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16	Effects Of Yoga Practices On Selected Physiological Parameters Of Bharathidasan University Inter-Collegiate Men Football Players	DR. J. JOHN PARTHIBAN Director of Physical Education, H.H The Rajah's College (Autonomous), Pudukkottai, Tamilnadu.	Download
17	Challenges And Opportunities For Women Sports Persons In India	DR. RAMESH ASHOK GAIKWAD Directors of Physical Education and Sports B. J. S. College, Wagholi	Download
18	"New Challenges And Opportunities In Education Technology"	DR.VINOD .VBAYASKAR Nani bai College of Education , Amravati	Download
19	Comparative Study Of Selected Psychological Variables Between Two Different Age Group Players Of Amravati University	DR. ANURAGINI RAMESHRAO BOKEY M.V.D. Mahavidyalaya, Amravati (M.S.)	Download
20	Lockdown And Yoga	DR. ARUNABHA RAY Assistant Professor in physical Education, Sri Govindprabhu Arts and Commerce College, Talodhi (Balapur) Dist. Chandrapur.	Download
21	Comparative Study Of Sportman's Spirit Of Kho-Kho And Kabaddi Players	DR. KHUSHAL J. ALASPURE Director of Physical Education Naraynarao Rana Mahavidyalaya, Badnera	Download
22	A Relationship Of Social Competence And Emotional Maturity On Aggression Of District Level School Male Volley Ball Players Of Mumbai	DR. KISHORE J. MARU Assistant Professor, B.P.C.A's College of Physical Education, Wadala, Mumbai	Download
23	Physical Activity And Fitness: Improvement In Health And Reducing Risk Factors For Diseases	DR. PRASHANT M. BAMBAL Seth Kesarimal Porwal college of Arts and Science and Commerce Kamptee, Dist. Nagpur Physical Activity And Fitness: Improvement In Health And Reducing Risk Factors For Diseases	Download
24	Comparative Study Of Psychological Hardiness In Athletes And Non-Athletes	DR. SHRIKANT S. MAHULKAR Director of Physical Education Late Dattatraya Pusadkar Arts College Nandgaon Peth, Amravati	Download
25	Effect Of Selected Yogic Practice On Memory Of College Boys	Effect Of Selected Yogic Practice On Memory Of College Boys	Download
26	A Comparative Study Of Will To Win Of Male And Female Kabaddi Players	DR. SHRIDHAR R. DHAKULKAR Director of Physical Education & Sports, Mahatma Jyotiba Fule Mahavidhyalaya Amravati, Maharashtra, India	Download
27	The Effects Of Motivation On Sports Performance	DR. MADAN B. INGLE Director Physical Education, New Arts, Comm & Science college Wardha	Download
28	Effect Of Resistance Training On Selected Muscular Strength Variables Of Male Cricket Players	NAJKA DAVANE Research scholar, Department of Physical Education, University of Mumbai, Mumbai PROF.VASANTHI KADHURAVAN Professor, Department of Physical Education University of Mumbai, Mumbai	Download
29	Study Of Speed And Strength Of Urban And Rural Hockey Players Of Sangli District.	AMFETAJ UTTAMRAO MANE Director of Physical Education, K.B.P. C. Urun-Islampur, Dist-Sangli DR. S. E. KANGANE Principal, CAUPE Pune	Download
30	Covid-19's Impact And Strategies To Cope With Covid-19 Fear For College Students	ARCHANA SHETE Ph.D. Scholar, Department of Physical Education, University of Mumbai, Mumbai	Download
31	"Maintaining Physical Fitness For Volleyball Players During Corona Pandemic Lockdown"	ASHWINI VENKANAGOUDA PATIL Research Scholar, Department of physical education and sports sciences, Karnataka State Women's University, Vijayapura, Karnataka, DR. HANUMANTHAYYA PUJARI Assistant Professor, Department of physical education and sports sciences, Karnataka State Women's University, Vijayapura, Karnataka	Download
32	Effects Of Suryanamaskar On Selected Physical Fitness Variables Of Secondary School Students	MR. DEEPAK SINGH BISHT Research Scholar, Department of Physical Education, Banasthali Vidyapith (Raj.) DR. USHA TIWARI Associate Professor, Department of Physical Education, Banasthali Vidyapith (Raj.) DR. DHIRENDRA TIWARI Assistant Director, Department of Physical Education, BHU Varanasi, (U.P)	Download

COMPARATIVE STUDY OF PSYCHOLOGICAL HARDINESS IN ATHLETES AND NON-ATHLETES

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ABSTRACT

The purpose of the study was to compare the psychological hardiness in athletes and non-athletes. For this purpose researcher has selected 40 subjects (20 athletes who has participated at least in inter-collegiate tournaments as well as in state tournaments and 20 non-athletes) from Late Dattatraya Pusadkar Arts College, Nandgaon Peth, Amravati, Maharashtra. Athletes were selected by purposive and simple random sampling method. The age limit of the subjects was kept between 20 to 25 years. Psychological hardiness was measured with the help of questionnaire constructed by Prof. Arun Kumar Singh. Statistical analysis was done with the help of 't'-test at 0.05 level of significance. Result shows that by observing the mean we can say that there was difference between the athletes and non-athletes in reference to psychological hardiness. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test and the result shows that there is significant difference between athletes and non-athletes in reference to Commitment disposition as the calculated t-value 7.43 is greater than the tabulated t-value 2.024. Whereas the remaining disposition i.e. Control and Challenge shows insignificant as the calculated t-value 1.64 & 1.83 is lesser than the tabulated t-value 2.024. In conclusion it revealed that there is significant difference between athletes and non-athletes in reference to Commitment disposition whereas the two disposition Control and Challenge found to be insignificant. It may be attributed that each and every individual or athletes is unique to themselves, allowing them to engage themselves in different situation. Athletes shows better level of commitment as it, not solely in terms of individual, also refers to the sense of community and individual place in that arena and able to cope with stressful situations because of the understanding regarding the individuals as compared to non-athletes.

Keywords: Psychological Hardiness: Commitment, Control and Challenge, Athletes & Non-Athletes.

INTRODUCTION

The mind and body controversy seems to have been concern of philosophers since the days of ancient Greek. Health not in the sense only good physique but it means not merely the absence of disease. In other words we can say that the man who has weak body and weak mind can never be a master of strong soul.

Psychology doesn't really refer to the mind or nervous system, it can be framed

absolutely as far as phenomenological or information processing various theories of mind. However, study of mind and behaviour is being included in psychological theory and practice, especially in areas such as artificial intelligence, neuropsychology, and cognitive neuroscience.

Modern psychology has incorporated within itself many of the principles and theories had been discussed. Modern psychology, in the

words of Desiderata, Hokinson and Jackson " it is the investigation of human and animal behaviour and of the mental and physiological processes associated with the behaviour". Crooks and Stein had defined psychology as "the scientific study of behaviour and mental processes of humans and other animals". Even though various techniques and strategies of investigating mind and behaviour have become sophisticated and refined during last century, no substantial change seems to have occurred in the meaning and definition of psychology and consequently it may be concluded that psychology is a science of behaviour or it can also be said as scientific study of the behavioural activities and experiences.

Psychological hardiness was generally characterized as a personality structure comprising of three related miens i.e. commitment, control and challenges. The commitment disposition was characterized as a tendency to involve in activities of oneself life and having an authentic interest and curiosity about the surrounding. The control disposition was characterized as a tendency to believe and act as if one can influence the events taking place around oneself through one's own efforts. The challenge disposition was characterized as the belief that changes, rather than stability, is the normal mode of life and constitutes motivating opportunities for self-awareness rather than threats to security.

Psychological hardiness can be expressed as a tendency that enables a characteristic to accept the experiences and variations in life with good humor and flexibility, which in turn influences behavior that prevents illness. The way to psychological hardiness is not luck as well as is not genetic, but is a learned approach to stress. They give more confidence to effort and action than chance and believe they can manipulate life occasions and activities. They possess an internal asset and

consider the positive and negative events life as the consequence of their actions. Psychological hardiness can be expressed as a mental skill that can play a significant role in the performance of players. The effects of psychological hardiness and its various components on competitive anxiety and self-confidence of players were mostly seen. Hence the researcher has taken the study "Comparative study of psychological hardiness in athletes and non-athletes".

METHODOLOGY

The purpose of the study was to compare the psychological hardiness among athletes and non-athletes. For this purpose researcher has selected 40 subjects (20 athletes who has participated at least in inter-collegiate tournaments as well as in state tournaments and 20 non-athletes) from Late Dattatraya Pusadkar Arts College, Nandgaon Peth, Amravati, Maharashtra. Athletes were selected by purposive and simple random sampling method. The age limit of the subjects was kept between 20 to 25 years.

Psychological hardiness was measured with the help of questionnaire constructed by Prof. Arun Kumar Singh. The psychological hardiness questionnaire was consisting of three separate components - commitment, control and challenge.

STATISTICAL ANALYSIS

To compare the psychological hardiness between athletes and non-athletes, 't'-test was applied at 0.05 level of significance.

TABLE
Comparison of Psychological Hardiness in Athletes and Non-Athletes

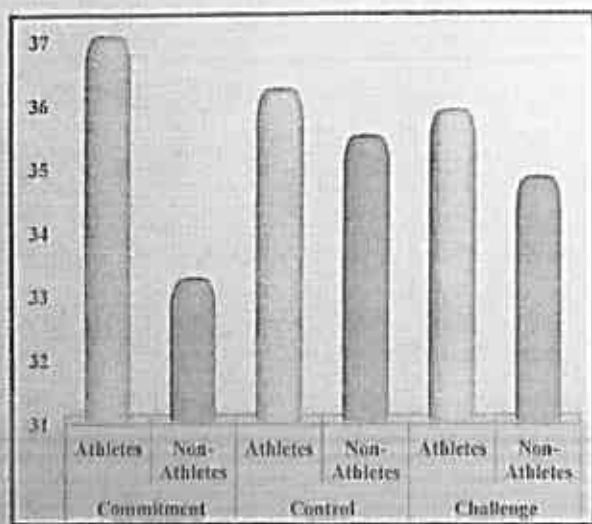
Psychological Hardiness	Commitment		Control		Challenge	
	Athletes	Non-Athletes	Athletes	Non-Athletes	Athletes	Non-Athletes
Group						
		s		s		s

Mean	37	33.2	36.1	35.4	35.8	34.75
S.D	1.21	1.93	1.59	1.27	1.57	2.02
N	20	20	20	20	20	20
S.E		0.51		0.45		0.57
M.D		3.8		0.75		1.05
D.F				38		
Obt 't'		7.43*		1.64		1.83
Tab 't'				2.0244		

*significant at 0.05 level

Result of the study shows that by observing the mean we can say that there was difference between the athletes and non-athletes in reference to psychological hardiness. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test and the result shows that there is significant difference between athletes and non-athletes in reference to Commitment disposition as the calculated t-value 7.43 is greater than the tabulated t-value 2.024. Whereas the remaining disposition i.e. Control and Challenge shows insignificant as the calculated t-value 1.64 & 1.83 is lesser than the tabulated t-value 2.024.

GRAPH



Comparison of Psychological Hardiness Components between Athletes and Non-Athletes

CONCLUSION

From the above study it can be concluded that the mean score of psychological hardiness components i.e. Commitment, Control and Challenge of athletes and non-athletes shows difference, to see this difference is significant or not researcher further calculated 't' test and result shows that there is significant difference between athletes and non-athletes in reference to Commitment disposition whereas the two disposition Control and Challenge found to be insignificant. It may be attributed that each and every individual or athletes is unique to themselves, allowing them to engage themselves in different situation. Athletes shows better level of commitment as it, not solely in terms of individual, also refers to the sense of community and individual place in that arena and able to cope with stressful situations because of the understanding regarding the individuals as compared to non-athletes.

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