

Study of Self Actualization between the Players of Volleyball and Wrestling Game

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Abstract

Background: The purpose of this study was to assess the comparative Study of self actualization between the players of volleyball and wrestling game.

Methods: 20 male volleyball and 20 male wrestling players were randomly selected for this study. Age ranged from 17-25 years. The tool used was the Self actualization Inventory by Dr. K. N. Sharma which designed in 1986. the inventory contains 75 items in total. A three points rating scale indicated equal to nil, some and much degree of self actualization characteristics has been provided in front of each of the statements. The statements were mixed randomly. To compare the self actualization between the players of volleyball and wrestling game, independent t test was employed. The level of significance chosen was at 0.05.

Results: Based on the results of the study, Analysis of data reveals that there is no significant difference between the players of volleyball and wrestling game in case of self actualization. The findings may be due to the fact that both volleyball and wrestling players have to execute sudden action such as swift turning, dodging, stopping twisting, abrupt stopping etc. So, both games require optimum amount of these abilities.

Keywords: - Self actualization

INTRODUCTION

Sports are as old as human society and it has achieved a universal following in the modern times. It now enjoys a popularity which outstrips any other form of social times. Now a day sport has emerged as a great socio-psychological phenomenon. Even the so-called individual sports involve others for competition which, by a definition is a social situation. Indeed the socio-psychological dynamics of sports groups are important component of sports psychology. It is known fact that poses are not always deal in with just the individual athletes, rather group performance is a practical issue, as the coach has to normally deal State with the group of athletes, who make a team. No doubt, all the variables that influence individual performances operate on individual within groups also, but when team performance is an issue, a host of complex interacting socio-psychological variables are introduced. This does not mean that individual's needs, abilities, personality, motives, values and interests are not considered, instead, it points how difficult it can be to have diverse individuals working together in a group frame work.

Now sports psychology has emerged as a distinct scientific discipline. Many attempts have been made to help coaches and athletes in the pursuits in a number of ways like assessing the athletes on various psychological demands, providing psychological demands, providing psychological techniques for enhancing performance, identifying problematic athletes and various psychological intervention programmers. The area of development of socio-psychological profiles of athletes has created its own place because. On the basis of profiles, not

only the suitable athletes could be selected, but the training programmer also be monitored as per the psychological make-up of participating athletes.

Apart from psychological characteristics required for the successful participation in sports, there are number of social characteristics which also play an important role. It goes without saying that motivation directs the athletes towards their goals. Most of the time coaches are able to observe their external behavior which gives us clues about their drive towards goals. But in fact, at very roots of it, remains the well set pattern of values, which determine the direction of motivation. The values make the individual instrumental to accept or reject various ideas related to their activities, e.g. the individual having modern values, will be flexible in their attitude to accept novelty and changes in his pursuits, whereas the individual possessing traditional values will be rigid in his attitude, hence they shell, most of their time, feels hesitant in changing themselves according to the current demand of their area of operation (Apter, 1986).

Self-actualization is a term that has been used in various psychological theories, often in slightly different ways. The term was originally introduced by the organismic theorist, Kurt Goldstein for the motive to realize one's full potential. In his view, it is the organism's master motive, the only real motive: 'the tendency to actualize itself as fully as possible is the basic drive...the drive of self-actualization'. Carl Rogers similarly wrote of 'the curative force in psychotherapy - man's tendency to actualize himself, to become his potentialities...to express and activate all the capacities of the organism'. However, the concept was brought most fully to prominence in Abraham Maslow's hierarchy of needs theory as the final level of psychological development that can be achieved when all basic and mental needs are fulfilled and the "actualization" of the full personal potential takes place.

Objective of the study

To find out the Study of self actualization between the players of volleyball and wrestling game

METHODOLOGY

For the purpose of the study, 20 volleyball male and 20 wrestling male players those who participated in inter- college tournament were selected as the subject for the study. The age of the subject was ranging from 17-25 years.

Variables Self actualization

The tool used was the Self actualization Inventory by Dr. K. N. Sharma which designed in 1986.the inventory contains 75 items in total. A three points rating scale indicated equal to nil, some and much degree of self actualization characteristics has been provided in front of each of the statements. The statements were mixed randomly.

Administration of the Test

Instructions are written over leaf of the inventory in Hindi. It can be administered either in group or individual situation and give the following instructions.

Below are some statements, in front of them there are places for three possible answers. 'equal to nil', 'some' and 'much'. Tick mark in a respective column after going through each statement carefully of a degree of which you think of yourself on that statement. Mark only at one place for one statement, your answer must be accurate after a good thought.

Although there is no time limit for the administration of the inventory but this take about 30 minutes to complete it.

Scoring

The scoring is simple. The three alternatives, 'equal to nil', 'some' and 'much' have been assigned 1, 2, 3 weights respectively. The score has to count in the end the ground totals of the marks should obtained frequencies of the three total response categories multiplied respective weights.

Reliability

The test retest reliability of the inventory on a small sample of 100 lights class students was found to be 0.85.

Validity

Since there is no test of self actualization our label validation could not be done. However, the content validation of the items has already been made thoroughly.

Statistics Analysis

To compare the self actualization between the players of volleyball and wrestling game, independent t test was employed. The level of significance chosen was at 0.05.

FINDINGS

In order to find out the comparison of self actualization between the players of volleyball and wrestling game, the collected data was analyzed by using independent t-test. The result of the statistical technique used on data are presented in Table no. 1

Table – 1: Comparison of Self Actualization between the Players of Volleyball and Wrestling Game

Game discipline	Number of players	Variable	Mean	SD	t -value
Volleyball	20	Self actualization	170.35	18.02	0.169
wrestling	20	Self actualization	171.25	14.487	

* $t_{0.05} (38) = 2.02$

Analysis of data on selected self actualization between the players of volleyball and wrestling game from Table 1 reveal that:

a) There was no significant difference in self actualization between the players of volleyball and wrestling game because the calculated value (0.169) was less than the tabulated value (2.02) at the 0.05 level of significance.

Discussion of Finding

Analysis of data reveals that there is no significant difference between the players of volleyball and wrestling game in case of self actualization. The findings may be due to the fact that both volleyball and wrestling players have to execute sudden action such as swift turning, dodging, stopping twisting, abrupt stopping etc. So, both games require optimum amount of these abilities.

CONCLUSIONS

1. There was no significant difference between the players of volleyball and wrestling game related to self actualization.

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