



A Comparative Study of Psychological Factor among Female Athletes



Anita Singh^a
Devender Singh Parmar^b

Article history:

Received: 10 November 2015

Revised: 5 January 2016

Approved: 20 January 2016

Published: 31 January 2016

Keywords:

Caste Tension;

Language Tension;

Communal Tension;

Comprehensive Tension;

Tension Regional Tension;

Religious Tension Cultural;

Abstract

Psychological needs play an important role in the promotion and demotion of tension, because any type of tension provide frustration and these frustrated needs leads towards aggressiveness in the individual, need of direct gain, power, and prestige, need for resolving ambiguous cries and for group belongingness and conformity are the main needs which appear to be of utmost importance. The most of the tensions are due to physical, social, cultural, religious, economic, political and psychological cause, and the stability of the tension has been found to be due to high competition, lack of common goals, lack of contacts, value conflict, ignorance, partiality, prejudices, conformity, and maladjustment and to achieve dominance by someone. The objective of this paper is to study to measure different kinds of tension viz. communal tension, caste tension, and religious tension cultural tension regional tension and language tension. For this purpose Fifty female athletes of age group 18-25 participated in south-west zone inter-varsity tournament of respective sport viz judo, badminton; table tennis, wrestling, swimming, and athletics, during 2007-2008 were selected as subjects for this study at random. COMPREHENSIVE SCALE OF TENSION by Dr. Rajeevlochan Bhardwaj was used. Reliability—IT POSSESS SPILT-HALF RELIABILITY OF .81 THROUGH Spearman Brown Formula and of .88 by Gutman Formula. The reliability of data was ensured through tools reliability as well as tester's reliability. The information gathered was treated with ANOVA (F-Ratio) technique was used for comparing all the six sports with respect to Locus of control's-Score- All the scores of comprehensive tension scale are converted to T-Score to find out the level of tension in each of six sports and also in total. It is found from The findings that the study indicates that there is no significant difference among female players of Athletics, Weight Lifting, Judo, Badminton, Swimming and Table Tennis.

2454-2261 ©Copyright 2016. The Author.

This is an open-access article under the CC BY-SA license

(<https://creativecommons.org/licenses/by-sa/4.0/>)

All rights reserved.

^a Research Scholar, Singhania University, Pacheri Bari, Jhunjhunu, Rajasthan

^b Director Physical Education, Rajesh Pilot Govt. P.G. College, Lalsot

Author correspondence:

Anita Singh

Research Scholar, Singhania University, Pacheri Bari, Jhunjhunu, Rajasthan

Email address: anitasingh@gmail.com**1. Introduction**

The word tension refer to an emotional state (Murphy, English and English, 1958), of the organism, marked by unrest, suspense, by partly restrained restless activity or by pressure to act or readiness to act, for violent actions, resulting when needs are unsatisfied or the goal behavior is blocked, might be chosen as typifying different kinds of distress from while the preparations from the war springs, and where the formation of friendly and cooperative relations are very difficult.

Now the tension can be said to be a state of stretch, this causes an appreciable degree of strain, stress or even excitement. The cause of such tension can be political, social, religious or even sectarian. Broad as these divisions are, they are academics too, since in every tension all of them are there, though they may be in different degrees. They so complicatedly fuse that it is quite safe to say that no tension is absolutely economical, significant social, prominently political or even totally theological. The actions and interactions of some or all of them produce many a kaleidoscopically pattern, sometimes so strange that no amount of imaginative efforts can help to single out the basic ones. The tension pattern, in fact, is stranger than the fictions of imaginations. It is also evident that tension takes place in so many forms viz, feeling of hatred, aggressiveness, economic and sanctions conflict. The last stage of tension is a war which is responsible for widespread fear, hatred, economic and social exploitation and disintegration of personality and constructive living. It will be vital it keeps in mind, that whenever we want to study the problem of tension, we shall keep our emphasis on the perception, needs, attitudes, and behavior of individuals. Any type of tension occurs primarily among communities because most important lines of structural division called as notions of particular community, have collective names and symbols, distinctive action pattern, and common belief system. Clear perceptions of all these factors remain responsible for a clear cognitive separation in any individuals thinking not only of his own community but of other community as well as this cognitive separation make possible the operation of all the motivational and emotional process that results in strong identification loyalties, fear, hates and rivalries. The political, economic, educational and social functions also help to reinforce its cognitive and emotional different ions from others. (Kerch and Crutchfield).

Psychological needs play an important role in the promotion and demotion of tension, because any type of tension provide frustration and these frustrated needs leads towards aggressiveness in the individual, need of direct gain, power, and prestige, need for resolving ambiguous cries and for group belongingness and conformity are the main needs which appear to be of utmost importance. The most of the tensions are due to physical, social, cultural, religious, economic, political and psychological cause. (Sharma, r.n.1882) and the stability of the tension has been found to be due to high competition, lack of common goals, lack of contacts, value conflict, ignorance, partiality, prejudices, conformity, maladjustment and to achieve dominance by someone. Other factors that are responsible for tensions are demographic pressure, economic backwardness, and religious vocalism has been only the incident backdrop for communal conflict, which is generated and directed by electrons politics (Rao, S., 1985). Young females who complete at high-level sports and gymnastics tend to be extremely obedient and disciplined and strive for adult approval. Their desire to win and succeed ensures that these girls may be driven beyond their physical and emotional limits. The young athlete may perceive her entire identity and self-worth as depending on her participation and success in sports. The pressure put on these children but their families and coaches often impede their ability to think and act independently. They may suffer from social isolation and lack of opportunity for social development. Many of these athletes may leave home before the age of 12 to devote themselves almost exclusively to training for their desired sports.

2. Research Methods*Statement of the Problem*

The present study entitled “A comparative study of psychological factor (comprehensive tension) among female athletes.

Delimitation

The study was delimited to female athletes of individual sports viz athletics, weightlifting, judo, badminton, swimming, and table tennis. The study was further delimited only to one Psychological variable i.e. comprehensive tension. And the test was administered a night before the competition.

Limitation

Lack of limited subjects. Only five sports were taken into consideration via, athletics, weightlifting, judo, badminton, table tennis and swimming. And Lack of motivational devices, training programs, control of food habits etc.

Hypothesis

In the light of the findings the hypothesis that there would be a significant difference in the comprehensive tension among athletes of different sports viz athletics, weightlifting, judo, badminton, swimming and table tennis

Participants

Fifty female athletes of age group 18-25 participated in south-west zone inter-varsity tournament of respective sport viz judo, badminton; table tennis, wrestling, swimming, and athletics, during 2007-2008 were selected as subjects for this study at random.

Tools and Techniques

The comprehensive scale of tension by Dr. Rajeevlochan Bhardwaj

Purpose

To measure different kinds of tension viz. communal tension, caste tension, religious tension cultural tension regional tension and language tension.

Description

The scale has 32 items for 10 areas viz, -religiosity-items; economic-5 items; education-5 items; incidence occurrence-4 items; politics 3 items; social distance 3 items; dominance 3 items; nationality 2 items; linguistic 1 item; and sport 1 item. Each item of the scale has 5 alternative answers with clear instructions at the front of the page.

Scoring

The scoring of the test is very easy and quantitative type. Each item of his scale possesses five alternative answers and all subjects have to tick on any one alternative answer out of five of each item. Five alternatives should be provided from top to bottom the scores 5, 4, 3, 2, and 1.the addition of all the achieved scores should serve the purpose of tension score.

Reliability

It possesses spilled-half reliability of .81 through Spearman Brown Formula and of .88 by Gutman Formula.

Validity

The theoretical validity has been determined as .89.

Table 1
T-score

Category	Range of T-Score
1. The Saturated	70 and above
2. The High	60- 69
3. The Average	40-59
4. The Low	30-39
5. Not at all	29 and below

Administration of Test

The tests were administered during the respective inter-varsity competitions held by University Sports Board. The subjects were made aware of the study and its significance was explained prior to the administration of the test. The Confidentiality of test taken was maintained. The other members involved in the administration of test were given a brief training before the test.

The test was administered one night prior to competition. A good rapport was made with the subjects; the desired purpose and instructions of the test scale was explained to them. When subjects were working independently they were instructed to read and follow directions printed on forms and were again asked if there are any questions about what is to be done. When the subjects were responding to the questions the researcher went around seeing that subjects were giving their responses as per the instructions. Whenever any doubts aroused it was solved on the spot. However, no time limit was given for completing the test batteries. The completed questionnaire was checked and was made sure that no question was left unanswered.

Reliability of data

The reliability of data was ensured through tools reliability as well as tester's reliability.

Statistical technique

The information gathered was treated with ANOVA (F-Ratio) technique was used for comparing all the six sports with respect to Locus of control.

T-Score

All the scores of comprehensive tension scale are converted to T-Score to find out the level of tension in each of six sports and also in total.

$T\text{-Score} = 10z + 50$ where $z = \frac{x - \bar{x}}{s.d}$

3. Results and Analysis

Table 2

Comparison of comprehensive tension scale among female players of athletics, judo, weightlifting, swimming, badminton, and table tennis.

Summary				
Groups	Count	Sum	Average	Variance
Column 1	50	4728	94.56	2245.109
Column 2	50	4436	88.72	303.92

Column 3	50	3877	77.54	741.1514
Column 4	50	3821	76.42	481.8404
Column 5	50	4168	83.36	309.6229
Column 6	50	4711	94.22	9017.44

Table 2 indicates the SSB and SSW was 3183.259; 7.2183.181 and 'f' value was 1.458083 where the table value is 2.244703, which is less than table value at 0.05 levels with (5,294) degree of freedom. This shows that difference on Comprehensive Tension Scale 3 among female players of all the six sports was not significant

Graph 1

Comparison of comprehensive tension scale among female players of athletics, judo, weightlifting, swimming, badminton, and table tennis.

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups SSb	15916.3	5	3183.259	1.458083*	0.203527	2.244703
Within Groups SSw	641855.1	294	2183.181			
Total	657771.4	299				

*Non-significant at 0.05 level

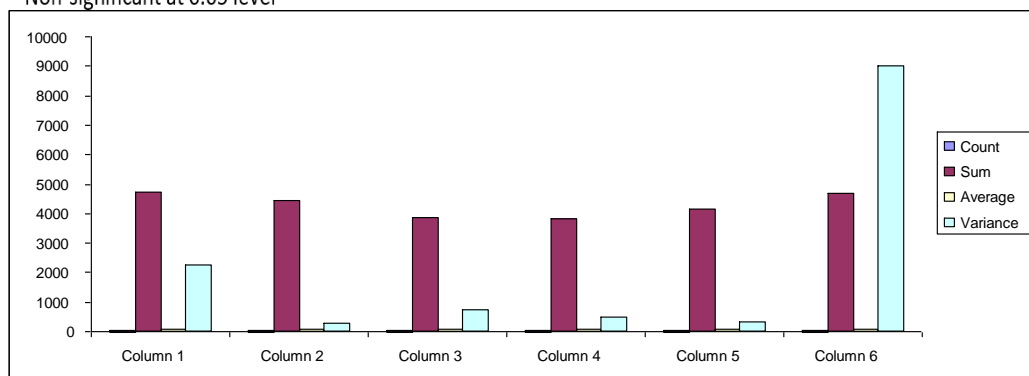


Table 3

Showing Comprehensive tension among female players of Athletics.

Interpretation of tension score is done with the help of T-score. All the score are converted to T-score and the following result was found.

Category	Range of T- Score	Number	Percentage (%)
The Saturated	70 and above	23	6 %

The High	60-69	10	20%
The Average	40-59	36	70%
The Low	30-39	01	2%
Not at all	29 and below	00	Nil

Graph 2

Showing Comprehensive tension among female players of Athletics.

Interpretation of tension score is done with the help of T-score. All the score are converted to T- score and the following result was found.

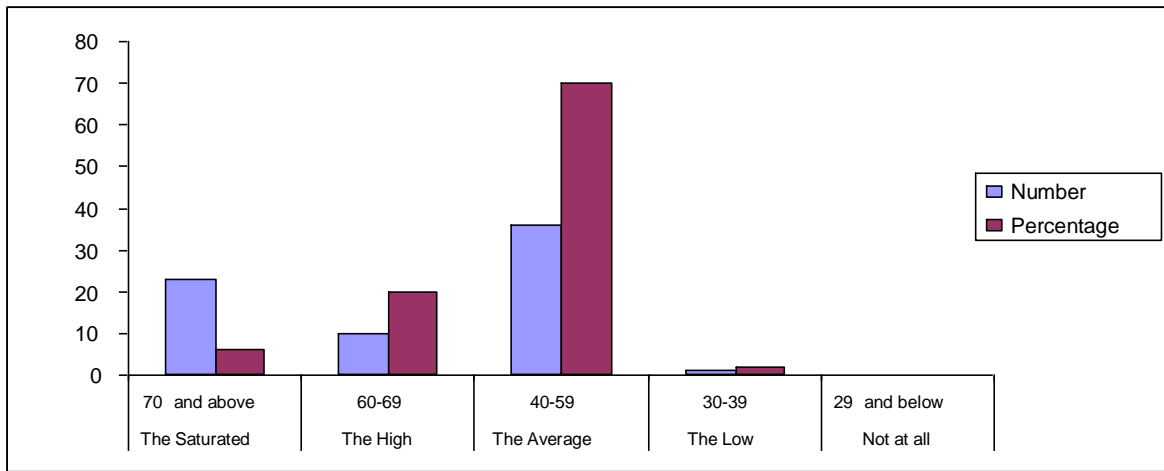


Table 4

Showing Comprehensive tension among female players of Weight Lifting.

Interpretation of tension score is done with the help of T-score. All the score are converted to T-score and the following result was found.

Category	Range of T- Score	Number	Percentage (%)
The Saturated	70 and above	21	42%
The High	60-69	14	28%
The Average	40-59	15	30%
The Low	30-39	00	Nil
Not at all	29 and below	00	Nil

Graph 3
 Showing Comprehensive tension among female players of Weight Lifting.
 Interpretation of tension score is done with the help of T-score. All the score are converted to T- score and the following result was found

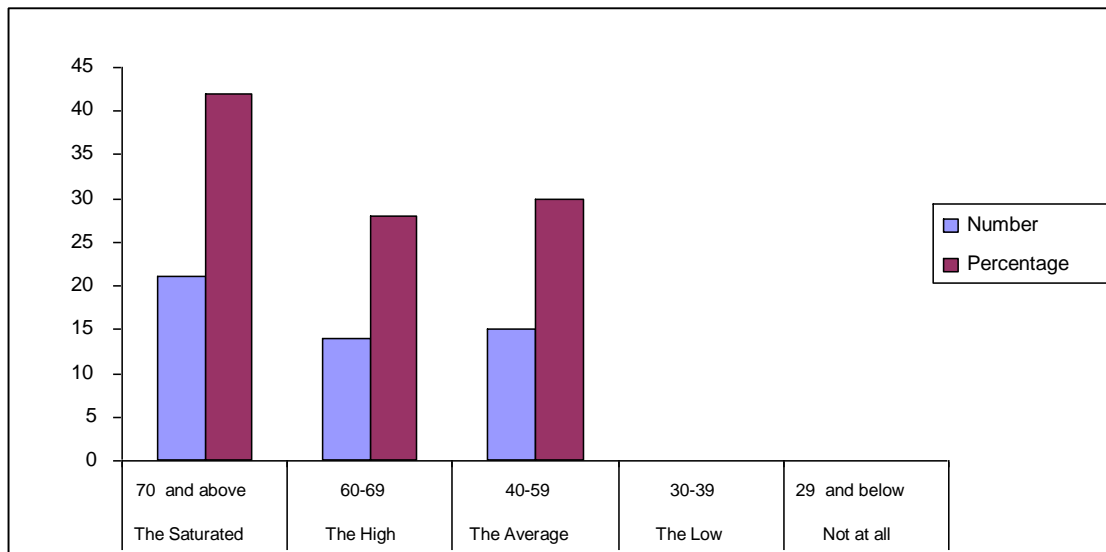


Table 5
 Showing Comprehensive tension among female players of Judo.
 Interpretation of tension score is done with the help of T-score. All the score are converted to T-score and the following result was found.

Category	Range of T- Score	Number	Percentage (%)
The Saturated	70 and above	13	26%
The High	60-69	14	28%
The Average	40-59	23	46%
The Low	30-39	00	Nil
Not at all	29 and below	00	Nil

Graph 4

Showing Comprehensive tension among female judo players.

Interpretation of tension score is done with the help of T-score. All the score are converted to T- score and the following result was found

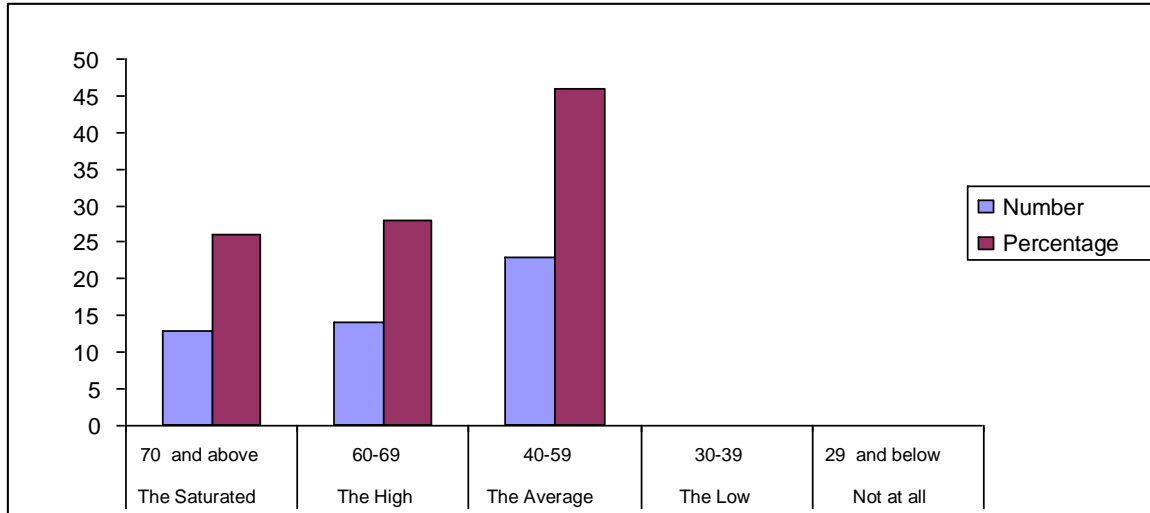


Table 6

Showing Comprehensive tension among female players of Badminton.

Interpretation of tension score is done with the help of T-score. All the score are converted to T-score and the following result was found.

Category	Range of T- Score	Number	Percentage (%)
The Saturated	70 and above	05	10%
The High	60-69	14	28%
The Average	40-59	31	62%
The Low	30-39	00	Nil
Not at all	29 and below	00	Nil

Graph 5

Showing Comprehensive tension among female players of Badminton.

Interpretation of tension score is done with the help of T-score. All the score are converted to T-score and the following result was found.

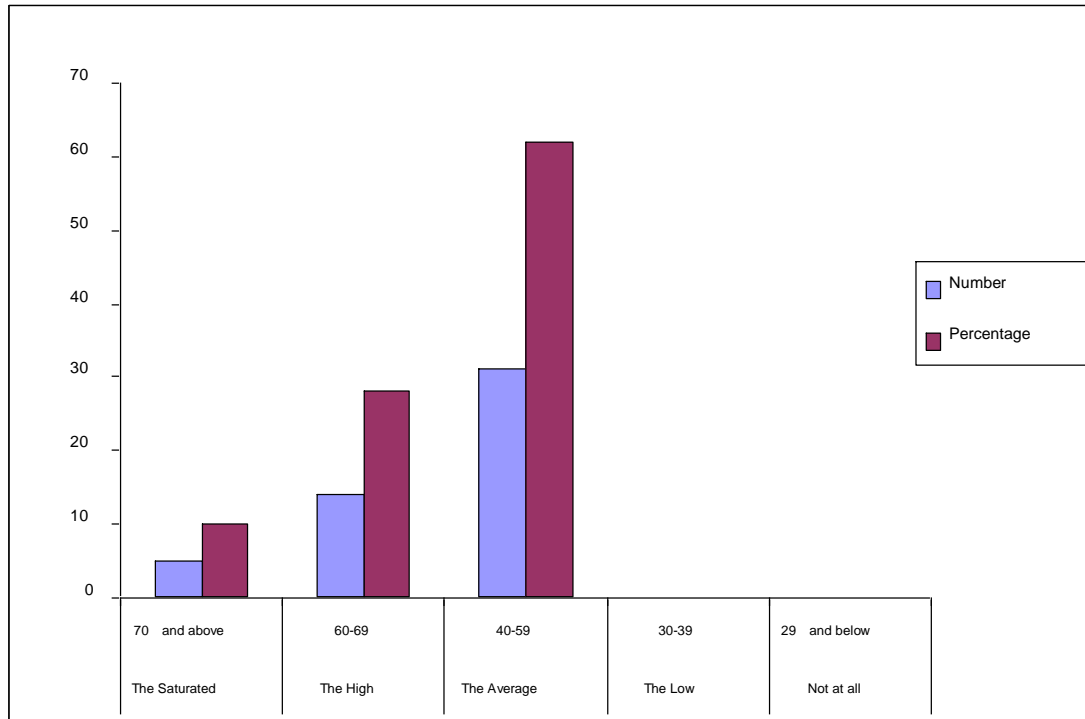


Table 7

Showing Comprehensive tension among female players of swimming.

Interpretation of tension score is done with the help of T-score. All the score are converted to Tscore and the following result was found.

Category	Range of T- Score	Number	Percentage (%)
The Saturated	70 and above	04	8%
The High	60-69	09	18%
The Average	40-59	37	74%
The Low	30-39	00	Nil

The Average	40-59	34	68%
The Low	30-39	00	Nil
Not at all	29 and below	00	Nil

Graph 7

Showing Comprehensive tension among female players of Table tennis.

Interpretation of tension score is done with the help of T-score. All the score are converted to Tscore and the following result was found

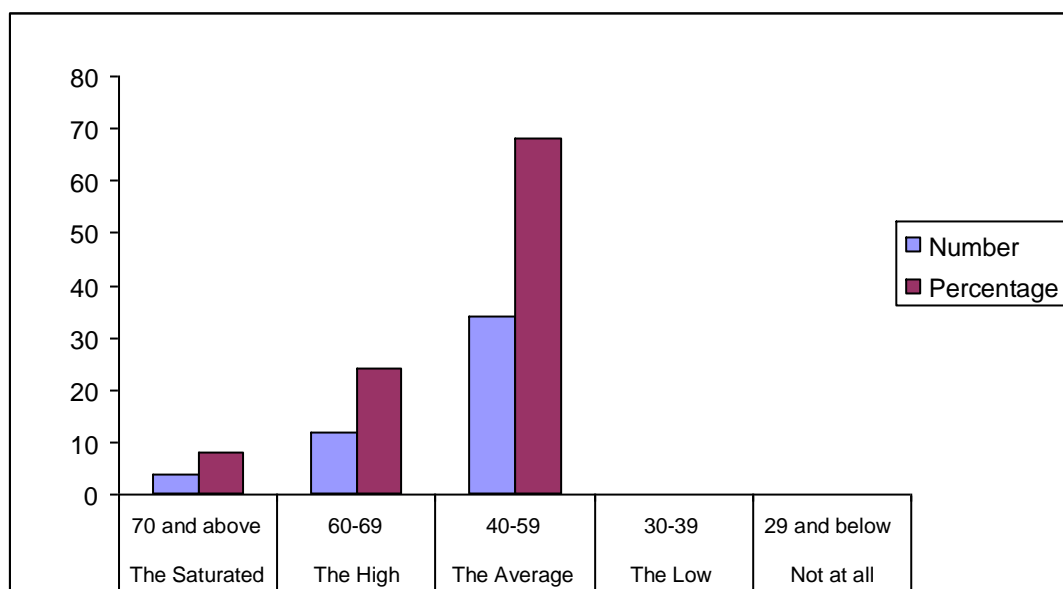


Table 9

Showing Comprehensive tension among female players of all the sports.

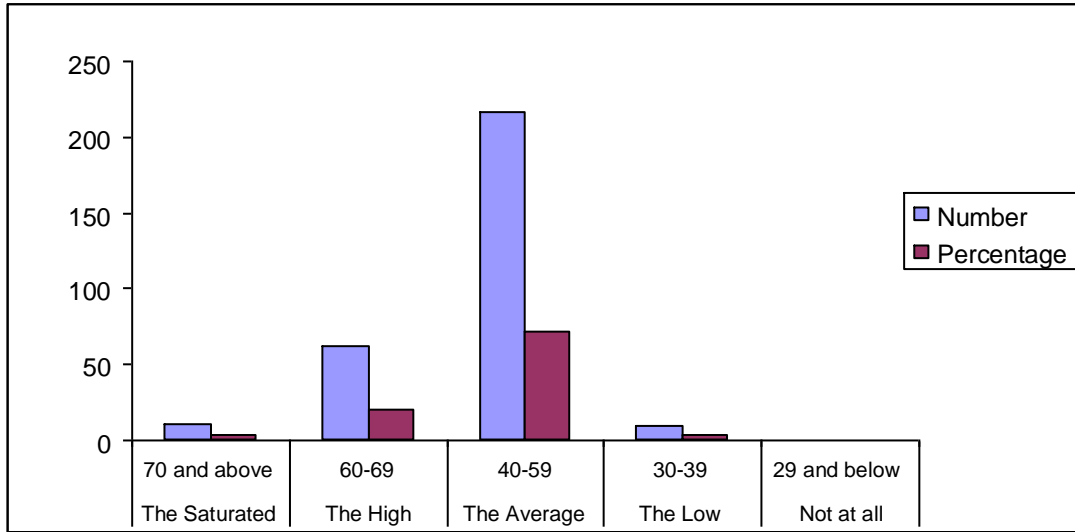
Interpretation of tension score is done with the help of T-score. All the score are converted to T-score and the following result was found.

Category	Range of T- Score	Number	Percentage (%)
The Saturated	70 and above	11	3.66%
The High	60-69	62	20.66%
The Average	40-59	217	72.33%
The Low	30-39	10	3.33%

Not at all 29 and below 00 Nil

Graph 8

Showing Comprehensive tension among female players of all the sports.
 Interpretation of tension score is done with the help of T-score. All the score are converted to T-score and the following result was found.



4. Conclusion

The findings of the study indicate that there is no significant difference among female players of Athletics, Weight Lifting, Judo, Badminton, Swimming and Table Tennis. The study further revealed the amount of tension in respective sports and all in total, which is as follow

Table 10

Sport	Saturated tension	High Tension	The Tension	Average Tension	Low Tension	Tension Not At All
Athletics	6%	20%	70%	2%	Nil	Nil
Weight Lifting	42%	28%	40%	Nil	Nil	Nil
Judo	26%	28%	36%	Nil	Nil	Nil
Badminton	10%	28%	62%	Nil	Nil	Nil
Swimming	8%	28%	74%	Nil	Nil	Nil
Table Tennis	8%	18%	68%	Nil	Nil	Nil
Total Sports	3.66%	20.66%	72.33%	3.33%	Nil	Nil

Maximum number of saturated tension was found in weight lifters (42%) followed by judo (26%), badminton (10%), swimming (8%), table tennis (8%) and athletics (6%). High tension was higher and almost same in weightlifting (28%), judo (28%), badminton (28%) and swimming (28%) followed by athletics (20%) and table tennis (16%). the average tension was found to have a maximum number in all the groups which were highest in swimming (74%) followed by athletics (70%), table tennis (68%), badminton (62%), weightlifting (40%) and judo (36%). The low tension was found only in athletics (2%). and there was not a single percent who experienced tension, not at all. When all the subjects were analyzed together maximum percentage were found to have average tension (72.335) followed by high tension (20.66%), saturated tension (3.66%) and at last low tension (3.33%). none was found to have no tension at all.

Suggestions for future research on this topic include

- a) However, the survey's in future research could include questions about how athletes spend their free time so that researchers may be able to estimate if athletes were already at a high-stress level outside of their athletic responsibilities. For instance, a researcher might inquire more about the tendency of a student-athlete to drink or smoke.
- b) By comparing the gained from this type of question a researcher would possibly be able to see if the athlete was more prone to stressful behavior because of their non-sports related activities.

In summary, understanding the role of physical activity and sports in the life of the complete girl is a dauntingly complex agenda. The mosaic of interdisciplinary findings and interpretations assembled in this report will depend on both insights and resolve in this regard.

Conflict of interest statement and funding sources

The author(s) declared that (s)he/they have no competing interest. The study was financed by personal funding.

Statement of authorship

The author(s) have a responsibility for the conception and design of the study. The author(s) have approved the final article.

Acknowledgments

The authors would like to thank the editors for their valuable time and advice.

References

- Anshel, M. H., Kim, K., Kim, B., Chang, K., & Eom, H. (2001). A model for coping with stressful events in sport: theory, application, and future directions. *International Journal of Sport Psychology*, 32(1), 43-75.
- Bento, A. C. (2018). An Experimental Research with 3D Objects for the Internet of Things. *International Research Journal of Engineering, IT and Scientific Research (IRJEIS)*, 4(2), 24-32.
- Dubey, R., & Bhardwaj, R. (2016). The Effect of Cultural Factor on Women's Social Freedom among Female Athletes. *Imperial Journal of Interdisciplinary Research*, 3(1).
- Hernández, E. H. O., Moncayo, E. H. O., Sánchez, L. K. M., & de Calderero, R. P. (2017). Behavior of Clayey Soil Existing in the Portoviejo Canton and Its Neutralization Characteristics. *International Research Journal of Engineering, IT and Scientific Research (IRJEIS)*, 1(1), 1-10.
- Kerr, J. H., Fujiyama, H., & Campano, J. (2002). Emotion and stress in serious and hedonistic leisure sport activities. *Journal of Leisure Research*, 34(3), 272-289.
- Liao, C. M., & Masters, R. S. (2002). Self-focused attention and performance failure under psychological stress. *Journal of Sport and Exercise Psychology*, 24(3), 289-305.
- Meuse, K. P. D. (1985). The life events stress-performance linkage: An exploratory study. *Journal of human stress*, 11(3), 111-117.
- Perna, F. M., Antoni, M. H., Baum, A., Gordon, P., & Schneiderman, N. (2003). Cognitive behavioral stress management effects on injury and illness among competitive athletes: a randomized clinical trial. *Annals of behavioral medicine*, 25(1), 66-73.
- Sánchez, L. K. M., Hernández, E. H. O., Fernández, L. S. Q., & Párraga, W. E. R. (2018). Determination of Physical and Mechanical Properties of Quarries Dos Bocas Mouths and Mine Copeto for High Resistance Concretes. *International Research Journal of Engineering, IT and Scientific Research (IRJEIS)*, 4(2), 33-40.
- Sharma, R. N., & Sharma, R. K. (2006). *Advanced educational psychology*. Atlantic Publishers & Dist.