



Study of Psychological among different levels of hockey players

Dr. Vivekanand Singh

Principal, Gulam Nabi Azad college of Physical Education, Nagpur

Abstract: *The modern world seems to be more concerned about sports. The grip of sport has become very strong on the mind of an individual in the society. The players and spectators are very clear about the value and importance of the game and there is hardly a person who has been left out by its influence. Currently, winning competition involves national prestige as each nation tries to win. Some castes also try to project the superiority of their political and social systems through achievement in sports. They brought name, fame and name to their respective countries and raised their prestige high in the world.*

In order to give the best performance in any of the competition, the assistance of scientific disciplines is sought. The induction of the basic principles of science, physical education and sport has become a subject of scientific research. Various now specialized branches of science such as biomechanics, physiology of exercise, psychology of sport, sociology of sport, test and measurement etc. have been established which are connected with physical education and sport.

Keywords: *Study, Psychological, different levels, hockey players.*

I. INTRODUCTION

Sports psychology is the scientific study of behavior in a sport or sport-related context. It is an attempt to understand the how and why underlying game behavior. Sports psychology is defined as the study of mental processes as they relate to human sport performance. This body of knowledge consists of contributing principles and laws of learning to the importance of reinforcement and linking perceptual abilities with motor performance. Sports psychologists use information when studying topics such as achievement motivation, arousal, attribution and personality development.

Thus psychology did this sport long before it entered physical education. Now mind conditioning, psychological preparation, psychological training are watch words in games. No training in the field of sports is complete without reference to the study and psychological training of the hockey player.

II. IMPORTANCE OF SPORTS IN HUMAN LIFE

Sports are the basis of development of human life and the vital element and fundamental right of child life. Through play, boys and girls give good direction to their natural tendencies and management of their emotions. It is a well-known fact that the importance of sports and human life is as an educational approach from many perspectives. Human values, emotional development, patience, discipline, friendship, cooperation, honesty, competitiveness and leadership behavior, more than teachings, boys and girls easily learn through sports. That is why educationists like Maria Montessori, Giju Bhai have been strong advocates of education through games for boys and girls, even if they are not, because along with giving direction to the creation of an environment of learning and teaching, other life skills are inculcated in children in nature. - Replace girls. Therefore, from the point of view of earning sports education, from the point of view of self-development, there is a double benefit approach. McDougall, Rouss and T. Thinkers like Peenan have strongly held that play is the basis of protection, growth and development, joy, energy, creativity and natural development of life values in child life.

III. HOCKEY: HISTORICAL AND PRESENT SCENARIO

The origin and development of the game of hockey is not known properly, but it is universally accepted that the origin of this important game has arisen as a result of the need of humans. It is believed that a person must have broken a twig from a tree and tried to hit a stone lying on the ground, in which that person would have got a lot of pleasure and as a result of this the game would have progressed with time and reached the situation as it is today.



IV. FUNDAMENTALS OF HOCKEY

The basic skills of hockey are as follows -

- Dribbling - This involves controlling the ball with a stick while running or moving from position to position and moving the ball from the left side of the body to the right or from the right side to the left part to dodge the opposing defender. Can go
- Hitting the ball - This skill is used to pass long distances or to hit the ball into the goal.
- Scoop - When a stopped ball or a slowly moving ball is thrown into the air by placing a stick under it, then it is called a scoop.
- Tackling - The process of snatching the ball from the opposing player or preventing it from moving forward is considered tackle.

Its opponents, such as stopping, block tackle, back pass, jab, are also used in the context of hockey skills.

V. OBJECTIVES STUDY

The characteristic psychological profile for each individual player will allow both the coach and the players to gain a deeper insight into their own interactive processes. An athlete may be able to develop a higher sense of internal control to be imposed on his competitive performance potential because "self-knowledge" is the key to higher achievements.

- To determine the physical profiles of hockey players among participation at different levels.
- To describe the motivational characteristics of Indian hockey players.
- Suggestions to psychological interventions that could enhance the performance of the players.
-

Hypothesis Review based on available research findings, expert opinion and scholar's own understanding of the problem; it was hypothesized that there may not be significant differences in selected socio-psychological variables of hockey players.

VI. METHODOLOGY

The selection of subjects, the selection of variables, the criterion measures, the selection and description of the instrumentation questionnaire, the administration of the questionnaire, the collection of data and statistical techniques employed to analyze the data will be described in this study.

Statistical analysis of the data was performed on a computer. In the first phase the mean and standard deviation were calculated for all variables and in the second phase a Inter College, Inter University and National level players for their personalities were applied to find out the difference.

The aim of the study is to analyze the psychological profiles/personalities among hockey players at different levels of participation. For the purpose of study, 120 hockey players from university and affiliated colleges as subjects (male) will be selected. A research tool plays a major role in any research area as it has accurate conclusions about the problem or the study conducted which, in the end, helps in providing suitable remedial measures for the concerned problem.

The data collection for this study will be collected from books, journals, journals, journals and research papers. Taking into account the available feasibility of the criteria, means and relevance of the variables, the following variables will be selected.

Before all the tests, it was informed to the sample that the data would be used for research purpose only and confidentiality of the collected data would be maintained. First the sample was given a sports emotional questionnaire in a convenient group. After this, the aggression questionnaire was tested-administered on the sample after giving proper rest.



Table 1: Comparison of sports emotional intelligence among male hockey players at the social level and at the psychological level

| Group | Mean | S.D | t | Level of significance |
|---------------------|--------|-------|------|-----------------------|
| Social level | 187.44 | 30.56 | 3.10 | 0.1 |
| Psychological level | 205 | 28.50 | | |

It is clear from the observation of table no. 6 that there is a significant difference between the male hockey players on the emotional intelligence dimension of the game at the social and psychological level. Obtained ($t = 3.10$) which is at a statistically significant level of .01, there is evidence that at the psychological level the sports emotional intelligence of male hockey players ($M = 205.80$), at the psychological level of male hockey players ($M = 187.44$) at a significant level.

The results shown in Table No. 6 show that the sports emotional intelligence of male hockey players at psychological level was found to be higher than male hockey players at social level, hence the comparison hypothesis is acceptable.

VII. CONCLUSION

The following conclusions were drawn on the basis of the results and discussion obtained from the study – 1. Ethnic background affects the sports emotional intelligence of male hockey players. 2. Ethnic background does not affect male hockey players' aggression. 3. Variation in basic skills of male hockey players was found on the basis of ethnic background.

REFERENCE

1. Pedersen M. Dahl (2007). Journal Article, "Characteristics of Male and Perceived Female Athletes", Vol. 85 (2)
2. Krishnan, M. (2008). Effect of mental imagery training program on selected psychological variables and skill performance of volleyball players. Unpublished thesis Doctor of Philosophy in Physical Education. Calicut, Education, May Dept. University of Calicut.
3. O'Sullivan et . (2008). AL, England "The Personality Characters of Male and Female Participants in Team Sports", Elsevier Science Ltd., Journal, Article, Vol. 25(1).
4. Hardy, TR (2009). Test of performance strategies: development and preliminary validation of a comprehensive measure of an athlete's psychological prowess. *Journal of Sports Science*, 697-711.
5. Rajina, LK (2009). A study on sports specific psychological skills in national level sportspersons. *Indian International Congress in Sports Psychology-2009: Proceedings*, pp. 356-359)
6. Mudimela, SSR (2010). Effect of participation level on aggression, anxiety, achievement motivation and performance among football players. 61, DOI, *British Journal of Sports Medicine*, 44 10-1136/bjism-2010-078725-206
7. Peterson, AJ (2012). Psychological and sport specific characteristics of hockey players. Doctoral Dissertation, Mar. University of Zurich, Switzerland Teaching.