

Study of Psychological Behaviour in State Level Batter and Bowlers

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Abstract Sports psychology is the scientific study of the mortal geste and mind, which helps athletes ameliorate performance by managing feelings and minimising the cerebral goods of injury and poor performance. It provides two major types of services performance improvement as a competitive strategy and comfort for colourful issues affecting the athlete. Competition is a specialised situation where athletes fight for supremacy and excellence. Psychology is the scientific study of mortal geste and mind, and sports psychology is a pearl of wisdom in which we study a sportsperson by observing, measuring and testing.

Keywords: Psychology; Behaviours; cricket; Bowler

Introduction

Sports psychology deals with adding performance by managing feelings and minimising the cerebral goods of injury and poor performance. Sports psychologists give two major types of services performance improvement as a competitive strategy and comforting for colourful issues affecting the athlete — evaluation of an internal chops training program for a professional justice platoon. Formally initiated in 1987, this program's educational gospel and style of operation has evolved to accommodate three other youngish representative brigades — scholars from the original justice academe — in addition to the unique conditions of elderly professionals in the state platoon. Competition is a technical situation where the athletes fight for supremacy and excellence.

Sports in the present- day world have come extremely competitive; former records are broken whenever competition occurs. It isn't the many day's practices that brings out the existent's performance or palm, but the nonstop hard training, determination, discipline and colourful physical, cerebral and social factors. No two individualities are exactly likewise. Psychology is the scientific study of mortal geste and mind and how we suppose, feel, act and interact collectively and in groups. Sports Psychology is a pearl of wisdom in which we study a sportsperson by observing, measuring and testing and also arriving at conclusions embedded in sound scientific methodology. Sports in the present-day world have become extremely competitive. Sports psychology training enhances performance on the court and field.

One of the main goals in sports is to win, yet to win, one must consistently perform at a high level. It is thought that playing sports is a psycho-social activity that is fraught with

stress, worry, tension, and terror. This consistency is protected against performance variations by mental proficiency. Sports psychologists have been researching the benefits of psychological and mental skill development for athletes for many years. Athletes with off-court issues that could impair performance on the court can also benefit from sports psychology.

Methodology:

The current study aims to know the effect of anxiety levels on the batting strike rate and bowling strike rate among state-level batsmen and bowlers, respectively. The subjects for the study were 60 state-level batsmen and 60 state-level bowlers. The anxiety level is categorised into three categories, mild to moderate anxiety (10 – 18), moderate to severe anxiety (19 – 29), and severe anxiety (30 – 60). In order to test the hypothesis that there is no difference between the mean level of batting and bowling strike rates due to different anxiety levels, the ANOVA test and t-test were employed.

Result:

The data collected on the anxiety level of state-level cricket players and their batting and bowling strike rate were analysed and presented below in the table.

Table 1: State level-batsman

SUMMARY				
<i>Groups</i>	<i>Count</i>	<i>Sum</i>	<i>Average</i>	<i>Variance</i>
Mild to moderate anxiety	50	7660	153.2	251.877551
Moderate to severe anxiety	10	1413	141.3	162.4555556

Table 1 shows that the batsmen with mild to moderate anxiety have higher mean batting strike rates than the players with moderate to severe anxiety.

Table 2: State-level Batman

ANOVA						
<i>Source of Variation</i>	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>	<i>P-value</i>	<i>F crit</i>
Between Groups	1180.083333	1	1180.083333	4.95829741	0.02986	4.00687
Within Groups	13804.1	58	238.001724			
Total	14984.18333	59				

Table 2 shows that p-value = 0.03, which is less than the level of significance 0.05. Hence at a 5% level of significance, we can conclude that there is a significant difference between mean batting strike rates in the two anxiety groups, mild to moderate and moderate to severe anxiety.

Table:3 State-level bowlers

SUMMARY				
<i>Groups</i>	<i>Count</i>	<i>Sum</i>	<i>Average</i>	<i>Variance</i>
Mild to moderate anxiety	25	712	28.48	70.17666667
Moderate to severe anxiety	35	1234	35.25714286	204.5495798

Table 3 shows that the bowlers with mild to moderate anxiety have lower mean bowling strike rates than the players with moderate to severe anxiety.

Table:4 State-level bowlers

ANOVA						
<i>Source of Variation</i>	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>	<i>P-value</i>	<i>F crit</i>
Between Groups	669.807619	1	669.807619	4.49695288	0.03824269	4.00687288
Within Groups	8638.92571	58	148.946995	4	4	6
Total	9308.73333	59	1			
	3					

Table 4 shows that p-value = 0.038, which is less than the significance level of 0.05. Hence at a 5% level of significance, we can conclude that there is a significant difference between mean bowling strike rates in the two anxiety groups, mild to moderate and moderate to severe anxiety.

Discussion:

The study showed that the batsmen had moderate anxiety levels between both groups (Batmen and bowlers). The reason may be that batsmen required to make runs for the team and for their runs to maintain their position were more confident, motivated and able to handle the pressure of competition. Batters maintain their temperament at a moderate level of anxiety, which helps enhance their performance in unfavourable conditions. In contrast, the bowler’s anxiety levels are low or high, which is not good for enhancing their performance in those conditions. The bowler’s mental condition differs. Meanwhile, If the bowler’s mental and physiological status is stable, the bowler can give their best with moderate anxiety.

Conclusion:

Within the limitations of the present study and based on the obtained results, it was concluded that there is a significant difference between mean batting strike rates in the two anxiety groups, mild to moderate and moderate to severe anxiety. Also, there is a significant difference between mean bowling strike rates in the two anxiety groups, mild to moderate and moderate to severe anxiety, at a 5% significance level.

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