

A Study on Competency Behaviour and Its Impact on Sports Achievement

Jayadev M. Danadamani¹, Dr. A. G. Bujurke²

¹Research scholar, Visvesvaraya Technological University, Belagavi.

²Retd. Director of Physical Education, Visvesvaraya Technological University, Belagavi

Abstract

The present study titled as “A study on competency behaviour and its impact on sports achievement” is carried out to find the relationship between competency behaviour and sports achievement in hockey (encouragement, desire, representation and goal scoring ability, scooping the ball). A survey method was employed, the sample size of this study consists of 100 hockey players. The selected Competency behaviour variables and skills of the hockey game were assessed by using the standardized test manual. The collected data on the study indicate that there was significant difference on skills performance of selected hockey skills by the Competency behaviour factors such as encouragement, desire and representation. It was found that the Competency behaviour factors such as encouragement, desire and representation influenced on skills performance of women hockey players.

Keywords: Competency Behaviour, sports achievements, Hockey skills.

Introduction:

Competency behaviour is a very important ability of every sports person. It's an individual ability to develop movement skills and pattern, and the capacity to experience a variety of movement intensities and durations. Enhanced competency behaviour enables in a wide range of sports participation in different levels. Education is that is a preliminary need in country and state development. “Education is a conscious and planned effort to create an atmosphere of learning and learning process so that students actively develop their potential to have mystical strength, self-control, personality, intelligence, noble character and the skills required by himself, the community, nation and state. Sports education is physical education and sports are carried out as part of an organized and continuing education process to acquire knowledge, personality, skills, health, and physical fitness”. Physical education in sports and health, make a very significant contribution to the overall education of children both mental, physical. To be effective in the learning process, which is the relationships and activities that occur between students and educators in achieving educational goals, it should be supported by the competencies of the children and the teacher which helps the children to achieve in the greater level.

Competency behaviour plays a vital role in the achievement of the desired outcome of athletes playing in any sports. The way in which the athlete at all competitive levels establish their sport environment can impact their behaviour, cognitions and affective responses. Athletes who possess the necessary skills may affect them self to perform in their respective games. Hence, a coach should possess the necessary skills in identifying appropriate training methodologies and techniques to influence the athletes' needs satisfaction as well as motivation.

Statement of the problem

The purpose of the study was to investigate the “impact of competency behaviour factors on sports performance of women hockey players of Karnataka state”.

Delimitations:

- The study is limited to Karnataka women hockey players representing national level competitions.
- The study is limited to hockey skills such as Dribbling and Goal scoring ability.

LIMITATIONS:

- The study is limited to Competency behaviour factors such as encouragement, desire and representation.
- The study is limited to geographical condition, Social factors like age, financial status, education, Social/Family support, relationship with team players.

Hypothesis

The competency behaviour 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 competency behaviour variables and hockey skills were selected.

Sl No	Variables	Test
Competency Behaviour Variables		
1	Encouragement	A Designed Questionnaire was used to collect the data on relevant facts.
2	Desire	
3	Representation	
Sports Performance (Hockey skills)		
1	Goal scoring ability	Goal scoring ability test
2	Scooping ability	Hockey scooping ability

ANALYSIS AND INTERPRETATION OF DATA

As for the study, on the analysis of three different competency behaviour variables and two skills of the hockey game 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.

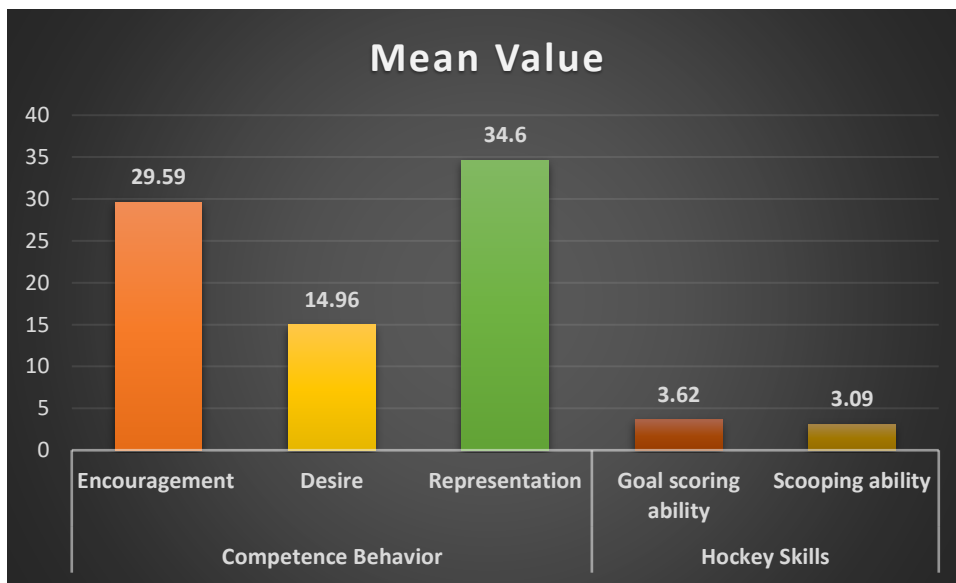
The collected data was used on analysis such as the mean, standard deviation and ‘t’ ratio of competency behaviour variables and performance variables are given below.

PSYCHOSOCIAL VARIABLES

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

Variable	Dimensions	Mean	SD
Competency Behaviour Variables	Encouragement	29.59	2.49
	Desire	14.96	1.18
	Representation	34.60	2.26
Overall	Competence behaviour	79.05	3.82
Sports achievements (Hockey Skills)	Goal scoring ability	3.62	0.52
	Scoping ability	3.09	0.32
Total	Sports achievements	18.17	0.79

The above table reveals mean value of encouragement was 29.59, Desire was 14.96, representation was 34.60 and goal scoring ability was 3.62. and scooping ability was 3.09 and the table also shows the standard deviation were 2.49 of encouragement 1.18 of desire, 2.26 of representation and hockey skills such as goal scoring ability and scooping ability were 0.52 and 0.32 respectively.



Bar graph showing mean value of Competency behaviour variables and Hockey skills of women hockey players of Karnataka.

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

Variables	Encouragement	Desire	Representation	Overall Competence behaviour
Sports Achievement	-0.02	0.19	-0.22*	-0.09

*p<significant at 0.01

The value of “r” were -0.02, 0.19 and -0.09 of Encouragement, Desire, representation and goal scoring ability and scooping ability which is highest on the Competency behaviour variables and is also highest in the Sports achievement variables, which is lowest in the Competency behaviour variable is also lowest in the Sports achievement variables represents perfect positive relationship between the Competency beha-

viour variables and Sports achievement 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 Competency behaviour factors on sports achievement of hockey players of Karnataka, those who participate in the national's competitions and 100 subjects were selected from Karnataka state.

As per the requirement of the study it was found that there was significant relationship found with Competency behaviour factors and sports achievement variables of Hockey player's.

Recommendation

Since the selected three competency behaviour factors are impacting on the sports achievements of the hockey player, the investigation can be conducted on other competency factors and with some more performance variables of hockey players of Karnataka state.

Reference

1. Aristotle, An introduction to sociology, (Kitab mahal patna, 2000), p.3
2. Arjun.C.V. Mind over body, Madurai, Indian Express Magazine, May 23, 1982.
3. American Psychiatric Association (1992). Diagnostic and Statistical
4. Manual of Mental Disorders IV. Washington, D.C.: American Psychiatric Association.
5. Bucher a.Charles and Wuest A.Dehorah. Foundations of physical education and sports (Saint louis: Times mirror/ Mosby College publishers, 1986)P.57.
6. Bhatia, Psychology in physical education in sports, Metropolitan, New Delhi pp.176.
7. Catell, F.R.C (1965). Introduction to psychology. London, The whitefriarspress ltd.
8. Chorlales: A Boucher, Foundation of Physical Education, 6 Eds, Saint Louis: The C.V. Mosby company,1972.
9. Donald K. Mathews: Measuremnt in Physical Education ,Philadelphia: W.B.Sauders Company,1958.
10. Indira Devi, Yoga: the technique of health and Happiness (Bombay: jaico Publishing House,1967).