

Study on Factors Influencing Sports Career among Runners in Athletics

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Abstract

The objective of the study was to assess the status of Factors affecting sports career of Runners in Athletics. Total 90 state level athletes from Delhi were selected for the purpose of the study from 3 different athletic running events i.e. Sprinters, Middle distance runners and Long distance runners. In order to collect data following tool was used: Factors influencing sports career was assessed by Inventory of Factors Influencing Sports Career developed by M.L. Kamlesh and T.R. Sharma. Descriptive Statistics along with various illustrative methods were used to reveal the status of selected subjects on selected psychological profiles. The mean value observed for Sprinting athletes was found to be 25.10 ± 3.35 . Further, the same values for Middle Distance Runners and Long-Distance Runners were found to be 26.00 ± 3.76 and 24.40 ± 4.02 respectively. The overall value was observed as 25.16 for mean and 3.74 for Standard deviation. The mean value observed for Sprinting athletes was found to be 24.60 ± 5.59 . Further, the same values for Middle Distance Runners and Long-Distance Runners were found to be 21.96 ± 5.12 and 19.46 ± 4.70 respectively. The overall value was observed as 21.98 for mean and 5.50 for Standard deviation. The mean value observed for Sprinting athletes was found to be 49.70 ± 6.81 . Further, the same values for Middle Distance Runners and Long-Distance Runners were found to be 48.03 ± 5.52 and 44.06 ± 5.97 respectively. The overall value was observed as 47.26 for mean and 6.50 for Standard deviation. All the selected subjects were in the normal/average range category in the case of Factors affecting sports career.

Keywords: IFISC

INTRODUCTION

Factors affecting Sports career can be a strong psychological attribute to performance of a sportsperson and may affect his/her performance greatly on or off the field. The research scholar felt the need to investigate the Factors affecting sports career for sports person, Physical education teachers, coaches, and trainers is of utmost importance and will enable them to know the prevalence of Inventory of factors influencing sports career (Internal and External). The problem for the current research was stated as “Study on Factors Influencing Sports Career among Runners in Athletics”. And objectives of the research were as follows: to assess the status of psychological profile of Sprinter Athletes on Factors affecting sports career, to assess the status of psychological profile of Middle distance runners on Factors affecting sports career and to assess the status of psychological profile of Long distance runners on Factors affecting sports career. The study included the following delimitations: 1) The research was delimited to ninety male players of selected athletic events belonging to Sprinters – 30, Middle Distance Runners – 30 and Long Distance Runners – 30, 2) The study was delimited to the state level players belonging to Delhi state only, 3) This study was confined to male players only from selected Athletic events i.e. Sprinters, Middle Distance Runners and Long Distance Runners and the study was also delimited to selected psychological variables i.e. Factors influencing sports career. The questionnaire research itself has its own limitation. As such any bias opinion that might be given by the subject in the form of responses that affect the results of the study might be considered as limitation of

the study. Different ways of living, socio-economic conditions, nature of activity, daily routine & habits of players which may have not under the control of research scholar was considered as a limitation of the study. No special motivational technique we used during the test, therefore the differences that might have occurred in performance due to lack of motivation was recorded as the limitation of the study. The study would attempt to be proved significant in following manner: The result would reveal the psychological profile of selected athletic events i.e. Sprinters, Middle Distance Runners and Long Distance Runners. The result of the study may help the coaches and trainers regarding how to trained and psychologically prepare the male players of selected Running Events for competition. The study may provide both the coaches and male players from selected Running Events to acquire a deeper insight into their own interactive process based on psychological profiles of players.

PROCEDURE AND METHODOLOGY

For the present study a total of 90 male (Running Events) athletes were selected as subjects of the study keeping the feasibility in the mind and importance of psychological aspects, the following variables were selected for the purpose of this study: Inventory of factors influencing sports career (Internal), Inventory of factors influencing sports career (External) and Inventory of factors influencing sports career (Total). The criterion measures adopted for the study was as follows: Factors influencing sports career was assessed by Inventory of Factors Influencing Sports Career developed by M.L. Kamlesh and T.R. Sharma, score was obtained – one external factors response ranging from 0 to 40 and the other internal response also ranging from 0 to 40 for the number of questions in each category is limited to 10.

The status of selected psychological variables i.e. Inventory of factors influencing sports career (Internal), Inventory of factors influencing sports career (External) and Inventory of factors influencing sports career (Total) of athletes in different running i.e. Sprint, Middle Distance Race and Long Distance categories was described by various statistical procedures that includes Descriptive statistics – Mean, Standard Deviation, Minimum & Maximum values and normality of data distribution was tested by Skewness, Kurtosis and Wilk & Shapiro Test. Various illustrative methods were also used for graphical representation of the result.

RESULTS OF THE STUDY AND DISCUSSIONS ON FINDINGS

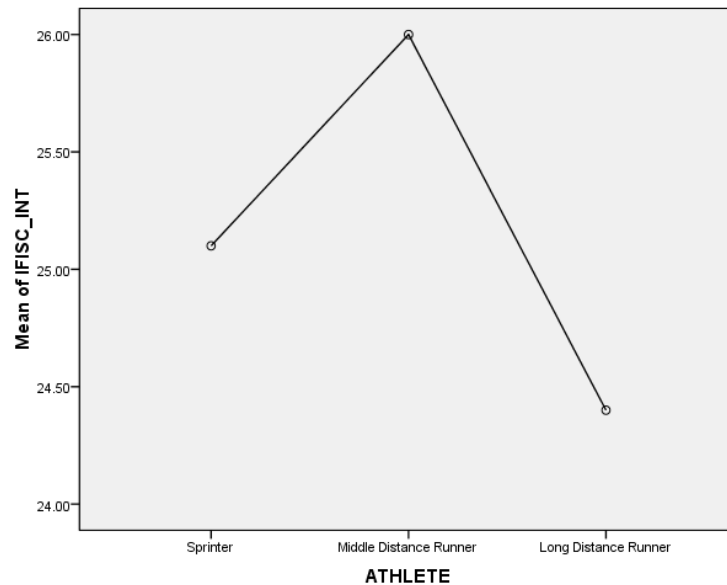
The main purpose of the present study was to assess the status of psychological profile of Sprinter Athletes on Factors affecting sports career, to assess the status of psychological profile of Middle distance runners on Factors affecting sports career and to assess the status of psychological profile of Long distance runners on Factors affecting sports career.

Descriptive Statistics – Inventory for Factors Influencing Sports Career

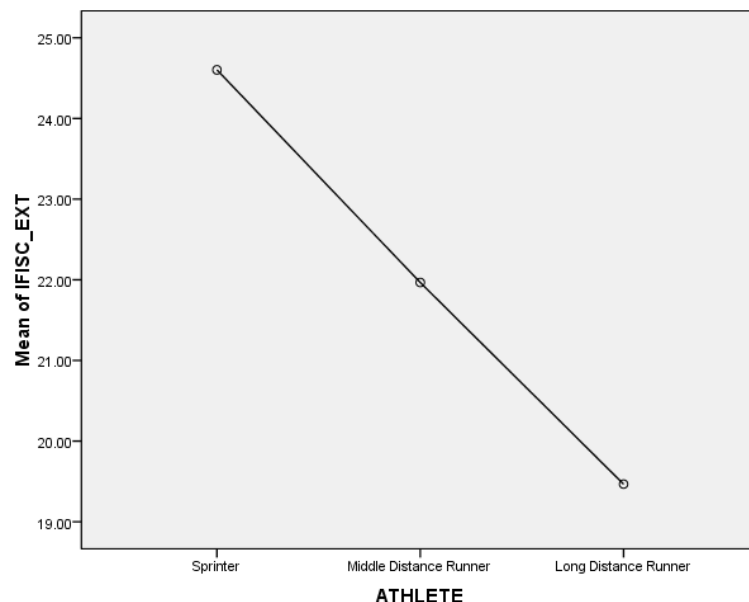
	N	Internal		External		Total	
		Mean	SD	Mean	SD	Mean	SD
Sprinter	30	25.10	3.35	24.60	5.59	49.70	6.81
Middle Distance Runner	30	26.00	3.76	21.96	5.12	48.03	5.52
Long Distance Runner	30	24.40	4.02	19.46	4.70	44.06	5.97
Total	90	25.16	3.74	21.98	5.50	47.26	6.50

All the athletes were assessed on factors influencing sports career where status of Sprinters athletes were revealed was as follow. The status of Sprinters athletes on factors that influence the sports career (internal, external and total respectively) of an athlete by applying

Inventory of factors influencing sports career and values obtained was 25.10 ± 3.356 , 24.60 ± 6.173 (revised - 24.60 ± 5.59) and 49.70 ± 6.814 respectively.

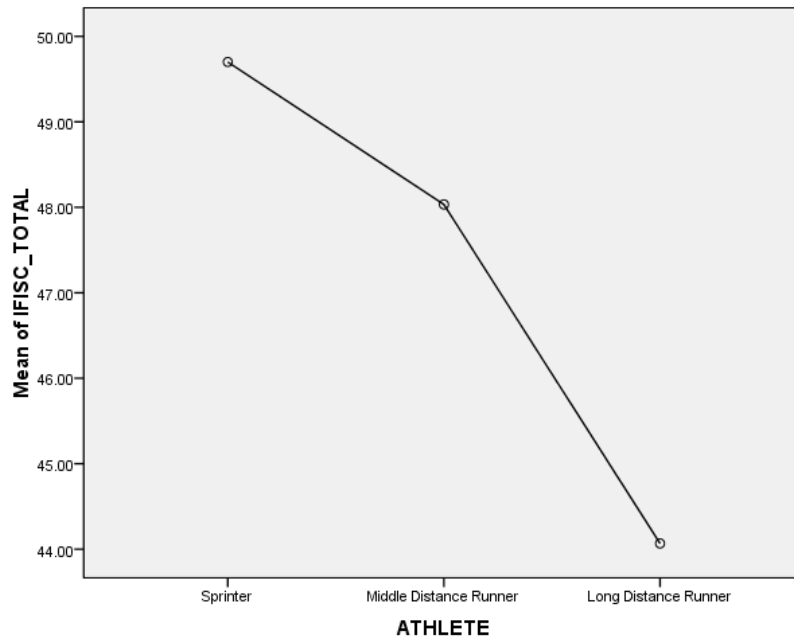


All the values obtained were lying in the range of normal or average category of available norms. Here, it can be stated that factors affecting the sports career of Sprinters athletes were belonging to average range. Lastly, a mental toughness questionnaire was also applied in order to assess the mental toughness profile of Sprinters athletes and it was found that their mental toughness was belonging to the low category of normative table as the obtained value was found to be was 16.97 ± 3.605 . Here, it may be stated that Sprinters player possess low level of mental toughness capacity.



All the athletes were assessed on factors influencing sports career where status of Sprinters athletes were revealed as follow. The status of Sprinters athletes on factors that influence the sports career (internal, external and total respectively) of an athlete by applying Inventory of factors influencing sports career and values obtained was 25.10 ± 3.356 , 24.60 ± 6.173 (revised - 24.60 ± 5.59) and 49.70 ± 6.814 respectively. All the values obtained were

lying in the range of normal or average category of available norms. Here, it can be stated that factors affecting the sports career of Sprinters athletes were belonging to average range. All the athletes were assessed on factors influencing sports career where status of Middle Distance Runners athletes were revealed was as follow. The status of Middle Distance Runners athletes on factors that influence the sports career (internal, external and total respectively) of an athlete by applying Inventory of factors influencing sports career and values obtained was 26.00 ± 3.769 , 21.97 ± 5.123 and 48.03 ± 5.524 respectively.



All the values obtained were lying in the range of normal or average category of available norms. Here, it can be stated that factors affecting the sports career of Middle Distance Runners athletes were belonging to average range. All the athletes were assessed on factors influencing sports career where status of Long Distance Runners athletes were revealed was as follow. The status of Long Distance Runners athletes on factors that influence the sports career (internal, external and total respectively) of an athlete by applying Inventory of factors influencing sports career and values obtained was 24.40 ± 4.022 , 19.47 ± 4.703 and 44.07 ± 5.971 respectively. All the values obtained were lying in the range of normal or average category of available norms. Here, it can be stated that factors affecting the sports career of Long Distance Runners athletes were belonging to average range.

CONCLUSIONS

Based on the findings and within the limitations of the study the following conclusions were drawn.

1. It was concluded in the research that the Sprinters athletes possess normal/average standard of Factors affecting sports career.
2. It was concluded in the research that the Middle distance runners possess normal/average standard of Factors affecting sports career.
3. It was concluded in the research that the Long distance runners possess normal/average standard of Factors affecting sports career.

RECOMMENDATIONS

In the light of the conclusions drawn; the following recommendations are made:

1. Similar studies may be conducted selecting other psychological variables contributing to performance efficiency of athletes.
2. The same study may be conducted on different Running Events to measure their psychological characteristics.
3. Physical education teachers and coaches should take into consideration the psychological pre requisites of game in the talent search.
4. The similar study can be done on female sports person and non-sports persons.
5. A comparative study can be conducted between male and female.
6. A more comprehensive study can be conducted on large samples of Individual, Team & Combative sports separately with respect of their performance.
7. The similar study can be conducted on other regions of India with other sports persons and no-sports persons groups and different groups.
8. He present findings refer to particular population and subject/sample and it is very likely that the finding are applicable to all levels of sportsmen, however before making any generalization, more elaborate studies should be conducted to be more reliable.

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