

An Analysis of Psycho-Social Factors on Performance of Women Hockey Players

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Abstract

The purpose of the study was to find out the impact/effect of Psycho-Social factors on achievement of women hockey players of Karnataka who representing at national level competition, the variables are neuroticism and extraversion (personality factors) and selected hockey skills are dribbling and goal scoring ability to find the game performance. 100 subjects have taken for the study. The selected psycho-social variables and skills of the game were assessed by using the standardized test manual. The collected data on the study indicate that there was significant difference on game performance of selected skills by the psycho-social factors such as neuroticism and extraversion. It was found that the personality factors such as neuroticism and extraversion influences on performance of women hockey players.

Keywords: Psycho-social Factors, Neuroticism, Extraversion, Hockey skills.

Introduction:

Health and happiness of the people of the nation's creates the strength and personality of the nation's. Hence it becomes imparity to evaluate the contribution of Physical education programmes in the terms of realization of education aims such as integrated personality development and formation of desirable achievement, low anxiety and leadership patterns. Physical Educationist's and Sports scientists believe that healthy participation in sports and games do immensely influence desirable human skill development, and leadership pattern formation through personality development. A careful review of related literature throws light upon the fact that no study has been so far been undertaken exclusively to investigate the possible contribution of psychosocial factors, neuroticism and extraversion with regard to performance, of women hockey players, a dribbling and goal scoring ability. Such a study would help identify the impact of psychosocial factors on performance of women hockey players.

Statement of the problem

The purpose of the study was to investigate the impact of psychosocial factors on performance of women hockey players of Karnataka state.

LIMITATIONS:

The study is limited to psychosocial factors such as Personality neuroticism and extraversion, Social/Family relationship.

Delimitations:

- The study is limited to Karnataka women hockey players representing national level competitions.
- The study is limited to Dribbling, Goal scoring ability.

Hypothesis

The psychosocial factors may have significant impact on the performance of the women hockey players.

Methodology

The present study was conducted on total 100 subjects, age ranged between 17-25 years of Karnataka women hockey players those who representing national level competitions. All the subjects were normal and healthy. The sample was considered as the true representative of population.

SELECTION OF VARIABLES

The following psychosocial and performance variables were selected.

Sl No	Variables	Test
Psychosocial variables		
1	Neuroticism	A Designed Questionnaire will be used to collect the relevant facts.
2	Extraversion, (Social/Family relationship).	
Performance variables (skills)		
1	Dribbling	Dribbling (30 mtr) test
2	Goal scoring ability	Goal scoring ability test

ANALYSIS AND INTERPRETATION OF DATA

As for the study, on the analysis of two different psychosocial variables and two skills to find out the game performance of women hockey players of Karnataka. Thus the data was obtained from women hockey players of Karnataka to find out significance at 0.05 level of significance. The required table value was obtained from the table, that is 2.014 was needed for significance at 0.05 level of confidence.

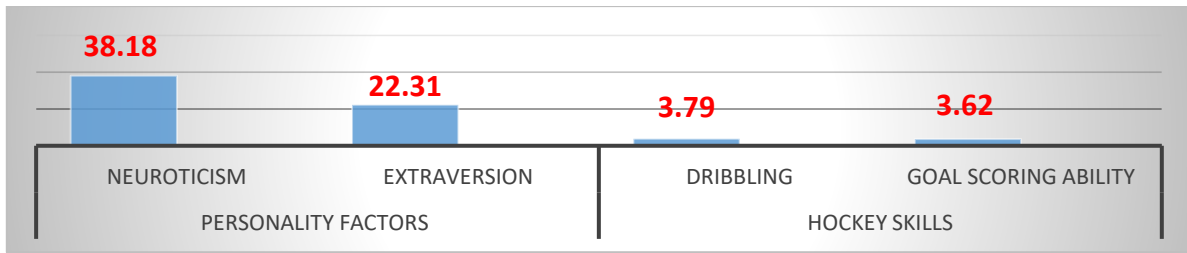
The collected data was used on analysis such as the mean, standard deviation and ‘t’ ratio of psychosocial variables and performance variables are given below.

PSYCHOSOCIAL VARIABLES

Table 1 Mean and SD for psychosocial factors and Hockey Skills (n=100)

Variable	Dimensions	Mean	SD
Personality	Neuroticism	38.18	2.05
	Extraversion	22.31	1.72
Hockey Skills	Dribbling	3.79	0.40
	Goal scoring ability	3.62	0.52

The above table reveals mean value of neuroticism was 38.18, extraversion was 22.31 and dribbling was 3.79 and goal scoring ability was 3.62. the table also shows the standard deviation were 2.05 of neuroticism, 1.72 were of extroversion and hockey skills were 0.40 for hockey and goal scoring ability were 0.52 respectively.



Bar graph showing mean value of psychosocial variables and performance variables of women hockey players of Karnataka.

Table 1 Correlation Coefficient for Hockey Skills and Personality (n=100)

Variables	Neuroticism	Extraversion
Dribbling	-0.13	-0.09
Goal scoring ability	0.05	0.09

****p<significant at 0.01**

The value of “r” were -0.13, -0.09 and 0.05, 0.09 of neuroticism, extraversion and dribbling and goal scoring ability which is highest on the psychosocial variables and is also highest in the performance variables, which is lowest in the psychosocial variable is also lowest in the performance variables represents perfect positive relationship between the psychosocial variables and performance variable. Since the calculated ‘r’ values were greater than the table ‘r’ value at 0.05 level for degrees of freedom 100. Null hypothesis was rejected at 0.05 levels of significance and formulated research hypothesis was accepted, as the study the above remark can be given at 95% confidence.

Summary and Conclusion

The purpose of the study was to investigate “The impact of psychosocial factors on performance of hockey players of Karnataka, those who participate in the national’s competitions. The 100 subjects were selected from Karnataka.

As per the requirement of the study it was found that there was significant relationship found with psychosocial variables and performance variables of Hockey player’s.

Recommendation

Since the selected two psychosocial factors are impacting on the performance of the hockey player, the investigation can be conducted on other psychosocial factors and with some more performance variables of hockey players of Karnataka.

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