

**A Study of Selected Psychological Variables amongst National Level Female Cricket
Players**

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Abstract

The present investigation was conducted on a total number of 100 female cricket players, who were selected with adopting purposive sampling design. The minimum level of participation is open senior national level championship organized by cricket association of India for the year 2010 to 2012. The age of the subjects ranged from 17 to 30 and the mean value of age was 24.50. The variables for the study were Personality and Life style status, Sports Specific Personality Test was measured by Sports Specific Personality Test developed and standardize by Agya Jit Singh and H. S. Cheema. Life style Scale was measured by Life Style Scale developed and standardized by S. K. Bawa, and S. Kaur. The data was analyzed by computing descriptive analysis and Pearson's product Moment correlation. The Mean scores shows that the mean scores of personalities and its sub variables are on the higher side, which shows that the selected cricket players were having a good personality profile. The Mean scores shows that the mean scores of life style and its sub variables are on the higher side, which shows that the selected cricket players are under the category of good lifestyle and moreover the inter relationship amongst the variables shows that efficient lifestyle results to good personality.

Keywords: *Personality and Life Style*

Introduction:

"Cricket" In the earliest known reference to the sport in 1598, in Flemish, krick(e) means a stick, and, in Old English, cricc or cryce means a crutch or staff (though the hard "k" sound suggests the North or Northeast midlands, rather than the Southeast, where cricket seems to have begun), it is called creckett. "cryce", Saxon, a stick.

Cricket was first played by adults in the beginning of 17th century in some parts of Sussex and Kent. In the same century, the cricket spread to North America via English colonies. In 18th century, the cricket Moved to West Indies and India. Similarly, it spread to New Zealand and South Africa in 19th century. Cricket in its modern form originated in the west in the eighteenth century. It was played and enjoyed by the rich. It was quite different from that at present. A club in Hampshire took much interest and played an important part in the development of the game.

Cricket was first played in southern England in the 16th century. By the end of the 18th century, it had developed into the national sport of England. The expansion of the British Empire led to cricket being played overseas and by the mid- 19th century the first international matches were being held. The ICC, the game's governing body, has 10 full members. The game is played particularly in Australasia, the Indian subcontinent, the West Indies, Southern Africa and England.

Early cricket was at some time or another described as "a club striking a ball (like) the ancient games of club-ball, stool-ball, trap-ball, stob-ball". Cricket can definitely be traced back to Tudor times in early 16th-century England. Written evidence exists of a game known as creag being played by Prince Edward, the son of Edward I (Longshanks), at Newenden, Kent in 1301 and there has been speculation, but no evidence, that this was a form of cricket.

Psychological Training in games and sports is no casual approach but it provides: opportunities for scientific process and verification. Training has been accepted as a highly specialized science involving the use of scientific methods Organized, systematic, scientific, efficient, effective and standard form of training in the game of cricket is necessary in the process of producing outstanding cricketers and also in order to develop the level of physiological, psychological, and physical parameters of cricket players in appropriate proportions.

Cricket performance in its broader sense is an unlimited and open process. It starts, with cricketer's career and ends with his end of career. In short, cricket performance has no end; it keeps on changing its limit with the development of the performance of the game. A cricketer goes on increasing his runs-, wickets and catches against his name in the record books through improving his constitutional, physical, physiological, psychological, technical and tactical Variables. The concept of cricket performance may be deemed as the modification of performance factors. Accordingly, cricket performance is not limited to technical and tactical aspects but it is also with other aspects of the game. Sports performance is the sum of numerous factors which can vary from individual to individual & in spite of variations the players may give similar results in competitions. In sufficient power can be compensated by superior technique, inadequate sprinting speed by superior endurance and inferior techniques by aggressiveness. A few centimeters and fraction of a second, decide between record performance, victory or defeat in tough international competitions. For this reason, it is very important to identify and fully mobilize each individual's potential to the maximum.

Some Cricketers are simply better suited to running faster than others, it does not mean that they are any better people. It means that their physiological and psychological blue print enables them to start out with a physical advantage in that particular movement.

After watching great fast Bowlers of the world like Wesley Hall from West Indies, Ian Botham from England, McGrath, Brett Lee from Australia Shaun Pollock from South Africa, Imran Khan and Wasim Akram from Pakistan and Kapil Dev, Zaheer Khan from India were taller, having different body size and of course very long length of their various body segments in comparison to Spin Bowlers like Bishen Singh Bedi, E.A.S. Prasanna, and Chandra Shekhar from India, Intikhab Alamin and Abdul Quadi from Pakistan, Richi Benavise from Australia and Muralidharan from Sri Lanka or the batsmen like Tendulkar, Brian Lara, Panting and others. In view of the achievements of the great players and their statistics of performance reveals that the psychological variables play a very important role in making choice in identifying the talent for all departments of the Cricket Games.

In order to understand the 'psychological functioning' of athletes in various games and sports and under varied competitive situations, the sport psychologists adopted a dual approach. The earliest workers in the field of sport psychology relied greatly on the study of human personality in the context of sports setting. This effort gave rise to trait psychology. In this type of Approach, the efforts of the sport psychologists were aimed at finding out (1) what traits of personality Co-related well with athletic performance/achievement in general, and (2) whether there was sport-specific Traits which helped some athletes to climb to the top. Thus, the concept of 'personality types' such as 'Football type' or a 'Basketball type' or a 'Wrestler type' was born. While there seems to be no pattern which enhances entry initially into a particular sport through modification

of existing patterns of personality or attrition of inappropriate patterns, only those individuals possessing "suitable" personality patterns tend to persist and become successful athletes.

The second approach to the understanding of the psychological functioning of the athletes emphasizes the acquisition of psychological skills by the athletes right from the very beginning whether or not they were born with certain fixed traits of personality which some psychologists feel underlie elite athletic performance. To sum up the issue it can be said that one school of psychologists advocates that 'an athlete's psychological functioning is best conceptualized in terms of relatively stable personality traits, the other school on the contrary, attributes elite athletic performance to the acquisition of psychological skills over a period of time either through self-effort or through a planned and systematic training of the mind.

The two approaches do not seem to contradict but supplement and complement each other. As a result, recent research has begun to focus on psychological skills as well as personality variables in ongoing efforts to understand and, if possible, facilitate athletic performance. "Records and outstanding sporting achievement requires the highest standard of performance and maximum will power to achieve that standard. (The limits of physical and psychological performance are being consistently advanced through training and competition) Evaluation and analysis of world championships, Olympic games etc. indicate that only those athletes will achieve impressive performance who are suited for the sports in question, who possess the necessary psychological and moral characteristics, who have an outstanding physical potential, who have perfect command of the technique and tactics of their sports and who have proved themselves over a number of years of competition. It has become increasingly clear in the past few years that the highest standard of athletic excellence can be achieved only by those who have developed the necessary pre-requisites in their childhood and youth. Training in sports is essentially an educational process. The athlete is supervised and educated by the trainer, the sports teacher and the coach. Here it is a matter of developing the pre-requisite essential for sport in such a way that as a unity they guarantee optimal development in performance. The quality of his work must always be seen in conjunction with and in relationship to the level of his conviction, attitude, ideals and motives. Performance in sports reflects the state of development of physical and psychological prerequisites for performance.

The researcher has put into a push to comprehend the significance of the psychological abilities in performance of arrow based equipment players, and have been picked the psychological profile with variables, such as;- sports specific personality, lifestyle, anxiety, Hand-steadiness and depth-perception for evaluating the psychological status: The rationale of the Undertaking Study is to help India to further enhance their performance at International Competition researcher is an answer to a problem.

Objectives and Hypothesis

Keeping in view the available literature and with the consultation of the experts in this field the study was based on the following psychological objectives which are enlisted down: -

- The objective of the present study was to investigate the Sports specific personality test of national level cricketers.
- The objective of the present study was to investigate the Life style status of national level cricketers.
- The objective of the present study was to investigate the Relationship between the variables.

Based on the objectives following hypothesis can be made:

- There will be a significant relationship amongst the selected psychological variables for national level cricket players

Procedure and Methodology

The present investigation was conducted on a total number of 100 female cricket players, who were selected with adopting purposive sampling design. The minimum level of participation is open senior national level championship organized by cricket association of India for the year 2010 to 2012. The age of the subjects ranged from 17 to 30 and the mean value of age was 24.50. The variables for the study were Personality and Life style status, Sports Specific Personality Test was measured by Sports Specific Personality Test developed and standardize by Agya Jit Singh and H. S. Cheema. Life style Scale was measured by Life Style Scale developed and standardized by S. K. Bawa, and S. Kaur. The data was analyzed by computing descriptive analysis and Pearson's product Moment correlation.

Result and Analysis

Table No. 1: Descriptive Analysis of the Sports Specific Personality and its Sub-Variables of National Level Cricket Players

Variables	N	Minimum	Maximum	Mean	Std. Deviation
Sociability	100	29	51	38.26	5.49
Dominance	100	20	41	29.27	6.13
Extroversion	100	23	48	37.29	6.49
Conventionality	100	21	38	27.87	5.54
Self Concept	100	23	48	38.09	6.49
Mental Toughness	100	29	51	38.47	5.51
Emotional Stability	100	23	48	37.43	6.88
Total	100	211	287	246.68	15.94

Table No. 1 clearly depicts the descriptive analysis of Sports Specific Personality and its sub variables for selected national level cricket players, which shows that, the mean and standard deviation for Sociability, Dominance, Extroversion, Conventionality, Self-Concept, Mental Toughness and Emotional Stability are found to be 38.26 ± 5.49 , 29.27 ± 6.13 , 37.29 ± 6.49 , 27.87 ± 5.54 , 38.09 ± 6.49 , 38.47 ± 5.51 and 37.43 ± 6.88 respectively.

Table No. 2: Descriptive Analysis of the Life Style and its Sub-Variables of National Level Cricket Players

Variables	N	Minimum	Maximum	Mean	Std. Deviation
HCL	100	21	38	28.48	5.70
AOL	100	18	33	24.49	4.56
COL	100	18	33	24.49	4.47
SOL	100	13	29	21.18	4.64
TSL	100	21	38	28.91	5.62
FOL	100	18	33	24.57	4.59
Total	100	128	179	152.12	11.76

Table No. 2 clearly depicts the descriptive analysis of Life style and its sub variables for selected national level cricket players, which shows that, the mean and standard deviation for HCL, AOL, COL, SOL, TSL, and FOL are found to be 28.48±5.70, 24.49±4.56, 24.49±4.47, 21.18±4.64, 28.91±5.62 and 24.57±4.59 respectively.

Table No. 3: Pearson's Product Moment Correlation amongst the Selected Variables for National Level Cricket Players

Variables	Personality		Life Style	Competitive State Anxiety
	Personality	Pearson Correlation	1	-2.063*
	Sig. (2-tailed)		0.001	0.000
	N	100	100	100
Life Style	Pearson Correlation	-2.063*	1	-4.031*
	Sig. (2-tailed)	0.001		0.000
	N	100	100	100

*. Correlation is significant at the 0.05 level (2-tailed).

Table No. 3, clearly indicates the values of Pearson's product moment correlation amongst the selected variables for national level cricket players, which shows that a significant relationship has been found amongst the Sports Specific Personality and Life style of National level Cricket players.

Conclusions:

- The mean and standard deviation for Sociability, Dominance, Extroversion, Conventionality, Self-Concept, Mental Toughness and Emotional Stability are found to be 38.26±5.49, 29.27±6.13, 37.29±6.49, 27.87±5.54, 38.09±6.49, 38.47±5.51 and 37.43±6.88 respectively. The Mean scores shows that the mean scores of personalities and its sub variables are on the higher side, which shows that the selected cricket players were having a good personality profile.
- The mean and standard deviation for HCL, AOL, COL, SOL, TSL, and FOL are found to be 28.48±5.70, 24.49±4.56, 24.49±4.47, 21.18±4.64, 28.91±5.62 and 24.57±4.59 respectively. The Mean scores shows that the mean scores of life style and its sub variables are on the higher side, which shows that the selected cricket players are under the category of good lifestyle.
- The inter relationship amongst the variables shows that efficient lifestyle results to good personality.

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