

# COMPARISON OF COGNITIVE WORRY, SOMATIC TENSION AND SELF CONFIDENCE AMONG CRICKET FOOTBALL AND HOCKEY PLAYERS

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## ABSTRACT

*The purpose of the present study was to compare somatic tension, cognitive worry, and self-confidence among Cricket, Football, and Hockey Players. To achieve the purpose of the study forty eight male students studying in G.B.Pant University of Agriculture and Technology, Pantnagar U.S.Nagar, Uttarakhand, were selected as subject. Forty eight (48) male players of Cricket, Football, and Hockey team of G.B. Pant University Agriculture & Technology Pantnagar, Uttaranchal, for the year 2002-03, were selected as subjects for the present study (16 male students from each team). The subject's age ranged from 18 to 25 years. Competitive State Anxiety Inventory-2 (CSAI-2) developed by Rainer Marten, was used to assess the cognitive worry, Somatic Tension and Self Confidence. Descriptive statistics was applied to characterize cognitive worry, Somatic Tension and Self Confidence of Cricket, Football, and Hockey Players. To compare the cognitive worry, Somatic Tension and Self Confidence among Cricket, Football, and Hockey Players, Analysis of variance (ANOVA) was used. The level of significance was set at 0.05 level. Results showed that there was insignificant difference among Cricket, Football, and Hockey Players.*

*Key words: Cognitive Worry, Somatic Tension and Self Confidence.*

## INTRODUCTION:

In modern competitive sports, psychological preparation of a team is as much important as teaching the different skills of a game on scientific lines. The teams are prepared not only to play the games, but also to win the games. And for winning the games it is not only the proficiency in the skill which brings victory but more important is the spirit to win and competitive attitudes of the players with which they play and perform best in the competition. The mental attitudes of an individual player or a team can help either to overcome many obstacles for victory or can lead to unexpected defeat (Tutko and Richards 1979). Well-designed training programs for coaches can result in: improved time management resulting in increased motor engagement time, positive

changes in specific coaching behaviors and personality development in athletes (Gilbert & Trudel, 1999). Research indicates that formal coaching education programs positively influence a coach's ability to affect learning and performance, yet programs seldom are mandatory and reach only a small minority of the nation's youth sport coaches (Clark, 2000). Over a decade has passed since Conn and Razor (1989) proclaimed "a legal and moral responsibility to provide qualified individuals to coach young people" yet there has been little interest in examining how best to develop that level of expertise in professional training (Abraham & Collins, 1998). The question of coach preparation and training has become a priority issue for many schools and communities. However, there is limited research on the inexact science of coaching and the complex dynamic social activity in which the coach is engaged (Jones, Armour, & Potrac, 2002). As the need for qualified coaches increased, a declining enrollment and a depressed economy decreased the demand for classroom teachers. Concurrently, many of the teachers/coaches were retiring from coaching yet retaining their teaching positions. (Broderick, 1984). Thus, there seems to be certain association between psychological dimensions and various sports and games. Today, competitive sports lead to a new era where the competitive sports performance has made every scientist to contribute in respective disciplines.

#### MATERIALS AND METHODS:

The purpose of the present study was to compare somatic tension, cognitive worry, and self-confidence among Cricket, Football, and Hockey Players. To achieve the purpose of the study forty eight male students studying in G.B.Pant University of Agriculture and Technology, Pantnagar U.S.Nagar, Uttarakhand, were selected as subject. Forty eight (48) male players of Cricket, Football, and Hockey team of G.B. Pant University Agriculture & Technology Pantnagar, Uttaranchal, for the year 2002-03, were selected as subjects for the present study (16 male students from each team). The subject's age ranged from 18 to 25 years. The Competitive State Anxiety Inventory-2 (CSAI-2) by Rainer Marten was selected for the study because it is sports specific anxiety test. Further it assesses competitive anxiety on the basis of three dimension anxiety i.e. cognitive worry, somatic tension and self-confidence. The CSAI-2 is

scored by computing a separate total for each of the three sub scales with score ranging from a low of 9 to a high of 36. Higher the score the greater the cognitive worry, somatic tension and self-confidence. Number of total score for the inventory was computed. The CSAI-2 consists of 27 items. Each item is keyed with following response options and scores.

Not at all = 4, Some what = 3, Moderately = 2, Very Much = 1

The various state anxiety sub scale namely somatic tension, cognitive worry, and self-confidence is attained by summing up 9 selected items scores each separately for all the sub scales. Descriptive statistics was applied to characterize cognitive worry, Somatic Tension and Self Confidence of Cricket, Football, and Hockey Players. To compare the cognitive worry, Somatic Tension and Self Confidence among Cricket, Football, and Hockey Players, Analysis of variance (ANOVA) was used. The level of significance was set at 0.05 level.

## RESULTS AND DISCUSSION:

The findings with regard to the present study have been presented in two sections. Section-one deals with the descriptive statistics of cognitive worry, Somatic Tension and Self Confidence among Cricket, Football, and Hockey Players. Section-two deals with comparison of cognitive worry, Somatic Tension and Self Confidence among Cricket, Football, and Hockey Players.

### Section One

Table 1

Mean, Standard Deviation of cognitive worry, Somatic Tension and Self Confidence belonging to Cricket, Football, and Hockey

GROUP	MEAN	STANDARD DEVIATION
Cricket Players	28.00	3.3466
Football Players	27.31	2.2425
Hockey Players	26.56	2.064

It is evident from the table no.1 that the mean and standard deviation of Cricket Players ( $28.00 \pm 3.3466$ ) was greater than Football Players ( $27.31 \pm 2.2425$ ) and Hockey Players ( $26.56 \pm 2.064$ ) hence Cricket Players were found to be more in cognitive worry, Somatic Tension and Self Confidence.

Mean, Standard Deviation of cognitive worry, Somatic Tension and Self Confidence belonging to Cricket, Football, and Hockey

### Section Two

Section two deals with the comparison of cognitive worry, Somatic Tension and Self Confidence among Cricket, Football, and Hockey Players.

Table 2

Analysis of Variance of cognitive worry, Somatic Tension and Self Confidence among Cricket, Football, and Hockey Players.

Sources of Variance	SS	Degree of Freedom	MSS	F- value
Between groups	16.542	2	8.271	1.211
Among Groups	307.375	47	6.831	

Significant at .05 level

$F_{0.05}(2,47)=3.19$

It appears from the Table 2 that since the computed value of F (1.211) among Cricket, Football, and Hockey Players in relation to cognitive worry, Somatic Tension and Self Confidence was less than the tabulated (3.19), F at .05 level as shown in table 2, therefore null hypothesis among Cricket, Football, and Hockey Players was accepted at 0.05 level.

**CONCLUSION:**

On the basis of above discussion, it is concluded that there was no significant difference in cognitive worry, Somatic Tension and Self Confidence among Cricket, Football, and Hockey Players therefore all the players of Cricket, Football, and Hockey team of G.B. Pant University Agriculture & Technology Pantnagar, Uttaranchal, for the year 2002-03 were similar in cognitive worry, Somatic Tension and Self Confidence. This may be attributed to the fact that the most of players of Cricket, Football, and Hockey team of G.B. Pant University Agriculture & Technology Pantnagar, Uttaranchal, participate in the same activity, practice at same ground / same environment, and they do the same daily routine.

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