



## Psychological Variation of the Athletes of Manipur, India

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### Abstract

*The purpose of this empirical study emphasized on psychological variation of the athletes of Manipur. The locale of the study consisted of 200 male and female athletes who belong to the games like fencing, soccer, taekwondo, sepak- takraw and judo. Further, they were categorized at four different levels, i.e. district, state, national and international levels. The age of the athletes ranged from 17-23 years. The Eight State Questionnaire [8SQ] prepared by Barton, Cattell and Curran was used to collect the necessary data for analysis of Psychological Health variations of athletes. The score were analyzed through ANOVA-F statistics. The level of significance was quantified by P-value at 0.05 and 0.01 probability levels. It was concluded that the psychological status of the athletes from four different levels vary significantly while no variation was found in the athletes as differentiated by the five different games.*

**Keywords:** Psychological, status, athletes, games, Manipur.

### Introduction

Psychological aspect has become increasingly vital in the study of psychological characteristics that limits the performance of an individual in a given sports at high level of competition. This is mainly because the total well being of one's life depends upon his mental psyche up-to a large extent<sup>1</sup>. It was pointed out that in the field of competitive sports, education of sports psychology should be paid close attention<sup>2</sup>. Sports psychology has been developing fast and is still progressing in leaps and bounds<sup>3</sup>. No training in the field of sports is complete without reference to the psychological study and psychological training of the athletes. Psychological conditioning of an athlete decidedly determines his success or failure in competition<sup>4</sup>.

Psychological factors likes anxiety, stress, depression, regression, guilt, fatigue, extraversion and arousal may cause negative performance or we can say performance may deteriorate. The person's worries about events, their occurrences and consequences in general are the source of these factors<sup>5</sup>. Many theories pose associations between anger and depression, yet have experienced difficulties in explicating this relationship<sup>6</sup>. So, these psychological factors play a paramount role in sports<sup>7</sup>.

Thus, this study aims to find out at what extent these psychological factors differ at various levels viz., district, state, national and international levels respective of different games like fencing, soccer, taekwondo, sepak- takraw and judo.

### Material and Method

**Locale and Design:** Purposive sample of 200 male and female athletes were selected from the different district of Manipur belonging to the game namely fencing, soccer, taekwondo,

sepak-takraw and judo for this study purpose. The age of the subject ranged from 17 to 23 years. Again the sample is divided into four different groups comprising of 50 athletes each in district, state, national and international levels, from each level 10 subjects were selected representing altogether 40 subjects from one particular game.

**Tools and Procedure:** For the present investigation the Eight State Questionnaire [8SQ] prepared by Barton, Cattell and Curran<sup>8</sup> were used. The test focuses on the eight different psychological factors i.e. anxiety, stress, depression, regression, guilt, fatigue, extraversion and arousal respectively. The questionnaire consists of 96 objective type questions having four options viz. A, B, C and D and scored 0, 1, 2, or 3. Each psychological factor consists of 12 questions in particular.

**Statistical Analysis:** All data were processed using the SPSS statistical package. The score were analyzed through ANOVA-F statistics. This classical statistics was performed on the average score values of psychological factors of the athletes of Manipur at four different levels- district, state, national and international. The analysis of investigating the variations in the psychological indicators of interest was also furnished according to five different games- fencing, soccer, taekwondo, sepak- takraw and judo. The level of significance was fixed at 0.05 and 0.01 level of confidence<sup>9,10</sup>.

### Results and Discussion

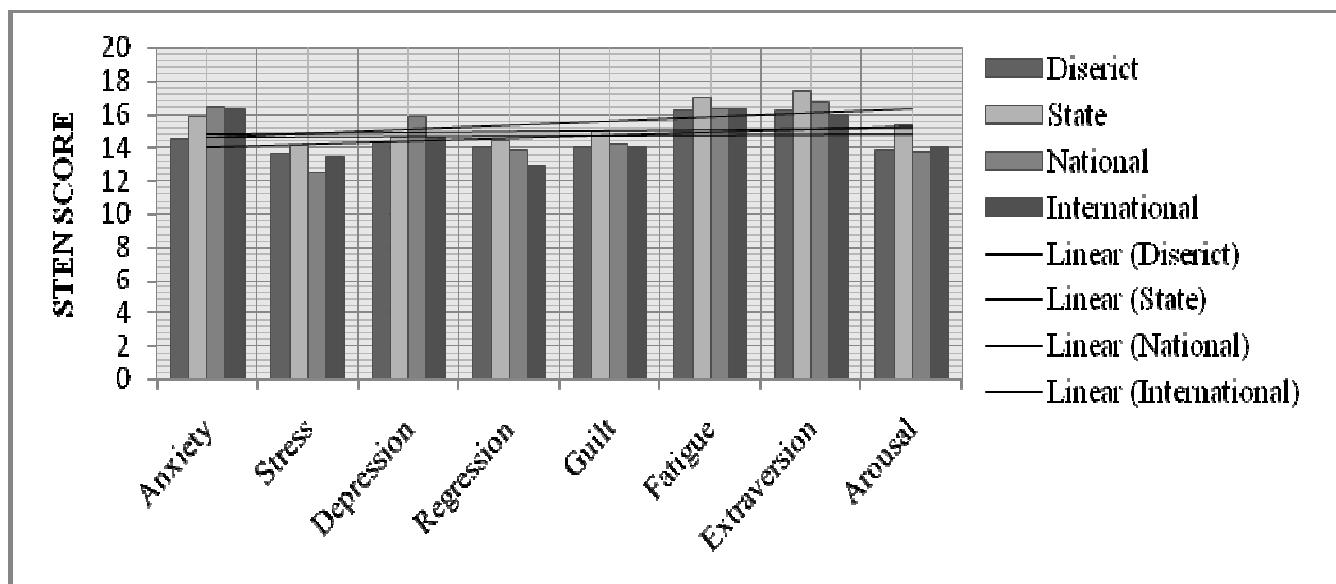
The average scores (mean± s.d) of psychological factors, are distributed in table-1 with respect to four different levels- district, state, national and international. Among the eight psychological factors, anxiety (5.491), arousal (5.155) and depression (4.331) are found to be highly significant difference in their scores according to the four levels as evidenced by ANOVA-F statistics ( $p < 0.01$ ).

**Table-1**  
**Average psychological health scores according to various levels**

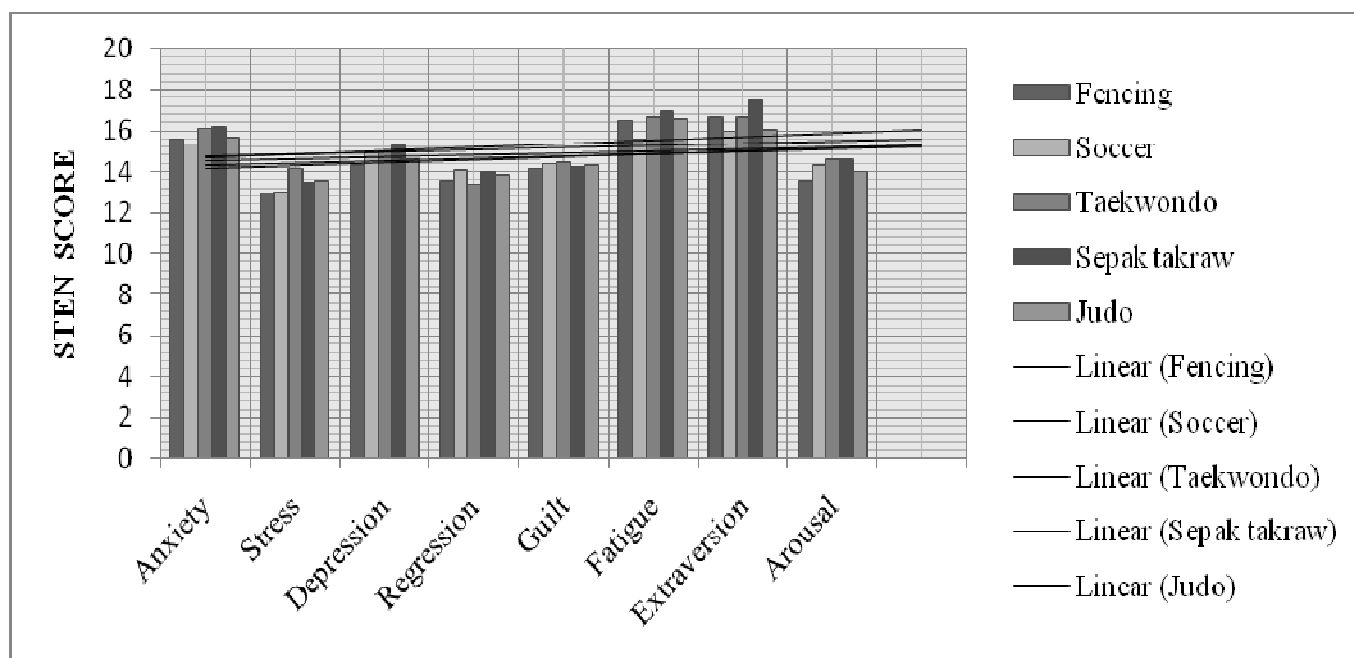
Psychological Health	Levels (50 cases each)					Test Value
	District	State	National	International	All Levels	
Anxiety	14.56 ±2.91	15.90 ±3.07	16.40 ±1.41	16.32 ±2.55	15.79 ±2.66	5.491 P<0.01
Stress	13.66 ±2.80	14.10 ±2.53	12.48 ±2.60	13.48 ±2.13	13.43 ±2.53	3.669 P<0.05
Depression	14.32 ±2.76	14.58 ±2.84	15.84 ±1.85	14.58 ±1.85	14.83 ±2.38	4.331 p>0.01
Regression	14.04 ±3.23	14.38 ±2.55	13.80 ±2.13	12.86 ±2.27	13.77 ±2.62	3.192 P<0.05
Guilt	14.04 ±1.87	15.00 ±2.59	14.22 ±1.50	14.00 ±2.05	14.32 ±2.07	2.613 p>0.05
Fatigue	16.24 ±2.45	17.02 ±2.66	16.38 ±1.68	16.30 ±2.39	16.49 ±2.33	1.208 p>0.05
Extraversion	16.28 ±3.00	17.36 ±3.65	16.70 ±1.99	15.96 ±2.80	16.58 ±2.95	2.143 p>0.05
Arousal	13.88 ±2.26	15.34 ±2.75	13.72 ±1.95	14.00 ±2.25	14.24 ±2.39	5.155 P<0.01

**Table-2**  
**Average psychological health scores according to various games**

Psychological Health	Games (40 cases each)						Test Value
	Fencing	Soccer	Taekwondo	Sepak-takraw	Judo	All Games	
Anxiety	15.58 ±2.11	15.40 ±3.26	16.10 ±3.52	16.23 ±2.01	15.68 ±1.99	15.79 ±2.66	0.700 p>0.05
Stress	12.93 ±2.55	13.05 ±2.48	14.15 ±2.48	13.45 ±2.31	13.58 ±2.84	13.43 ±2.58	1.425 p>0.05
Depression	14.35 ±2.36	14.90 ±3.17	14.98 ±2.34	15.33 ±1.83	14.60 ±2.00	14.83 ±2.38	0.975 p>0.05
Regression	13.55 ±2.22	14.08 ±2.89	13.38 ±2.55	13.98 ±2.64	13.88 ±2.83	13.77 ±2.62	0.505 p>0.05
Guilt	14.13 ±2.08	14.38 ±2.19	14.50 ±1.85	14.25 ±1.86	14.33 ±2.38	14.32 ±2.07	0.180 p>0.05
Fatigue	16.52 ±1.97	15.63 ±2.75	16.70 ±2.57	17.00 ±1.85	16.58 ±2.24	16.49 ±2.33	1.998 p>0.05
Extraversion	16.70 ±2.32	15.95 ±3.25	16.65 ±3.21	17.50 ±2.60	16.08 ±3.11	16.58 ±2.95	1.776 p>0.05
Arousal	13.55 ±1.58	14.30 ±3.84	14.63 ±2.16	14.65 ±2.01	14.05 ±1.57	14.24 ±2.39	1.466 p>0.05



**Figure-1**  
 Graphical presentation of Psychological Variation of Athletes at Various Levels



**Figure-2**  
 Graphical presentation of Psychological Variation of Athletes at Different Games

**Anxiety:** Worried, easily rattled, tense, emotionally upset, easily angered, highly strung easily annoyed.

**Stress:** Feeling a lots of pressure, unable to take time off and relax, constantly on the go, great strain, unhappy with own performance, experiencing lots of demand.

**Depression:** Unhappy, disagreeable, disappointed, and pessimistic in poor spirit.

**Regression:** Confused, unable to concentrate, unorganized, experiencing difficulty coping, acting impulsively.

**Fatigue:** Exhausted, no energy, sluggish, tired, needing rest, weary, below par in performance.

**Guilt:** Regretful, concerned about own misdeeds, experiencing difficulties, sleeping unkind, dissatisfied with self.

**Extraversion:** Sociable, outgoing, talkative, enthusiastic.

**Arousal:** Alert, key up, exited, stimulate, keen and sharp.

The two factors say regression (3.192) and stress (3.669) have also statistically difference in the scores according to four different levels which are significant at 0.05 probability levels. However, the psychological factors characterized by extraversion, fatigue and guilt do not vary significantly ( $p < 0.05$ ) at four levels despite some visible variations in their average scores thereon. In contrast with, the averages of all psychological factors are similarly distributed with five different games- fencing, soccer, taekwondo, sepak takraw and judo. It is also witnessed by F-value ( $p > 0.05$ ), shown in table-2. Thus, in the study population of 200 athletes in Manipur, the psychological factors of the present study vary significantly at four different levels. This means that the psychological fitness of the athletes of Manipur varies when they are looking from their particular level of achievement. This variation does not exist on the athletes differentiated by the five different games.

### Conclusion

From the above findings, it can be concluded that the psychological status of athletes of Manipur from four levels say district, state, national and international vary significantly. On the other hand, this variation is not found in the athletes as differentiated by the five different games.

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