

A Study of Perception as related to Gender and Performance of Handball Players

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Abstract

Background: The purpose of the present study was to find out the perception variations of winner and looser handball groups among male and female handball players.

Method: For the purpose of the present study, teams securing first, second, third and fourth place in north zone (male) and north east (female) inter university handball tournaments and teams (both male and female) who lost in the first round were selected. For collection of data, SIZE WEIGHT ILLUSION PERCEPTION TEST constructed by Postman, Bruner and Mc Ginnies(1948) was used to measure perception of the subjects. After statistical analysis, the value of mean and standard deviation of the perception variable was computed and 't' test was applied to find out the significance of difference between the scores of winners and losers on perception variable. The study was tested at .05 level of significance.

Finding: The study revealed that winner group among winner- looser category and male group among male-female category was better than other groups on perception variable.

Key words: perception, handball, winners and losers.

INTRODUCTION

A psychological study of a sportsperson allows the observation of his behavior, which cannot be easily studied in everyday life. Sports performance is the outcome of the effort of an athlete in the face of stiff challenge and competition in which his total self is involved. That's why, the modern athlete is being studied from several angles that converge on him to affect his performance. Psychological research in this context is therefore, an important step in shaping the athlete for competitive performance.

Handball has been called international sport. There is hardly a corner on the earth where people of all ages and both sex have not attracted by this game of fast movement, amazing accuracy and sometimes thrilling extra ordinary finishes. Handball game is a combination of masterful skills, aesthetic body movements and psychological setup. The experts in the field believe that marked changes and advancement in the game's technique and tactics as well as multivariate strategies is the outcome of scientific as well as psychological approach.

Indian standard of handball is very low as compared to other countries like U.S.A., Russia, Holland, Australia etc. India's performance against these countries is like a small baby competing against a big giant. One of the reasons why we are lacking behind may be lack of adequate research on different aspects related to playing ability in handball.

Keeping in mind the above mentioned factors, we come to the conclusion that proper knowledge of psychology and its implementations are needed at every step in sports and physical education for providing training and coaching to the sportsmen to attain maximum performance. The researcher thus undertakes the study on perception.

Objectives of the Study

The present study has the following objectives.

1. To find out significant differences between total sample of winner and loser handball players on the variable perception.
2. To find out significant differences between total sample of male and female handball players on the variable perception.

PROCEDURE AND METHODOLOGY

This was a survey study which focuses to assess the psychological variable i.e. perception of north Indian zone university level handball players. The purposive sampling techniques were used to select the subjects for the study. The players of first four position holding teams in north zone (male) and north east (female) were considered as winners and the players of the teams losing in the first round were considered as losers for the collection of data in both gender groups i.e. (male and female)

To measure size weight illusion of the subjects SIZE WEIGHT ILLUSION PERCEPTION TEST constructed/developed by Postman, Bruner and Mc Ginnies(1948) and modified by Arguin, Marlin and Patrick (1988) was administered.

The test consists of trying to match the weight of 10 cylinders with respect to a standard cylinder of 70gms which is one third the height of the test cylinders. The diameter remaining same the test cylinders vary in increments of 4gms each above and below the standard. The test administration was carried out with this. The subject was asked to feel the standard weight. The test cylinder series was then given to the subject in one set of 2 minutes.

The test cylinders were given and then the subject was asked to judge their weight while raising the cylinder to point one feet above the starting in a fixed time.

The series was started from a weight judge as definitely heavier and lighter weights was given.

The test was stopped after 2 minutes when the weights were judged as lighter twice in succession.

The test was administered as above but the series was started from a weight judged as definitely lighter weight and will go on with increasing weights until the subject will judge the weights to be heavier twice in succession while lowering the cylinder from a point one feet above the end in a fixed time.

Statistical Design

The data obtained through test was compiled and tabulated. After the statistical analysis, the value of mean and standard deviation was computed and 't' test was applied to find out the significance of difference between the scores of winner- loser and male-female on perception variable. The study was tested at .05 level of significance.

RESULTS AND DISCUSSIONS

Table 1: Mean Difference in the Scores of Perception between Winners and Losers

STATUS	N	Mean	Std. Deviation	Std. Error Mean	T value	Remarks
Winners	80	4.03	1.763	.197	2.581	.011 sd
Losers	80	3.39	1.331	.149		

In table 1, the mean value with SD and the computed 't' value on perception variable is presented. Results of the table 1 show that the winner group has recorded higher mean value

(4.03) as compared to loser group mean value (3.39). The 't' value 2.581 has been found statistically significant at .05 level of confidence. Shown in table 1. However, from the results of this table, it can be deduced that winner group is having more perception than their counterparts i.e. loser group. This might be possible due to the reason that while participating in various winning situations, the winners had to integrate various informations and then had to decide appropriate action. A graphical presentation of the table 1 has been given in figure 1.

Figure 1: Mean scores of Perception Variable of Winners and Losers

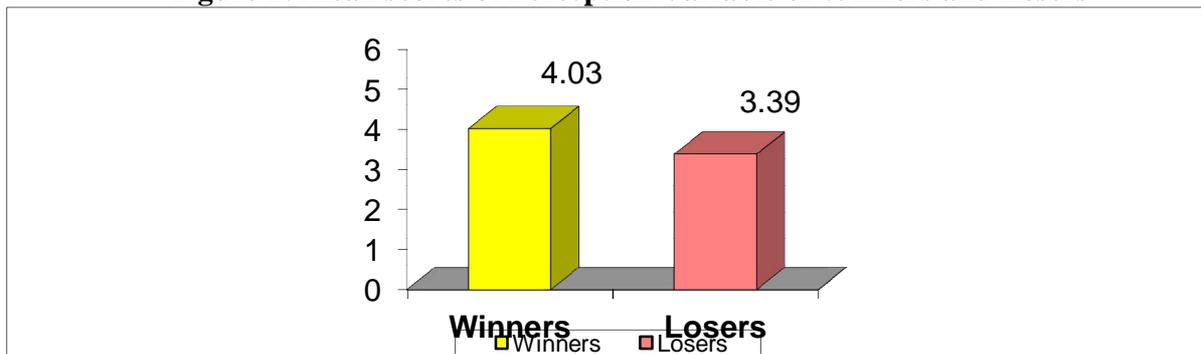
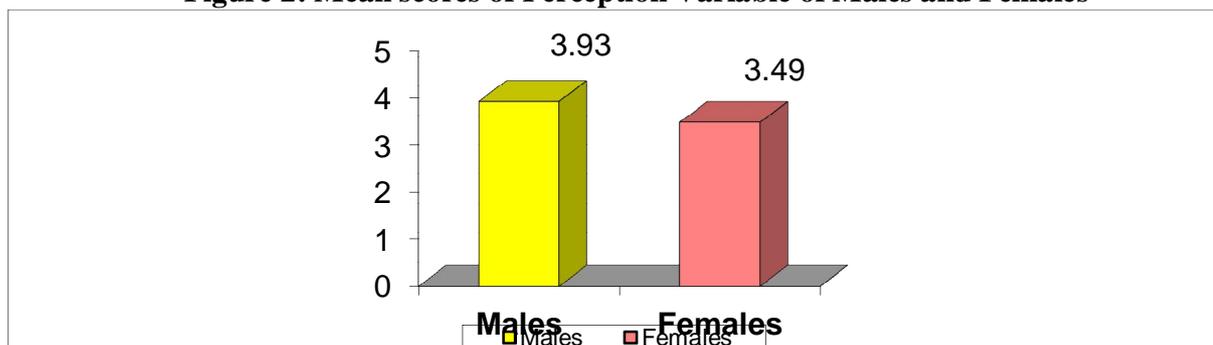


Table 2: Mean Difference in the Scores of Perception between Males and Females

STATUS	N	Mean	Std. Deviation	Std. Error Mean	T value	Remarks
Males	80	3.93	1.661	.186	1.752	.082
Females	80	3.49	1.493	.167		

In table 2 are presented, the mean value with SD and the computed 't' value on perception variable. Results of the table 2 show that the male group has recorded higher mean value (3.93) as compared to female group mean value (3.49). The 't' value 1.752 shown in table 2 is found not significant at .05 level of confidence. Shown in figure 2.

Figure 2: Mean scores of Perception Variable of Males and Females



CONCLUSIONS

1. Winner and loser groups have significant difference on perception variable. However, winner group has recorded high mean value as their score, than the loser group. This is an indication that winner group has the better perception than the loser group.
2. Male and female groups have no significant difference on perception variable. However, male group has recorded high mean value as their score, than the female group. This indicates that male group has the better perception than the male group.

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