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Comparative study of psychological skills of individual and team sports persons

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Abstract

Sport can provide people a feeling of direction, a sense of ongoing challenge, as well as a spectrum of emotions that are occasionally challenging to feel in other contexts. When it comes to team sports vs. individual sports, both sides win. Students who participate in team or individual sports have a great opportunity to maintain or enhance their health. Athletes' agility, stamina, hand-eye coordination, and fine and gross motor skills are all enhanced by sports. To achieve the purpose of the study 50 subjects (25 Individual & 25 Team Sports) were selected by using convenient sampling from male & female sports persons representing NSSC SAI Diploma trainee. The age of the subjects ranged from 21 to 30 years. Psychological Skills Inventory for Sports (PSIS-R-5) (Mahoney, Gabriel & Perkins, 1987) was used to measure the comparative analysis of the psychological skill of sports people's participation in individual and team sports. Descriptive statistics such as mean and standard deviation (SD) and Paired't' test and SPSS software was used for the calculation and analysis. There are significant differences in PSIS of sports participation in individual and team sports. It was noted that concentration and confidence and motivation is higher in individual sports compared to team sports. Anxiety control and team emphasis with higher level observed in team sports compare to individual sports.

Keywords: Psychology, Individual, team sports

Introduction

Humans are inherently competitive and strive for perfection in all sports endeavours. Every nation, as well as every individual, aspires to demonstrate its superiority over other nations. Thus, this challenge excites, inspires, and pushes all nations to sweat and strive to run faster, jump higher, and throw farther in the modern competitive sports world. This can only be realized through scientific, systematic, and planned sports training as well as diverting individuals into appropriate games and sports by recognizing their potential.

Sport can provide people a feeling of direction, a sense of ongoing challenge, as well as a spectrum of emotions that are occasionally challenging to feel in other contexts. When we approach it on our terms, it has the potential to be a rich and meaningful experience. Sport is one of the few activities where we come into such close contact with others, our physical environment, and ourselves. There are many chances for development on a personal level and for pushing the boundaries of human potential on a physical and psychological level.

When it comes to team sports vs. individual sports, both sides win. Educators can use activities from either one to teach students valuable lessons on discipline, mental toughness, cooperation with others and the satisfaction of achieving personal goals.

Students who participate in team or individual sports have a great opportunity to maintain or enhance their health. Athletes' agility, stamina, hand-eye coordination, and fine and gross motor skills are all enhanced by sports. For coaches and teachers, this has benefits. They can provide tailored training for athletes competing alone, focusing on enhancing strengths and minimizing shortcomings. Also individual sports provide a way for athletes to decompress and improve their planning and decision-making abilities.

Team sports are more well-known since they are the focus of society. Football, cricket, hockey, basketball, volleyball etc. are popular team sports nationwide. The primary benefit of team sports is that they teach you how to cooperate with others to accomplish a common objective. Each player becomes less concerned with oneself and more concerned with what the team can accomplish as they get more familiar with their roles and the skills of those around them. They share the joy of victories and the sorrow of defeats.

Team sports are just generally more enjoyable for many individuals, especially students. People are social animals after all. Team sports also help children develop an appreciation for their teammates' skills and an understanding of how each person fits into the bigger picture. Students benefit from this as they grow into more empathetic, patient, understanding, and compassionate individuals.

The mental process that starts, maintains, or directs an athlete's behaviour (training, competition strategy, adversity management, performance) is known as motivation. Sports motivation comes in two flavours: inner motivation and extrinsic motivation.

Athletes who are intrinsically motivated tend to focus on developing their skills and becoming better athletes. Extrinsic motivation describes athletic behaviour that is focused on obtaining benefits from outside sources or avoiding punishment. Athletes that are intrinsically motivated compete in sports for reasons such as receiving external incentives (trophies, scholarships, media attention, plaudits) or avoiding drawbacks (being benched, losing the coach's favour, receiving parental disapproval). Athletes who are driven by external factors frequently concentrate on the results of competitions.

Methodology/Procedure

To achieve the purpose of the study 50 subjects (25 Individual & 25 Team Sports) were selected by using convenient sampling from male & female sports persons representing NSSC SAI Diploma trainee. The age of the subjects ranged from 21 to 30 years. Psychological Skills Inventory for Sports (PSIS-R-5) (Mahoney, Gabriel & Perkins, 1987) was used to measure the comparative analysis of the psychological skill of sports people's participation in individual and team sports. The PSIS assesses an Athlete's psychological skill in the categories of Anxiety Control (AX), Concentration (CC), Confidence (CF), Mental Preparation (MP), Motivation (MV) and Emphasis upon team goals (TM)

Administration of testing

Each student provided their ethical consent. After being told of the study's nature and objectives, the subjects filled out and signed informed consent forms. The participants were made aware that their information would be kept private and utilized only for the research purpose. The participants then completed a questionnaire on demographics, general information, and a list of sport psychology characteristics. The survey was available in English.

For the purpose of analyzing the psychological skills of Individual and Team Sports person's groups descriptive statistics such as mean and standard deviation (SD) were used. To compare the psychological skills among the two categories of groups Individual and Team Sports Paired 't' test and SPSS software was used for the calculation and analysis.

Result

The findings of the study deal with analysis of the psychological skill of sports people's participation in individual and team sports have been compared. The results of data analysis are presented in Table 1 to 2.

Table 1: Mean and standard deviation of psychological skill of sports people's participation in individual and team sports

PSIS	Individual sports (N=25)		Team sports (N=25)	
	M	SD	M	SD
Motivation	4.159	0.491	4.179	0.472
Confidence	3.933	0.521	3.729	0.611
Anxiety Control	4.000	0.742	3.998	0.811
Mental Preparation	3.379	0.712	2.881	0.782
Concentration	4.334	0.391	3.781	0.592

Table 2: Significance difference between mean scores of psychological skill of sports person's participation in individual sports

PSIS	Sports	N	t-ratio
Motivation	Individual	25	2.335*
	Team	25	
Confidence	Individual	25	4.461*
	Team	25	
Anxiety Control	Individual	25	0.279
	Team	25	
Mental Preparation	Individual	25	0.020
	Team	25	
Concentration	Individual	25	2.345*
	Team	25	

*Significant at 0.05 level, t.05

It was evident from the table 2 that the significant differences were found in psychological skill of sports person's participation in individual sports. Concentration and confidence and motivation were higher level observed in individual sports compared to team sports.

Table 3: Significance difference between mean scores of psychological skill of sports person's participation in team sports

PSIS	Sports	N	t-ratio
Motivation	Individual	25	0.537
	Team	25	
Confidence	Individual	25	0.411
	Team	25	
Anxiety Control	Individual	25	2.203*
	Team	25	
Mental Preparation	Individual	25	2.627*
	Team	25	
Concentration	Individual	25	0.547
	Team	25	

*Significant at 0.05 level, t.05

It was evident from the table 3 that the significant differences were found in psychological skill of sports person's participation in team sports. Anxiety control and team emphasis were higher level observed in team sports compared to individual sports.

Discussion

Psychological factors can strongly affect the athletes' performance. Therefore, currently the role of the sports psychologist is particularly relevant, being in charge of training the athlete's psychological factors.

We conclude that the individual sports category subjects had a higher level of concentration and confidence and motivation than the team sports. Also there was significant difference among collegiate level individual, combative and team game players (Devi, 2020) [2]. In research articles of Kumar, 2017, it is clear mention that the mental toughness between the players of team sports is significantly higher

than the mental toughness of the individual sports. Hossein, 2016 says that the individual sport athletes may be more exposed to evaluation and more engaged in their own skills and abilities than team sport athletes given that responsibility for performance is not distributed across several performers.

Fahiminezhad, 2014 research article results showed, there is significant difference at all three subscales of sport confidence (Trait, state, and sports) between Shahrood young athletes in the individual and group sports. This confirms the hypothesis of our research. A possible explanation of this fact might be the impact connected with some specific characteristics of the respective sports category on the development of those who participate sports, especially in the sphere of the individual's personality. In individual sports, the effort, pressure of competition, and actions taken based on the sport's success or failure belong to the athlete. The athlete is aware of this aspect, he is prepared from a mental point of view, and he is supported and motivated in this direction by the people close to him (The coach, staff, and family).

Conclusion

There are significant differences in PSIS of sports participation in individual and team sports. It was noted that concentration and confidence and motivation is higher in individual sports compared to team sports. Anxiety control and team emphasis with higher level observed in team sports compare to individual sports.

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