

EFFECT OF PRESSURE TRAINING ON SELECTED PSYCHOLOGICAL VARIABLES AMONG ELITE AND NON ELITE PLAYERS

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Abstract

The impartial of this study was to travel the pressure training on selected psychological variables among elite and non-elite players, totally 30 inter collegiate players to participate in this study. Treatment group underwent pressure training. All thirty subjects were inducted for pre and posttest on Motivation and Stress. The pressure training was given to the experimental group for 3 days per week (Monday, Wednesday and Friday) for the period of eight weeks. The motivation (Dr.M.L.Kamlesh Motivation questionnaires in points) and stress (Giordano and Everly (1979) Stress inventory in points) were assessed before and after training period. The result from 't' test and inferred that 8 weeks pressure treatment produced identical changes over Motivation, Stress of elite and non-elite players. Further, the findings confirmed the pressure training is suitable protocol to bring out the desirable changes over Motivation, Stress of elite and non-elite players.

Keywords: Pressure training, Motivation, Stress, Elite and Non-elite basketball Players.

INTRODUCTION

Good basic basketball affective and defense does require speed and quickness, however, players make up for these physical shortcomings by out-hustling and developing a defensive attitude that is aggressive. It is necessary that a player should be highly skilled to play effective, hard-nosed defense. Running speed enables a defender to move from one court position to another more quickly than the other players. Speed and quickness allows him to recover from defensive mistakes, assuming a new defensive position with little danger to the team. Quickness of feet, hands and arms enables a defender to keep the offense in a protective attitude by individual harassment. Quickness effectively neutralizes an opponent's superior speed. Because the normal defensive distance from the basket is between eighteen and twenty two feet, quickness is probably a bigger asset that speeds.

Pressure is an important parameter in processes. An accurate pressure measurement ensures that the quality of the end product is stable and of a high level. Measuring pressure and calibrating pressure measuring equipment is not as easy as it seems and often goes wrong. In one day you will become acquainted with common errors during pressure measurement and calibration. Motivation is defined as behaviours dedicated to developing and demonstrating higher abilities. Motivation is the driving force behind a person's actions. There are many different types of motivation, and everyone is inspired by something different. Motivation operates at many levels and has many influences. People have an underlying level of motivation that influences how they behave across a wide range of situations. A person who is motivated across a wide range of contexts is likely to succeed in many areas, such as sport, business, and art. Many personality and environmental factors influence variations in motivation at each level. Motivation comes from the outside, such as the motivation to win medals, receive financial rewards, and attract attention from the media, which is external, or extrinsic motivation. Motivation because it involves participation in sport for some kind of reward that is external to the process of participation. Stress is the inability to cope up with a perceived threat to one's mental, physical, spiritual, and emotional wellbeing, which results in a series of physiological responses and adaptations. The important word to emphasize here is perceived. Perception often changes from person to person. According to Robert Gatchel (2018) stress is the process by which environmental events threaten or challenge an organism's wellbeing and by which that organism responds to this threat. The term threat is taken from the word "distress", an Anglo-French word meaning to make unhappy.

MATERIALS AND METHODS

To attain the determination of the study 30 basketball players at the age group of 21-25 years were selected from various academy in Kanyakumari district. The selected subject was randomly assigned into two equal groups, consist of fifteen each, namely pressure training group elite players (n=15) and non- elite players (n=15). The respective training was given to the experimental group the 3 days per weeks (Monday, Wednesday and Friday) for the training period of eight weeks. The evaluated motivation were measured by Dr.M.L.Kamlesh Motivation questionnaires unit of measurements in points and stress were measured by Giordano and Everly (1979 Stress inventory unit of measurements in points. The parameters were measured at baseline and after 8 weeks of pressure training were examined. The intensity was increased once in two weeks based on the variation of the exercises. The training programme was lasted for 45 minutes for session in a day, 6 days in a week for a period of 12 weeks duration. These 45 minutes included warm up for 10 minutes, 25 minutes pressure training and warm down for 10 minutes. The equivalent in pressure training is the length of the time each action in total 3 day per weeks. (Monday, Wednesday and Friday).

STATISTICAL ANALYSIS

The collected data on motivation and stress due to the pressure training was statically analyzed with "t" test to find out the significant improvement between pre& posttest if any. In

all case the criterion for spastically significance was set at 0.05level of confidence (P<0.05).

TABLE - I

COMPUTATION OF ‘T’ RATIO OF MOTIVATION OF PRESSURE TRAINING ON ELITE AND NON-ELITE PLAYERS

(Scores in Numbers/ Points)

Group	Test	Mean	Std. Deviation	T ratio	
Motivation	Elite Players	Pre test	20.80	2.58	14.56*
		Post test	28.64	3.80	
	Non-Elite Players	Pre test	20.40	3.77	7.79*
		Post test	27.00	6.01	

*significant level 0.05 level (degree of freedom 2.14, 1 and 14)

Table I reveals the computation of mean, standard deviation and ‘t’ ratio on motivation of experimental group. The obtained ‘t’ ratio on motivation were 14.56 and 7.79 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the experimental group ‘t’ values were greater than the table value of 2.14, it was found to be statistically significant.



FIGURE- I

BAR DIAGRAM SHOWING THE MEAN VALUE ON MOTIVATION OF PRESSURE TRAINING ON ELITE AND NON-ELITE PLAYERS

TABLE - II
COMPUTATION OF ‘T’ RATIO ON STRESS OF PRESSURE TRAINING ON ELITE AND NON-ELITE PLAYERS
 (Scores in Numbers/ Points)

Group	Test	Mean	Std. Deviation	T ratio	
Stress	Elite Players	Pre test	90.32	7.91	14.64*
		Post test	80.32	7.52	
	Non-Elite Players	Pre test	90.96	8.97	10.15*
		Post test	82.40	8.75	

*significant level 0.05 level (degree of freedom 2.14, 1 and 14)

Table I reveals the computation of mean, standard deviation and ‘t’ ratio on stress of experimental. The obtained ‘t’ ratio on stress were 14.64 and 10.15 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the experimental group ‘t’ values were greater than the table value of 2.14, it was found to be statistically significant.



FIGURE- II

BAR DIAGRAM SHOWING THE MEAN VALUE ON STRESS OF PRESSURE TRAINING ON ELITE AND NON-ELITE PLAYERS

4. DISCUSSION ON FINDINGS

The current study examined the effect of pressure training on the selected variables are motivation and stress among elite and non-elite players. The results of this study indicated that pressure training is more efficient to bring out needed changes over the motivation and stress among elite and non-elite players.

Kegelaers et al., (2021) a mixed methods evaluation of a pressure training intervention to develop resilience in female basketball players. **Svanström et al., (2016)** time pressure, training activities and dysfunctional auditor behaviour: evidence from small audit firms. **Low, W. R et al., (2021)** pressure training for performance domains: A meta-analysis. **Devonport et al., (2021)** implementing a pressure training program to improve decision-making and execution of skill among premier league academy soccer players. Alternatively, when an individual perceives sufficient resources, pressure maybe appraised as a challenging or beneficial, which may in turn increase the allocation of additional processing resources resulting in decisions that are more effective than not under pressure (**Wilson, 2008**).

The results from this study are very encouraging and it demonstrates the benefits of pressure training. The basketball players are not only using exercises to improve their mobility but also to improve the performance. Besides, the results support that improvement in mobility can occur 8 weeks of pressure training.

CONCLUSIONS

Based on the result of the study it was concluded that the pressure training have been significantly changes in motivation and stress among elite and non-elite among basketball players.

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