaches in evaluating sport psychology traits. *Physical Education and Sport*, 11(1), 45–51.
- Roberts, G. C., & Kristiansen, E. (2012). Motivation and goal orientations in sport. In S. Murphy (Ed.), *The Oxford Handbook of Sport and Performance Psychology* (pp. 27–47). Oxford University Press.
- Cameron, A. (2011). Sports Personality Questionnaire (SPQ-20).