

## ANALYSIS OF SELECTED PSYCHOLOGICAL VARIABLES BETWEEN THE ATHLETES AND ATHLETES WITH DISABILITIES

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**ABSTRACT:** The objective of the study is to find out the analysis of selected psychological variables between the athletes and athletes with disabilities. For this study forty normal athletes and forty athletes with disabilities were selected from Coimbatore, Madurai, Viruthunagar districts. Tamil Nadu. India. Their age ranged from 17 to 35 years. Each group was tested in psychological variables like cognitive anxiety, somatic anxiety, self-confidence, motivation, physical activity by the standardized questionnaire. Anxiety was analyzed by Illions anxiety and self-confident questionnaire. Self-confident was analyzed by Illions anxiety and self-confident questionnaire. Motivation was analysed by Illions sports achievement motivation test questionnaire. „t” ratio was calculated to find out the significant of the difference between the mean of athletes group and athletes with disabilities group. The level of significance for the study was chosen as 0.05. It is conclude that the psychological variable of cognitive anxiety is insignificant between athletes and athletes with disabilities. The psychological variable of somatic anxiety was insignificant between athletes and athletes with disabilities. The psychological variable of self-confidence was insignificant between athletes and athletes with disabilities. The psychological variable of motivation was insignificant between athletes and athletes with disabilities.

**Keywords:** Athletes; athletes with disabilities; somatic anxiety; cognitive anxiety; self-confident; motivation.

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### INTRODUCTION

Sports Psychology is concerned with analyzing human behavior in various types of sports settings. In focus on the mental aspects of performance, this psychological aspect on sport is gaining much attention among sports administration. A player is psychologically fit for the game, if he possesses the required perception, emotional stability, motivation, intelligence and educability to accomplish the task. Tension elevated heart rate, blood pressure and anxiety can become the barrier to performance. No player is without anxiety but some one is able to adapt to the stress of anxiety in their lives and these players are more psychologically fit for odious work [1, 2].

The anxiety has become so great that the person losses complete control of him and the situation. Most persons might have experienced some degree of anxiety in sporting situation. The term anxiety is used to describe the combination of intensity of behaviour and direction of affect or emotion. Competition anxiety is the anxiety generated in sports competition based on spiel Berger’s conception. Competitive anxiety as situation specific construct is a tendency to perceive competitive situation as threatening and to respond to these situation with feeling of apprehension or tension. Achievement motivation forms to be the basic for a good life. People who are oriented towards achievement, in general, enjoy life and feel in control. Being motivated keeps people dynamic and gives them self-respect [3-5]. They set moderately difficult but easily achievable targets, which help them, achieve their objectives. They do not set up extremely difficult or extremely easy targets. By doing this they ensure that they only

undertake that can be achieved by them. Achievement motivation people prefer to work on a problem rather than leaving the outcome to chance. It is also seen that achievement motivated people seem to be more concerned with their personal achievement rather than the rewards of success.

An elite athlete is a rare combination of talent, hard work and the right psychological profile. In sports today, everyone knows the best training methods, has access to the best facilities and most nutritional foods. Often the difference between the good and the elite is the mental qualities of the athletes. Athletes who are disabled become motivated when they see other disabled athletes competing in sports. The encouragement they receive from the other members of the team motivates the athletes to continue to compete in sports. They strive to be the best at what they can do when they are encouraged from their coaches. They also want to set good examples for other athletes who are disabled. They want to inspire other disabled athlete and give them hope to continue the athletic career.

## OBJECTIVE

The objective of the study is to find out the analysis of selected psychological variables between the athletes and athletes with disabilities.

## EXPERIMENTAL DESIGN

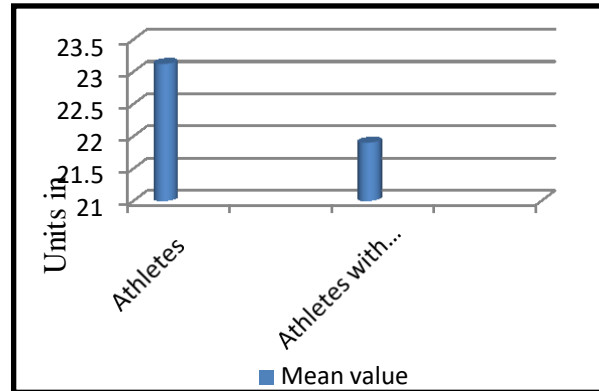
For this study forty normal athletes and forty athletes with disabilities were selected from Coimbatore, Madurai, Viruthunagar districts. Tamil Nadu. Their age ranged from 17 to 35 years. Each group was tested in psychological variables like cognitive anxiety, somatic anxiety, self-confidence, motivation, physical activity by the standardized questionnaire. Anxiety was analyzed by Illions anxiety and self-confident questionnaire. Self-confident was analyzed by Illions anxiety and self-confident questionnaire. Motivation was analyzed by Illions sports achievement motivation test questionnaire. „t“ ratio was calculated to find out the significant of the difference between the mean of athletes group and athletes with disabilities group. The level of significance for the study was chosen as 0.05.

**TABLE 1**  
**CALCULATION OF MEAN, STANDARD DEVIATION, STANDARD ERROR, OF**  
**MEAN, MEAN DIFFERENCE AND ‘t’ VALUE OF THE ATHLETES, ATHLETES**  
**WITH DISABILITIES FOR COGNITIVE ANXIETY**

S.No	Group	Mean	MD	SD	Sta. Error Mean	df	‘t’ Ratio	Table value
1	Athletes	23.12	1.22	4.41	0.698	78	1.25	1.99
2	Athletes with disabilities	21.90		4.31	0.682			

Table 1 shows that the difference between the athletes and athletes with disabilities of cognitive anxiety, „t“ ratio was employed and the level of significance was set at 0.05. Athletes and athletes with disabilities mean value were 23.12, 21.90 respectively difference of mean values 1.22. The obtained „t“ ratio 1.25 was lesser than the table value 1.99, so it was found to be insignificant. Figure 1 indicates that the mean differences of cognitive anxiety between athletes and athletes with disabilities.

**FIGURE 1**  
**FIGURE SHOWING THE MEAN OF ATHLETES AND ATHLETES WITH DISABILITIES FOR COGNITIVE ANXIETY**

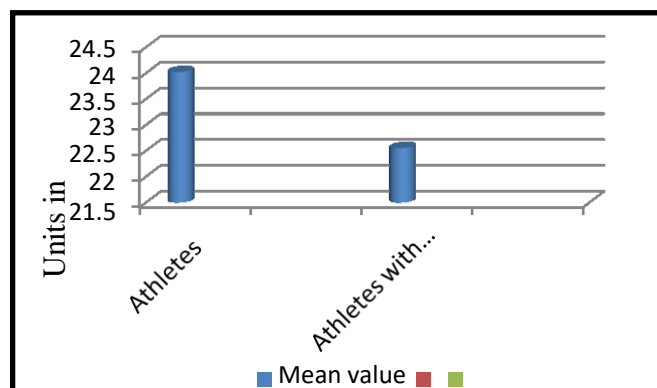


**TABLE 2**  
**CALCULATION OF MEAN, STANDARD DEVIATION, STANDARD ERROR, OF MEAN, MEAN DIFFERENCE AND ‘t’ VALUE OF ATHLETES, ATHLETES WITH DISABILITIES FOR SOMATIC ANXIETY**

S.No	Group	Mean	MD	SD	Sta. Error Mean	df	‘t’ Ratio	Table value
1	Athletes	24.02	1.47	3.94	0.623	78	1.70	1.99
2	Athletes with disabilities	22.55		3.79	0.600			

Table 2 shows that the difference between the athletes and athletes with disabilities of Somatic anxiety. Difference in two groups „t” ratio was employed and the level of significance was set at 0.05. Athletes and athletes with disabilities mean value were 24.02, 22.55 respectively difference of mean value 1.47. The obtained „t” ratio 1.70 was lesser than the table values 1.99, so it was found to be insignificant. Figure 2 indicates that the mean differences of somatic anxiety between athletes and athletes with disabilities.

**FIGURE 2**  
**FIGURE SHOWING THE MEAN OF NORMAL ATHLETES AND ATHLETES WITH DISABILITIES FOR SOMATIC ANXIETY**

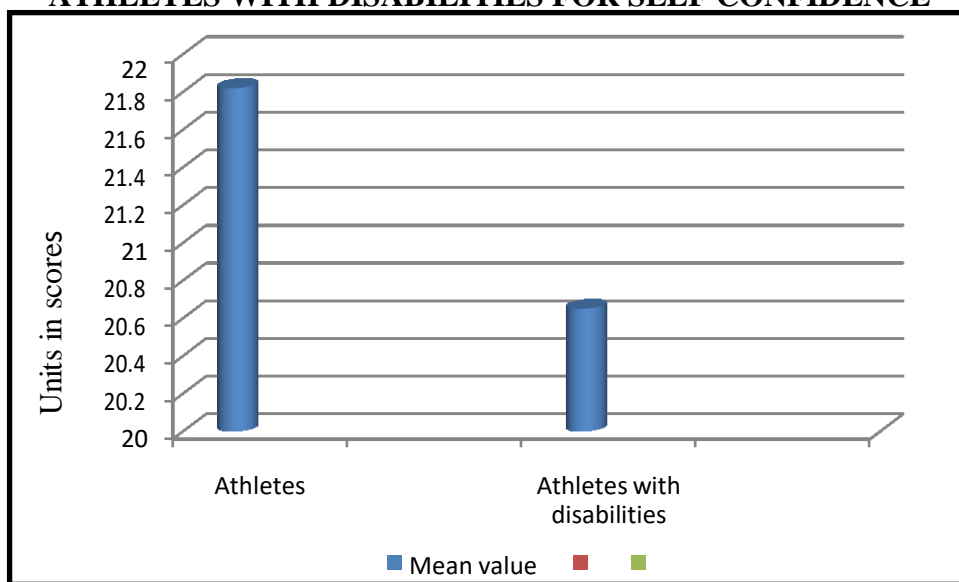


**TABLE 3**  
**CALCULATION OF MEAN, STANDARD DEVIATION, STANDARD ERROR, OF**  
**MEAN, MEAN DIFFERENCE AND ‘t’ VALUE OF ATHLETES, ATHLETES WITH**  
**DISABILITIES FOR SELF CONFIDENCE**

S.No	Group	Mean	MD	SD	Sta. Error Mean	df	‘t’ Ratio	Table value
1	Athletes	21.82	1.17	3.94	0.623	78	1.29	1.99
2	Athletes with disabilities	20.65		4.19	0.663			

Table 3 shows that the difference between athletes and athletes with disabilities of Self Confidence. Difference in two groups „t” ratio was employed and the level of significance was set at 0.05. Athletes and athletes with disabilities mean value were 21.82, 20.65 respectively difference of mean value 1.17. The obtained „t” ratio 1.29 was lesser than the table values 1.99, so it was found to be insignificant. Figure 3 indicates that the mean differences of self-confidence between athletes and athletes with disabilities.

**FIGURE 3**  
**FIGURE SHOWING THE MEAN OF NORMAL ATHLETES AND**  
**ATHLETES WITH DISABILITIES FOR SELF CONFIDENCE**



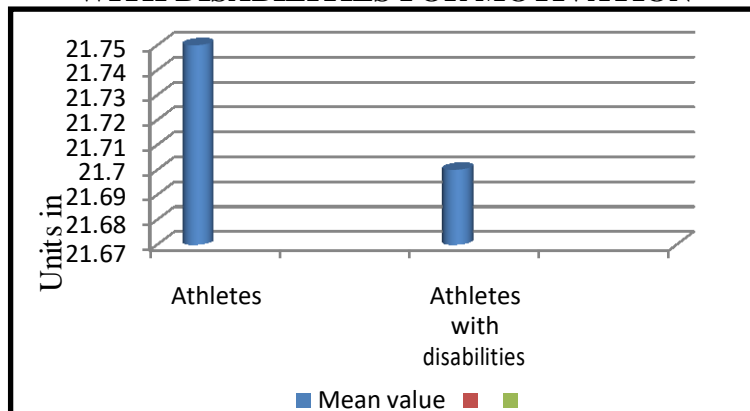
**TABLE 4**  
**CALCULATION OF MEAN, STANDARD DEVIATION, STANDARD ERROR, OF**  
**MEAN, MEAN DIFFERENCE AND ‘t’ VALUE OF ATHLETES, ATHLETES WITH**  
**DISABILITIES FOR MOTIVATION**

S.No	Group	Mean	MD	SD	Sta. Error Mean	df	‘t’ Ratio	Table value
1	Athletes	21.75	0.05	4.75	0.751	78	0.046	1.99
2	Athletes with disabilities	21.70		4.95	0.782			

Table 4 shows that the difference between athletes and athletes with disabilities of Motivation. Difference in two groups „t” ratio was employed and the level of significance was set at 0.05. Athletes and athletes with disabilities mean value were 21.75, 21.70 respectively difference of mean value 0.05. The obtained „t” ratio 0.046 was lesser than the table values

1.99, so it was found to be insignificant. Figure 4 indicates that the mean differences of motivation between athletes and athletes with disabilities.

**FIGURE 4**  
**FIGURE SHOWING THE MEAN OF ATHLETES AND ATHLETES WITH DISABILITIES FOR MOTIVATION**



### DISCUSSION ON FINDINGS

The results on cognitive anxiety, somatic anxiety, self-confidence and motivation showed that there is no significant difference between the athletes group and athletes with disabilities group. The results of the study indicate that athletes and athletes with disabilities group have same level of cognitive anxiety, somatic anxiety, self-confidence and motivation. This type research is infrequent to compare the normal and differently abled people especially in sports and games. This findings help to do the more research in athletes and athletes with disabilities.

### CONCLUSIONS

Within the limitations of the present study, the following conclusions were drawn.

- ❖ The psychological variable of cognitive anxiety is insignificant between athletes and athletes with disabilities.
- ❖ The psychological variable of somatic anxiety was insignificant between athletes and athletes with disabilities.
- ❖ The psychological variable of self-confidence was insignificant between athletes and athletes with disabilities.
- ❖ The psychological variable of motivation was insignificant between athletes and athletes with disabilities.

### RECOMMENDATIONS

- ❖ The similar study may be conducted among women athletes and women athletes with disabilities.
- ❖ The similar study may be conducted on bio chemical and physiological variables.
- ❖ The study may also be conducted separately for schoolstudents.

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