

Study of Mental Profile of Wicket Keeper Batsmen and Batsmen of Inter-Collegiate Cricket Players of University Of Delhi

¹Ashish kumar, ²Meenu Dabas & ³Dr. Pardeep Kumar

¹Postgraduate Research Scholar, IGIPSS, University of Delhi

²Corresponding Author: Postgraduate Research Scholar, IGIPSS, Uni. of Delhi

³Supervisor: Associate Professor IGIPSS, University of Delhi

(Received 2 July 2017-Accepted & Published 18 July 2017)

Abstract

The purpose of the present study was to assess the mental profile of wicket keeper batsman and batsmen up to 4th position of inter- collegiate cricket players of university of Delhi. For the purpose of the study data was collected from thirty (N-30) male cricketers lying between age group of 18-25 years from the University of Delhi, at Inter Collegiate level and all were regular players with good level of skill. The participants were wicketkeeper batsmen and batsmen from university of Delhi were selected. Descriptive Statistics and independent t-test was employed to know the mental status of wicket keeper batsman and batsmen of inter- college level.

Key words- goal setting, commitment, stress control, fear control relaxation, energizing, focusing, Imagery, competition planning, mental practice, refocusing.

INTRODUCTION

The origins of cricket lie somewhere in the Dark Ages - probably after the Roman Empire, almost certainly before the Normans invaded England, and almost certainly somewhere in Northern Europe. All research concedes that the game derived from a very old, widespread and uncomplicated pastime by which one player served up an object, be it a small piece of wood or a ball, and another hit it with a suitably fashioned club. The International Cricket Council (ICC) and the Marylebone Cricket Club (MCC) maintain the laws of cricket. There are various formats ranging from Twenty20, played over a few hours with each team having a single innings of 20 over (i.e. 120 deliveries), to Test cricket, played over five days with unlimited over and the teams playing two innings apiece.

The **Wicket-Keeper** batsmen in the sport of cricket is the player on the fielding side who stands behind the wicket or stumps being guarded by the batsman currently on strike. The wicket keeper is the only member of the fielding side permitted to wear gloves and external leg guards. The wicket keeper may also wear a helmet with a mesh face guard to help protect from injury. The keeper's major function is to stop deliveries that pass the batsman (in order to prevent runs being scored as 'byes'), but he can also attempt to dismiss the batsman in various ways:

- The most common dismissal effected by the keeper is for him to *catch* a ball that has nicked the batsman's bat, called an *edge*, before it bounces. Sometimes the keeper is also in the best position to catch a ball which has been hit high in the air. More catches are taken by wicket-keepers than by any other fielding position.
- The keeper can *stump* the batsman by using the ball to remove the bails from the stumps, if the batsman has come out of his crease during a delivery.
- When the ball is hit into the outfield, the keeper moves close to the stumps to catch the return throw from a fielder and, if possible, to *run out* a batsman.

- A keeper's position depends on the bowler: for fast bowling he will squat some distance from the stumps, in order to have time to react to edges from the batsman, while for slower bowling, he will come much nearer to the stumps (known as "standing up"), to pressure the batsman into remaining within the crease or risk being stumped.

In the sport of cricket, **Batting** is the act or skill of hitting the cricket ball with a cricket bat to score runs or prevent the loss of one's wicket. A player who is currently batting is denoted as a batsman, while the act of hitting the ball is called a shot or stroke. The term *specialist batsman* is also used generically to describe players who specialize in batting.

During an innings two members of the batting side are on the pitch at any time: the one facing the current delivery from the bowler is denoted the striker, while the other is the non-striker. When a batsman is out, he is replaced by a teammate. This continues until the end of the innings or until 10 of the team members are out, whereupon the other team gets a turn to bat.

Batting tactics and strategy vary depending on the type of match being played as well as the current state of play. The main concerns for the batsmen are not to lose their wicket and to score as many runs as quickly as possible. These objectives generally conflict – to score quickly, risky shots must be played, increasing the chance that the batsman will be dismissed, while the batsman's safest choice with a careful wicket-guarding stroke may be not to attempt any runs at all. Depending on the situation, batsmen may forgo attempts at run scoring in an effort to preserve their wicket, or may attempt to score runs as quickly as possible with scant concern for the possibility of being dismissed.

1) **Foundation skills** (goal setting, self-confidence, commitment), which are believed to be essential for high quality performance in sports and are considered the building blocks for the development of other mental skills.

2) **Psychosomatic skills** (stress reactions, fear control, relaxation and activation) which influence variations in physiological activation as well as mental and physical intensity and can be used for their regulation.

3) **Cognitive skills** (imagery, mental practice, focusing, refocusing and competition planning), which rely on thinking processes and activities that include sensation, perception, learning, memory and reasoning.

Problem Statement:

The purpose of this study was to assess the mental profile of wicketkeeper batsman and batsmen up to 4th position of inter- collegiate level of university of Delhi.

METHODOLOGY

Samples and Sampling Technique: Data was collected from thirty (N-30) male cricketers lying between age group of 18-25 years from the University of Delhi, at Inter Collegiate level and all were regular players with good level of skill.

The participants were wicketkeeper batsmen and batsmen of inter- collegiate level.

Selection of Variables: Researcher used a standardized tool to analyze the mental profile of wicketkeeper batsmen and batsman up to 4th position. The researcher used the Ottawa MentalSkillsAssessmentTool-3 (OMSAT-3-2ndversion) used with their independent variable and their sub scales.

Variable	Sub Variables
Mental profile	Foundation skills
	Psychosomatic skills
	Cognitive skills

Tools and Techniques:

The purpose of the study was to assess the mental profile of wicketkeeper batsman and batsmen up to 4th position of inter- collegiate level of University of Delhi. Ottawa Mental Skills Assessment Tool-3(OMSAT-3-Version 2)

Data Collection: Durand-Bushand colleagues (2001) revised two former versions of the OMSAT, which measures a broad range of mental skills. The third version includes 48 items and 12 mental skills groups (4 items per group), which are grouped under three main conceptual components. The standardized instructions were given to the subjects as per the respective questionnaire Ottawa Mental Skills Assessment Tool-3 (OMSAT-3). The cricketers filled up the questionnaire and collected data was measured with the help of scoring key.

Statistical Techniques : To assess the status of mental profile of wicketkeeper batsman and batsmen of inter-collegiate of University of Delhi. Descriptive statistics and independent 't- test' was employed and presented in form of Tables, Graphical Illustration and Explanation of the Result.

Table: 1 Descriptive Statistical Analysis of Wicketkeeper Batsmen

VARIABLE	N	MEAN	Std. DEVIATION
GOAL SETTING	15	24.20	2.00
CONFIDENCE	15	23.80	3.21
COMMITMENT	15	24.26	3.28
STRESS CONTROL	15	16.53	4.08
RELAXATION	15	18.46	3.48
FEAR CONTROL	15	19.53	3.56
ENERGIZING	15	20.40	4.11
FOCUS	15	19.46	3.85
IMAGERY	15	23.00	2.36
COMPETITION PLANNING	15	21.66	3.41
MENTAL PRACTICE	15	22.60	3.62
REFOCUS	15	16.06	4.57

From table: 1 when compares the mental profile of wicketkeeper batsmen. The researcher found mean & Std. Deviation score of Goal Setting (24.20 ± 2.01), Confidence (23.80 ± 3.21), Commitment (24.27 ± 3.28), Stress Control (16.53 ± 4.08), Relaxation (18.47 ± 3.48), Fear Control (19.53 ± 3.56), Energizing (20.40 ± 4.12), Focus (19.47 ± 3.85), Imagery (23.00 ± 2.36), Competition Planning (21.67 ± 3.41), Mental Practice (22.60 ± 3.62), Refocus (16.06 ± 4.57).

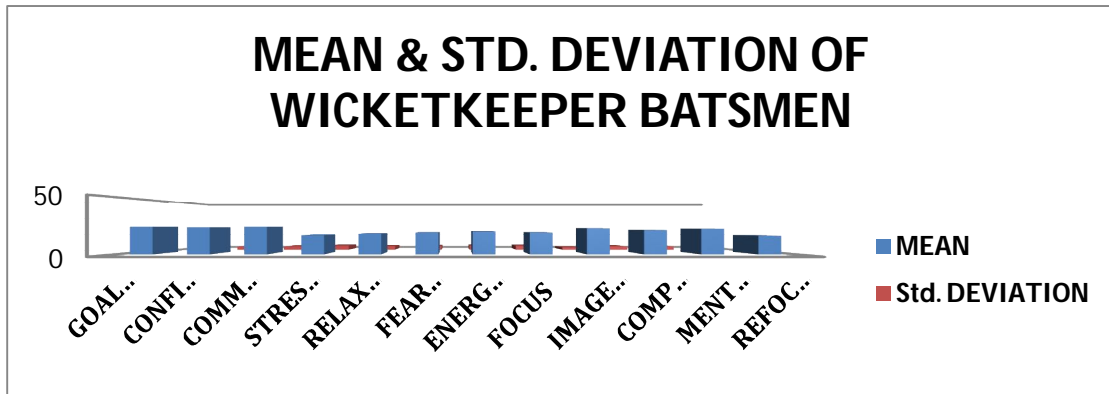


Table No: 2 Descriptive Statistical Analysis of Batsmen

VARIABLE	N	MEAN	Std. Deviation
GOAL SETTING	15	21.33	4.54
CONFIDENCE	15	21.26	4.63
COMMITMENT	15	20.93	5.06
STRESS CONTROL	15	17.93	4.62
RELAXATION	15	19.46	3.75
FEAR CONTROL	15	19.60	4.45
ENERGIZING	15	19.60	4.45
FOCUS	15	18.73	3.34
IMAGERY	15	20.53	3.22
COMPETITIVE PLANNING	15	19.73	4.19
MENTAL PRACTICE	15	21.73	4.16
REFOCUS	15	14.66	4.04

Table No: 2 when looking at the mental profile of batsmen. The researcher found mean & Std. Deviation score of Goal Setting (21.33 ± 4.55), Confidence (21.27 ± 4.64), Commitment (20.93 ± 5.06), Stress Control (17.93 ± 4.62), Relaxation (19.47 ± 3.76), Fear Control (19.60 ± 4.45), Energizing (19.60 ± 4.45), Focus (18.73 ± 3.35), Imagery (20.53 ± 3.23), Competition Planning (19.73 ± 4.20), Mental Practice (21.73 ± 4.16), Refocus (14.67 ± 4.04).

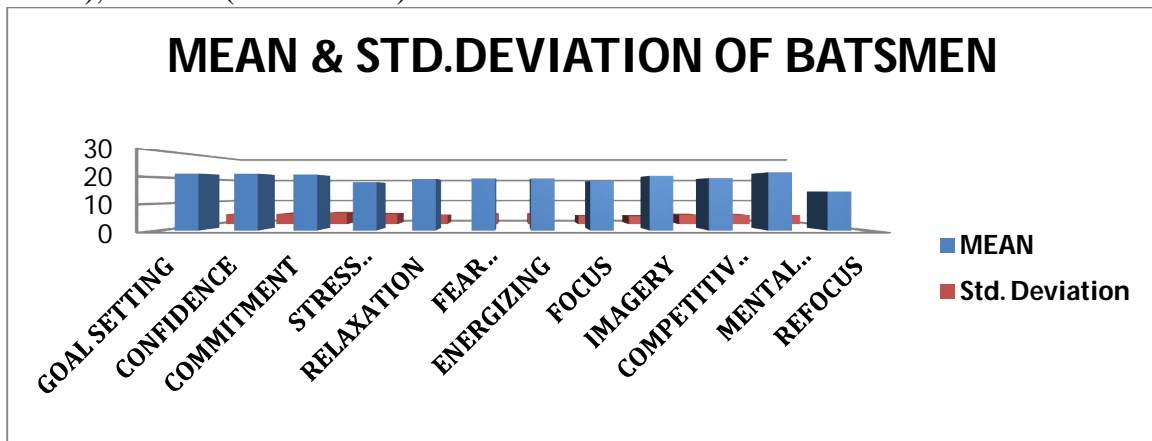


Table: 3 Descriptive Statistical Analysis of Wicket Keeper Batsmen and Batsmen

VARIABLE	N	MEAN	Std. Deviation
GOAL SETTING	30	22.76	3.74
CONFIDENCE	30	22.53	4.12
COMMITMENT	30	22.60	4.52
STRESS CONTROL	30	17.23	4.34
RELAXATION	30	18.96	3.59
FEAR CONTROL	30	19.56	3.96
ENERGIZING	30	20.30	3.84
FOCUS	30	19.10	3.56
IMAGERY	30	21.76	3.04
COMPETITIVE PLANNING	30	20.70	3.88
MENTAL PRACTICE	30	22.16	3.86
REFOCUS	30	15.36	4.30

Table No: 3 when compare the mental profile of total. The researcher found mean & Std. Deviation score of Goal Setting (22.77 ± 3.75), Confidence (22.53 ± 4.12), Commitment (22.60 ± 4.52), Stress Control (17.23 ± 4.34), Relaxation (18.97 ± 3.59), Fear Control (19.57 ± 3.96), Energizing (20.30 ± 3.84), Focus (19.10 ± 3.56), Imagery (21.77 ± 3.04), Competition Planning (20.70 ± 3.89), Mental Practice (22.17 ± 3.86), Refocus (15.37 ± 4.30).

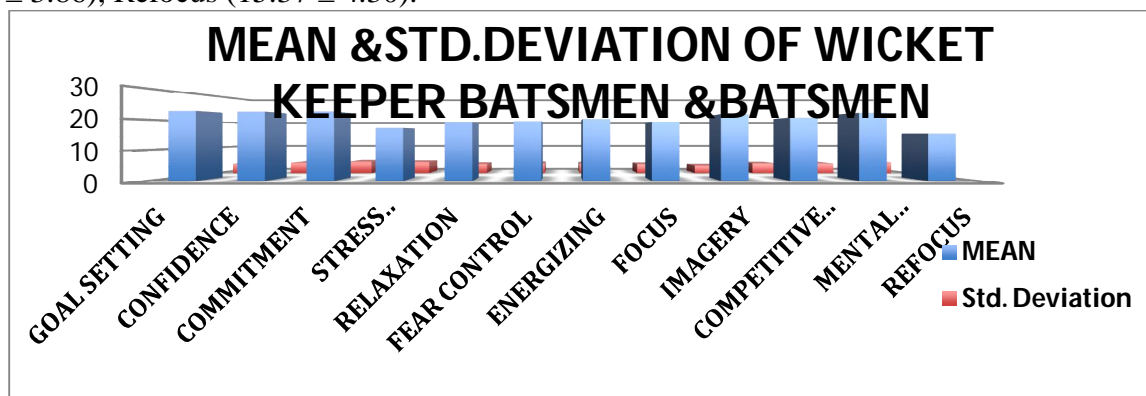


Fig: 3 Graphical representation of mean and std. deviation of both wicketkeeper batsmen and batsmen.

Table: 4 Independent 't' Test of Wicketkeeper Batsmen and Batsmen

Variables	Subject	Mean	Std. Deviation	Std error	Mean difference	T	P
Goal Setting	Wicketkeeper batsmen	24.20	2.01	.52	2.86	2.23	.03
	Batsmen	21.33	4.55	1.17			
Confidence	Wicketkeeper batsmen	23.80	3.21	.82	2.53	1.74	.09
	Batsmen	21.27	4.64	1.20			

Commitment	Wicketkeeper batsmen	24.27	3.28	.85	3.33	2.14	.04
	Batsmen	20.93	5.06	1.31			
Stress Control	Wicketkeeper batsmen	16.53	4.08	1.05	1.40	8.79	.39
	Batsmen	17.93	4.62	1.19			
Relaxation	Wicketkeeper batsmen	18.47	3.48	.90	1.00	7.56	.46
	Batsmen	19.47	3.76	.97			
Fear control	Wicketkeeper batsmen	19.53	3.56	.92	.07	.04	.96
	Batsmen	19.60	4.45	1.15			
Energizing	Wicketkeeper batsmen	20.40	4.12	1.06	.20	.14	.89
	Batsmen	20.20	3.69	.95			
Focus	Wicketkeeper batsmen	19.47	3.85	.99	.73	.56	.58
	Batsmen	18.73	3.35	.86			
Imagery	Wicketkeeper batsmen	23.00	2.36	.61	2.47	2.40	.02
	Batsmen	20.53	3.23	.83			
Competition Planning	Wicketkeeper batsmen	21.67	3.41	.88	1.93	1.38	.18
	Batsmen	19.73	4.20	1.08			
Mental Practice	Wicketkeeper batsmen	22.60	3.62	.94	.87	.61	.55
	Batsmen						
Refocus	Wicketkeeper batsmen	16.07	4.57	1.18	1.40	.89	.38
	Batsmen	14.67	4.05	1.05			

Table No: 4 Above clearly indicates that there were significant differences obtained in Goal Setting, Commitment and Imagery between wicketkeeper batsmen and batsmen, since the values obtained were 2.23, 2.14 and 2.40 at a P value of 0.05 level.

However, there were no significant differences obtained in various variables of Omsat-3 which were confidence, stress control, relaxation, fear control, energizing, focus, competition planning, mental practice and refocus, since the values obtained were 1.74, 8.79, 7.56, .04, .14, .56, 1.38, .61, .89 respectively and these t-values are more than the set significant values of 0.05 levels.

Discussion of Finding: The data for the present study was collected on 30 subjects selected from the university of Delhi, out of which 15 are wicketkeeper batsmen and 15 are batsmen of intercollegiate level players. A standardized questionnaire of mental profile questionnaire (OMSAT-3) was used for the collection of the data, the collected data was analyzed by computing independent sample 't' test.

The result revealed that significant differences have been observed in Goal Setting (2.23), commitment (2.14) and Imagery (2.40) between wicketkeeper batsmen and batsmen.

However, there were no significance difference obtained in various variables which were confidence (1.72), stress control (8.79), relaxation (7.56), fear control (.04), energizing (.14), focus (.56), competition planning (1.38), mental practice (.61), refocus (.89) respectively and these t- values are more than set significant values of 0.05 level.

CONCLUSION:

Based on the finding of the study, scholar's own understanding and based on available literature the following conclusion were drawn.

It is concluded that mental profile of wicketkeeper batsmen. The researcher found mean & Std. Deviation score of Goal Setting (24.20 ± 2.01), Confidence (23.80 ± 3.21), Commitment (24.27 ± 3.28), Stress Control (16.53 ± 4.08), Relaxation (18.47 ± 3.48), Fear Control (19.53 ± 3.56), Energizing (20.40 ± 4.12), Focus (19.47 ± 3.85), Imagery (23.00 ± 2.36), Competition Planning (21.67 ± 3.41), Mental Practice (22.60 ± 3.62), Refocus (16.06 ± 4.57).

It is concluded that mental profile of batsmen. The researcher found mean & Std. Deviation score of Goal Setting (21.33 ± 4.55), Confidence (21.27 ± 4.64), Commitment (20.93 ± 5.06), Stress Control (17.93 ± 4.62), Relaxation (19.47 ± 3.76), Fear Control (19.60 ± 4.45), Energizing (19.60 ± 4.45), Focus (18.73 ± 3.35), Imagery (20.53 ± 3.23), Competition Planning (19.73 ± 4.20), Mental Practice (21.73 ± 4.16), Refocus (14.67 ± 4.04).

The collected data was analyzed by computing Independent sample 't' test. The result revealed that significant difference have been observed in Goal Setting (2.23), commitment (2.14) and Imagery (2.40) between wicketkeeper batsmen and batsmen.

There were no significance difference obtained in various variables which were confidence (1.72), stress control (8.79), relaxation (7.56), fear control (.04), energizing (.14), focus (.56), competition planning (1.38), mental practice (.61), refocus (.89) respectively and these t- values are more than set significant values of 0.05 level.

References:

- Durand-Bush, N. (1995). *Validity and reliability of the Ottawa Mental Skills Assessment tool (OMSAT-3)*. University of Ottawa (Canada).
- Gucciardi, D. F., & Gordon, S. (2009). Development and preliminary validation of the Cricket Mental Toughness Inventory (CMTI). *Journal of Sports Sciences*, 27(12), 1293-1310.
- Salmela, J. H., Monfared, S. S., Mosayebi, F., & Durand-Bush, N. (2009). Mental skill profiles and expertise levels of elite Iranian athletes. *International Journal of Sport Psychology*.
- Sotoodeh, M. S., Talebi, R., Hemayattalab, R., & Arabameri, E. (2012). Comparison of selected mental skills between elite and non-elite male and female Taekwondo athletes. *World Journal of Sport Sciences*, 6(1), 32-38
- Weissensteiner, J. R., Abernethy, B., Farrow, D., & Gross, J. (2012). Distinguishing psychological characteristics of expert cricket batsmen. *Journal of Science and Medicine in Sport*, 15(1), 74-79.