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Dr. Baljinder Singh Bal
Associate Professor,
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Vipan Kumar
Assistant Professor,
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Baldeena D Khokhar
Assistant Professor,
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Pankaj Kumar
Research Scholar, Department
of Physical Education, Guru
Nanak Dev University,
Amritsar, Punjab, India

Gurjit Singh
Assistant Professor,
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Suchitra Senapati
Research Scholar, Department
of Physical Education, Guru
Nanak Dev University,
Amritsar, Punjab, India

Vikramjeet
Research Scholar, Department
of Physical Education, Guru
Nanak Dev University,
Amritsar, Punjab, India

Corresponding Author:
Vipan Kumar
Assistant Professor,
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Research on the recognition of social environment in individual and team sports

Dr. Baljinder Singh Bal, Vipan Kumar, Baldeena D Khokhar, Pankaj Kumar, Gurjit Singh, Suchitra Senapati and Vikramjeet

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Abstract

Study Aim: The aim of this study was to find out the significant difference of recognition of social environment between individual and team sports. **Material and Methods:** A total of 620 male subjects between the age group of 18-25 years participated in this cross-sectional research. The participants were members of the Individual Sports (*viz.*, Athletics, Archery, Gymnastics, Badminton & Chess) and Team Sports (*viz.*, Cricket, Basketball & Volleyball). The Social Intelligence Scale, developed in 1986 by Ms. Usha Ganesan and N.K. Chadda, was used to assess recognition of social environment. **Statistical Technique:** Unpaired t-test was employed for the present investigation. **Results:** There were no significant differences ($0.2817 > 0.05$) in scores for individual sports ($M = 1.1774$, $SD = 0.7444$) and team sports ($M = 1.2452$, $SD = 0.8192$).

Keywords: Recognition of social environment, athletics, archery, gymnastics, badminton, chess, cricket, basketball, volleyball

Introduction

Advances in the science of sport performance increasingly demonstrate the importance of integrating mental attitude and physical skills ^[1, 2]. Such empirical evidence has led to the development of sport psychology as an integral aspect of coaching and health care for teams and athletes ^[3]. Sport psychology can help an athlete to perform at a level closer to their absolute potential on any given day and this has seen a marked increase in the number of sport psychology consultants working with athletes ^[4]. There are four main factors that determine attitudes towards sport psychology. The first is the “stigma tolerance”, which can be defined as the belief that an individual will be perceived negatively if they were to engage in psychology consulting. Confidence in Sport Psychology Consulting; Stigma Tolerance; Personal Openness; and Cultural Preference ^[5]. As well as gender, certain personality traits have been found to influence one’s attitude towards sport psychology. For example, a study by Ong and Harwood found that openness and conscientiousness were associated with positive attitudes towards sport psychology ^[6]. Scientific evidence highlights that sport psychology interventions adopted by professionals are crucial for making a difference in athlete performance ^[7]. Specifically, imagery, goal-setting, self-talk, and relaxation/arousal regulation are the most common interventions adopted by practitioners and athletes to enhance performance ^[8]. It is also true that athletes face unique physiological and psychological stressors daily. These may contribute to injuries, overtraining, burnout, and/or other physical and mental health issues. Thus, athletes need to continuously explore interventions to counteract the detrimental effect of physical and mental tension and performing at high levels ^[9]. Moreover, interventions that do consider athletes’ emotional and psychological well-being are important components of high performance in sport ^[10]. To further the understanding of the social environmental factors influencing athletes’ emotional experiences. ^[11]. A better understanding of the needs, motivation, and social environment of athletes, including the active involvement of coaches and parents, are pivotal in driving inclusivity in sports settings ^[12]. According to achievement goal theory, perceived motivational climate is a feature of the social environment with different implications depending on whether an individual is more or less task- or ego-involved. Athletes perceive a task-involving climate in environments where coaches emphasize effort, accept errors as part of learning, and focus on improvement and cooperation ^[13, 14].

Material and Methods

Participants

A total of 620 male subjects between the age group of 18-25 years participated in this cross-sectional research. The participants were members of the Individual Sports (*viz.*, Athletics, Archery, Gymnastics, Badminton & Chess) and Team Sports (*viz.*, Cricket, Basketball & Volleyball). The following universities were selected for the purpose of this investigation:

1. Guru Nanak Dev University, Amritsar
2. Punjabi University, Patiala
3. Panjab University, Chandigarh
4. Lovely Professional University, Phagwara

Research Design

In order to determine the significant differences between individual and team sports on the variable of recognition of social environment, this exploratory study used a quantitative method of data collection and analysis.

Statistical analysis: The normality of the data was checked by using the Shapiro-wilk test of normality. Under the data analysis, exploration of data was made with descriptive statistics and graphical analysis. Unpaired t-test was employed for the present investigation. The SPSS (statistical package for the social sciences) version 20.0 was used for all analyses. For testing the hypotheses, the level of significance was set at 0.05.

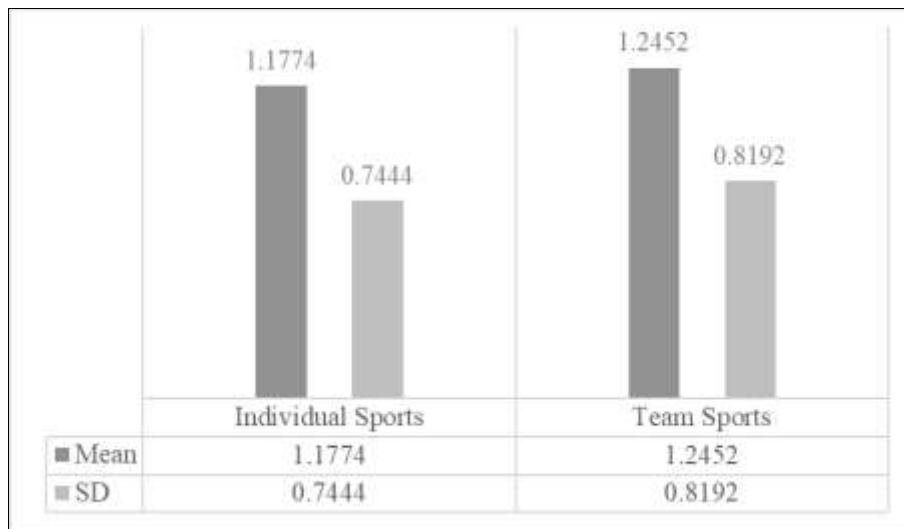


Fig 1: Mean scores for individual sports and team sports on recognition of social environment

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Conflict of interest

The authors declare no conflicts of interest.

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Results

Table 1: Descriptive statistics and independent samples t-test result comparing individual sports and team sports on recognition of social environment

Recognition of Social Environment		
	Individual Sports	Team sports
Sample size	310	310
Arithmetic mean	1.1774	1.2452
95% CI for the mean	1.0942 to 1.2606	1.1536 to 1.3367
Variance	0.5542	0.6711
Standard deviation	0.7444	0.8192
Standard error of the mean	0.04228	0.04653
Mean Difference	0.06774	
Pooled Standard Deviation	0.7827	
Standard Error	0.06287	
95% CI of difference	0.05572 to 0.1912	
Test statistic t	1.078	
Degrees of Freedom (DF)	618	
P value	0.2817	

An independent-samples t-test was conducted to compare the recognition of social environment for individual sports and team sports. There were no significant differences ($0.2817 > 0.05$) in scores for individual sports ($M = 1.1774$, $SD = 0.7444$) and team sports ($M = 1.2452$, $SD = 0.8192$). The magnitude of the differences in the means (mean difference = 0.06774, 95% CI: 0.05572 to 0.1912) was very small.

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