

COMPARATIVE RELATION OF FITNESS OF SELECTED INDOOR AND OUTDOOR GAME PLAYERS

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ABSTRACT

There are many occasions in sports we see where Physical & Psychological are very vital factors. In general, these are characteristics of great athletes in the sports performance at the higher competitive level. Anxiety plays a significant role in sports. It is the challenge in sports participation, which produces anxiety. The present study was undertaken with the objective to study Physical Profile of Indoor games and Outdoor games players. The sample comprised of 120 players (60 Outdoor and Indoor game players of Inter Collegiate level and 60 Outdoor and Indoor game players of Inter University level). Height was found almost similar at both levels and among both the groups. It was concluded that the endurance of outdoor players at Inter University level was found to be better as compared to other group and Sports competition anxiety of players was found to be unaffected by group and level of players.

Keywords: Physical, Indoor and Outdoor Games.

INTRODUCTION:

“To be a good animal is the first requisite to success in life, and to be a good animal the first condition to national Prosperity.” Again it has been said, “If wealth is lost nothing is lost. If Profile is lost, something is lost. If character is lost, everything is lost.” A healthy mind rests only in a healthy body, Man’s happiness in life depends upon good Profile, vigor and vitality. Life without Profile is a misery a virtual death. (Herbert Spencer)

Every individual is concerned with profile from the cradle to the grave. The life span can be lengthened if we acquire a little knowledge of how we can maintain it. So it is important to understand the meaning of profile. The word ‘Health’ first appeared in English language

approximately the year 1000 A.D. as a means of referring to the quality of soundness and wholeness of body in a very broad sense.

Profile is man's natural condition, his birth right, the term profile has different meaning with different people. It represents broader and more complex entity. Outside the classroom the question, 'What is Profile?' is seldom asked. Most people assume that they know what profile is and see no point in discussing the matter. They are far more likely to ask just: What is cancer or heart disease? Anyone with superficial knowledge of these disease conditions knows that complete answers to these questions do not yet exist. The implicit assumptions about profile are the profile is the absence of disease.

OBJECTIVES:

- (1) To study psychological profile of Inter Collegiate Outdoor games players
- (2) To study psychological profile of Inter University Indoor games players.
- (3) To study psychological profile of Inter University Outdoor games players.
- (4) To study psychological profile of Inter University Indoor games players.
- (5) To compare Physical profile of Inter Collegiate Outdoor and Indoor games players.

METHODOLOGY:

It consisted of 120 Players (60 outdoor and 60 Indoor players) Outdoor and Indoor players were selected from University and the Colleges Rajasthan. Players participated at inter college level and inter University level were included the sample. All the subjects were contacted by the investigator at their college. Adequate rapport was established with each subject before initiating the administration of Psychological and Physical tests. The data was collected in accordance with convenience and interest of the subjects in order to maintain the level of motivation.

Scoring of Psychological test was done as per the instructions provided in the manual.

INSTRUMENTS USED

The present investigation included the following tests/tools.

| S.No. | PSYCHOLOGICAL TESTS/TOOLS | |
|--|--|------|
| DEVELOPED BY | YEAR | |
| 1. Achievement motive test (ACMT) | Bhargave, V.P. | 1994 |
| 2. Self-concept Questionnaire (SCQ) | Saraswat, R.K. | 1984 |
| 3. P.G.I. Profile Questionnaire (N-1) | Verma, S.K. & Wig, N.N. Pershad, D. | 1985 |
| 4. Hindi version of H.J. Eysenck's (MPI) | Jolota, S. and Kapoor S.D. | 1959 |
| 5. Sports competition Anxiety test (SCAT Questionnaire) | Martens, R. Adapted by Singh, A | 1977 |

Showing Experimental Design (Factorial Design 2x2)

| SAMPLE | INTER COLLEGE | INTER UNIVERSITY | TOTAL |
|----------|------------------|---------------------|-------|
| I.D.G.P. | 30 | 30 | 60 |
| O.D.G.P. | 30 | 30 | 60 |
| TOTAL | 60 | 60 | 120 |

Experimental Design:- 2X2 Factorial design was used in the present study.

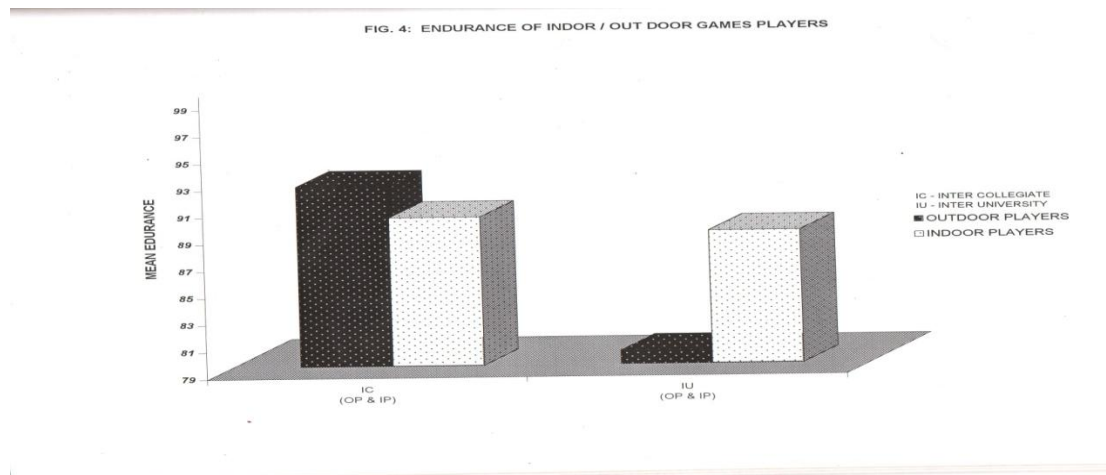
FINDINGS AND INTERPRETATION:

TABLE OF MEANS

INDOOR/OUTDOOR PLAYERS AND MEAN ENDURANCE

| Group | Range | Mean | S.D. | S.E. | C.V. % |
|-------|--------|--------|--------|-------|--------|
| ICOP | 80-100 | 92.333 | 4.866 | 0.888 | 5.270 |
| ICIP | 80-100 | 90.000 | 4.734 | 0.864 | 5.260 |
| IUIP | 65-95 | 80.000 | 9.377 | 1.712 | 11.721 |
| IUOP | 30-100 | 88.833 | 13.938 | 2.545 | 15.691 |

It is clear from above table that the mean difference in the case of inter collegiate players was not found significant between indoor and outdoor players. similarly the difference was not found significant in the case of inter university level players.



PSYCHOLOGICAL PROFILE:

SPORTS COMPETITION ANXIETY OF INDOOR AND OUTDOOR GAMES PLAYERS

| SOURCE | S.S. | D.F. | M.S. | F Cal |
|--------|---------|------|--------|---------|
| Groups | 151.09 | 3 | 50.364 | 4.957** |
| Error | 1178.50 | 116 | 10.159 | |
| Total | 1329.59 | 119 | | |

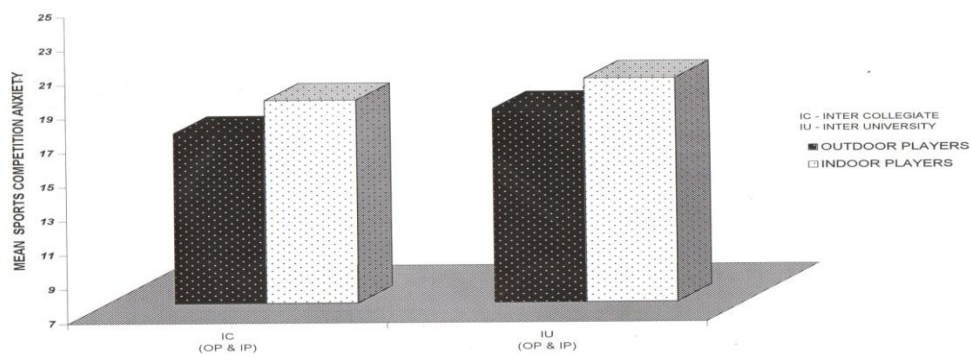
ANOVA was found significant at.01 level.

TABLE OF MEANS
INDOOR/OUTDOOR PLAYERS AND
MEAN SPORTS COMPETITION ANXIETY.

| Group | Range | Mean | S.D. | S.E. | C.V. % |
|-------|-------|--------|-------|-------|--------|
| ICOP | 7.23 | 16.967 | 3.275 | 0.598 | 19.300 |
| ICIP | 14.25 | 18.833 | 2.666 | 0.487 | 14.157 |
| IUIP | 2.24 | 18.333 | 4.318 | 0.788 | 23.552 |
| IUOP | 16.25 | 20.100 | 2.040 | 0.372 | 10.150 |

It is clear from above table that the mean difference in the case of inter collegiate players was not found significant between indoor and outdoor players. similarly the difference was not found significant in the case of inter university level players.

FIG. B1: SPORTS COMPETITION ANXIETY OF INDOOR / OUT DOOR GAMES PLAYERS



SELF CONCEPT OF INDOOR AND OUTDOOR GAMES PLAYERS

| SOURCE | S.S. | D.F. | M.S. | F Cal |
|--------|----------|------|---------|------------|
| Groups | 506.29 | 3 | 168.764 | 0.946 (NS) |
| Error | 20699.70 | 116 | 178.446 | |
| Total | 21205.99 | 119 | | |

The perusal of above table indicates that analysis of variance was not found significant.

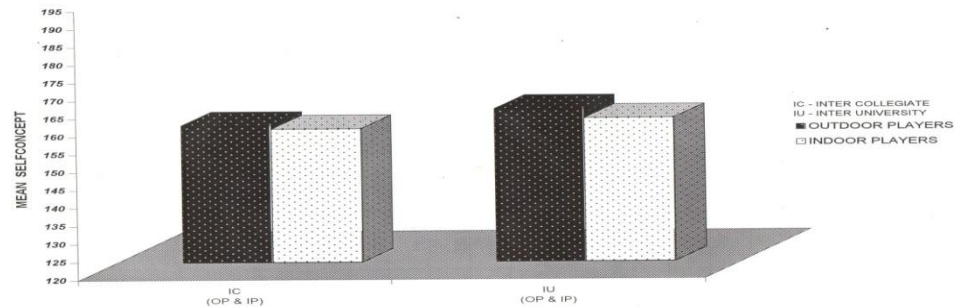
TABLE OF MEANS

OUTDOOR AND INDOOR PLAYERS AND MEAN SELF CONCEPT

| Group | Range | Mean | S.D. | S.E. | C.V. % |
|-------|---------|---------|--------|-------|--------|
| ICOP | 120-195 | 158.233 | 20.581 | 3.798 | 13.007 |
| ICIP | 142-170 | 157.167 | 7.042 | 1.286 | 4.481 |
| IUIP | 15-175 | 162.600 | 7.054 | 1.288 | 4.339 |
| IUOP | 129-188 | 159.967 | 13.815 | 2.522 | 8.639 |

It is clear from above table that the mean difference in the case of inter collegiate players was not found significant between indoor and outdoor players. However the difference was not found significant in the case of inter university level players.

FIG. B2: SELF CONCEPT OF INDOOR / OUT DOOR GAMES PLAYERS



TABLE

ACHIEVEMENT MOTIVE OF INDOOR AND OUTDOOR GAMES PLAYERS

| SOURCE | S.S. | D.F. | M.S. | F Cal |
|--------|---------|------|---------|-------|
| Groups | 619.49 | 3 | 206.497 | 8.220 |
| Error | 2914.10 | 116 | 25.122 | ** |
| Total | 3533.59 | 119 | | |

That ANOVA was in the case of achievement motive, ANOVA was found significant at 0.1 level

CONCLUSIONS:

1. Sports competition anxiety of players was found to be unaffected by group and level of players.

2. Self-concept of Indoor Inter University players was found to be better as compared to the players of other group.
3. Indoor players at Inter Collegiate level were found to have more Achievement motive than Outdoor players. However such difference was not observed at the Inter University level players.
4. Psycho-Physical Profile of players was found to be unaffected by the nature or level the game.
5. Personality (Neuroticism) of players was found to be unaffected by group or level of the players.

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