

A comparative study of psychological variables between male and female badminton players

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Abstract

Badminton is a competitive game. Players compete against each other whenever they go on to the court to play a game. If winning is of primary importance in competition then the performance the player gives in the game is the determining factor in winning. The criteria for evaluating a performance includes the player's skill i.e. his strokes or tactical ability, his fitness i.e. his speed, agility, strength, or his attitude i.e. his determination, concentration etc.

The purpose of the study was to investigate comparison of psychological variables between male and female badminton players who had represented their college level tournament. Thirty male and female Badminton players were selected from different college of Rohtak district and the subject age ranging from 18 to 25 years. 't' test statistical technique were computed for comparing the two groups to find out the mean and S.D between male and female badminton players. For testing the hypothesis the level of significance was set at 0.05.

Keywords: psychological variables, badminton

Introduction

Badminton is a competitive game. Players compete against each other whenever they go on to the court to play a game. If winning is of primary importance in competition then the performance the player gives in the game is the determining factor in winning. The criteria for evaluating a performance includes the player's skill i.e. his strokes or tactical ability, his fitness i.e. his speed, agility, strength, or his attitude i.e. his determination, concentration etc.

Psychology as a behavioral science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators. The craze for winning medals in the Olympics and other international competitions has catalyzed the sport scientists to take interest in exploring all the aspects and possibilities which can contribute to enhance sports performance to undreamt heights. Sport psychologists now agree that the elite performance in sports activities can only be possible when there is a judicious combination of genetic factors or traits, generally good environment, which includes the infrastructural facilities, and highly specialized training. This emphasizes the concern and consideration for physical, physiological and psychological factors that are most conducive to outstanding performance. Apart from the personality factors which can be termed as foundational to athletic performance, consistency, confidence, concentration, anxiety management, positive attitude and will, are the fundamental psychological skills, which when learned and practiced certainly help bring about enhancement in athletic performance. Taking into consideration the overall scenario of the psychological aspects of sports in general, anxiety, confidence, mental toughness and achievement

motivation seem to be extremely important elements worth in depth investigation into the psychology of Indian badminton players. These variables are a combination of genetic as well as acquirable characteristics.

Achievement motivation

Achievement motivation can be defined as the need for success or the attainment of excellence. Individuals will satisfy their needs through different means, and are driven to succeed for varying reasons both internal and external

Mental Toughness

It is the ability to concentrate on the proceeding of a particular sporting discipline and not let the pressure of the match situation or the sense of occasion gets the better of the player.

Problem Statement

The purpose of the study was to investigate comparison of psychological variables between male and female badminton players who had represented their college level tournament.

Hypothesis

- It was hypothesized that there will be no significant difference in Psychological factor among male and female badminton players.

Methodology

Selection of Subjects

60 subjects were selected for this study from M.D.U Rohtak who had represented their College Level tournament. Thirty male and female Badminton players were selected from different college of Rohtak district and the subject age ranging from 18 to 25 years.

Tools

- The standard psychological tool constructed by Dr. M.L. Kamlesh will use to measure (SAMT) Achievement Motivation (1990).
- The questionnaire on mental toughness prepared by Alan Goldberg.

Statistical Analysis

‘T’ test statistical technique were computed for comparing the two groups to find out the mean and S.D between male and female badminton players. For testing the hypothesis the level of significance was set at 0.05.

Result of the Study

Table 1: Description of mean, standard deviation, t-ratio and significance level for the data of psychological variables among male and female badminton players

Group Statistics						T-VALUE	SIG. LEVEL
	PLAYERS	N	Mean	S.D	S.E Mean		
AM	MALE	30	29.0333	2.88257	.52628	1.511	.181
	FEMALE	30	28.0000	2.39252	.43681		
MT	MALE	30	35.9000	3.04393	.55574	5.861	.738
	FEMALE	30	31.2000	3.16664	.57815		

Level of Significance - 0.05

The finding of table-1 reveals that the calculated t-value of Achievement Motivation and Mental Toughness among Male and Female Badminton players is 1.511 and 5.861 is higher than the tabulated t-value at 0.05 level for the 58 degree of freedom. Hence statistically there is no significant difference between male and female Badminton players in their selected

variables Achievement Motivation and Mental Toughness. Hence, the hypothesis is accepted in Psychological factor case that there would be no significant difference in psychological factor among Male and Female Badminton players. The mean difference has been shown picturesquely in figure 1.

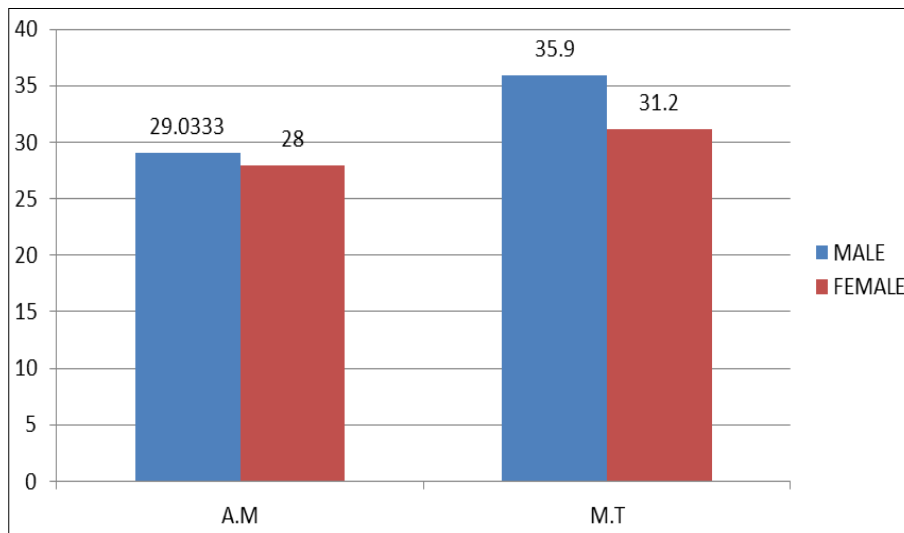


Fig 1: Mean difference of psychological variable among male and female badminton players

It shows that Mean of Achievement Motivation and Mental Toughness between male and female badminton players. Mean of Achievement Motivation and Mental Toughness of Male Badminton players is higher than the Female badminton players.

Discussion

Statistical finding reveals that there is no significant difference between male and female Badminton players in their selected variables Achievement Motivation and Mental Toughness. Hence, the hypothesis is accepted in Psychological factor case that there would be no significant difference in psychological factor among Male and Female Badminton players. Mean of Achievement Motivation and Mental Toughness of Male

Badminton players is higher than the Female badminton players. It may be because of age factor, maturity etc.

Conclusion

After a detailed analysis of the data it is concluded that there would be no significant difference between male and female badminton players on test Achievement motivation and mental toughness in study.

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