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**Tribhuvan Ram Narayan**  
Ph.D Research Scholar,  
Department of Physical  
Education and Sports Sciences,  
University of Delhi, Delhi,  
India

**Dr. Lalit Sharma**  
Associate Professor  
Indira Gandhi Institute of  
Physical Education & Sports  
Sciences, University of Delhi,  
Delhi, India

## A study on athletes problem between team and individual games

**Tribhuvan Ram Narayan and Dr. Lalit Sharma**

### Abstract

The purpose of the study was to see the comparison between team and individual games on the basis of psychological parameters .the subjects selected for the study were 95 College level athletes from team and individual game of athletics, gymnastic, hockey and football which age groups were 18 - 25 year. the subjects were filled the questionnaire of athlete's problem of individual and team game players. Questionnaire consists of 100 question related to athletes problems in different game situation. the following athlete's problem which were coachability, field related problem, anxiety prone, self centeredness, fear of failure, success phobia, family related problem and injury prone variables for the analysis. All responses of athlete problem questions were scored by the answer key of the questionnaire and giving the marks 1 when answer is right and 0 when answer is wrong. the analysis were performed by SPSS version 20. In this study independent T-test has been used. And the value of T-statistics is insignificant in all variables for athlete's problem between team and individual game. P value is greater than .05. Thus the null hypothesis of equality of variance may be accepted and it is concluded that the variance of team game and individual game are equal.

**Keywords:** Athletics, gymnastic, hockey and football, coachability, field related problem, anxiety prone, self-centeredness, fear of failure, success phobia, family related problem and injury prone

### Introduction

As the prevalence of mental health issues continues to increase globally, more studies have focused on physical activity as a potential protective mediator for mental health disorders including anxiety, depression, success phobia, and other related problems affect the both team and individual games. The difference between individual sports and team sports is that in individual sports, athletes compete by themselves, whereas in team sports, athletes compete cooperatively in a group of at least two people.

This is why there is a difference between team and individual sport's athlete because they have to deal there sports related behavior differently. The team game athlete share their feelings like anxiety, nervousness, fear of failure and other related psychological issues with team partners and even they have less pressure of high performance because there will be the whole team show but as we talk about individual games the complete pressure for high performance is there . The athlete have to deal alone so its a one man show which create the depressive and anxiety full condition in individual game athlete. Playing on a team both encourages fitness and allows young people to develop important mental and social skills (Boone and Lead beater, 2006; Vella et al., 2017). Team sports provide an opportunity for children to learn to work well with others and effectively contribute to a group (Sabiston et al., 2016). The resulting sense of support and acceptance likely plays an integral role in reducing depressive symptoms and leads to healthy relationships with adults and peers (Eime et al., 2013; Boone and Leadbeater, 2006). Boone and Leadbeater (2006) found that positive experiences on teams with coaching, skill development, and peer support contribute to feelings of social acceptance and decreased body dissatisfaction and ultimately fewer depressive symptoms among adolescents.

Individual sports help cultivate other important psychological skills. When athletes practice alone, they can improve their ability to concentrate and improve mental strength. While individual sports often provide less social opportunity, they encourage responsibility and self-reliance. Individual sport athletes may engage in a "higher level of preparation" because their success depends completely on their own skills and training (Kajbafnezhad et al., 2011).

### Correspondence

**Dr. Lalit Sharma**  
Associate Professor  
Indira Gandhi Institute of  
Physical Education & Sports  
Sciences, University of Delhi,  
Delhi, India

Yet, this increased sense of accountability can lead to intense feelings of shame or guilt after losing (Nixdorf et al., 2016). Team sports are sometimes stressful as a result of competition, team dynamics or coaching issues, but individual sports may cause greater internal attribution such as shame after failure, which is linked to depressive symptoms (Boone and Leadbeater, 2006; Hanrahan and Cerin, 2009; Nixdorf et al., 2016). Nixdorf et al. (2016) reports that elite junior athletes who play individual sports suffer more from depression than those who play team sports. Sabiston et al. (2016) reveals that youth who engaged in team sports throughout high school reported fewer depressive symptoms later in life, but the same did not apply to individual sports. Both team and individual sports have been shown to support mental and physical health, but, as noted by Vella et al. (2017), “the weight of evidence suggests that participation in team sports may be more strongly linked to positive social and psychological outcomes when compared to individual sports” (p.688) Individual sport athletes can exhibit increased anxiety not only because of the way they internalize failure, but also their tendency to set intense personal goals for themselves (Nixdorf et al., 2013). Individual sports for which judges determine success, including gymnastics, figure skating, and dance, correlate with the highest rates of anxiety in elite athletes; these athletes feel immense pressure to differentiate themselves from the competition in the pursuit of perfection and a judge’s approval (Schaal et al., 2011). Team sport athletes also engage in perfectionist behaviors, but perhaps not to the extent of individual sport athletes (Nixdorf et al., 2013).

## Methodology

### Selection of Subjects

For the study 95 College level athletes from team and individual game i.e. athletics, gymnastic, hockey and football aged ranging from 18 to 25 years were selected as subjects, from IGIPSS Delhi & LNIPE Gwalior. All participants were healthy and in good physical condition. It was assumed that they possess a good level of physical fitness. All subjects were explained the purpose of the study. Each participant provided consent before participation in testing procedures.

**Selection of Variables:** The study selected the following athlete’s problem which are coach ability, field related problem, anxiety prone, self centeredness, fear of failure, success phobia, family related problem and injury prone variables for the analysis from correspondence with the expert and scholar's understanding and with the feasibility criterion in mind.

### Criterion Measures

Athletes problem were assessed through questionnaire of athletes problem developed by Lalit Sharma and Meenakshi 2007 This is a standard test that has a reliability coefficient for different variables ranging from 0.77 to 0.92, which is considered good for administering a test.

### Administration of Tests

The subject were asked to fill the questionnaire of Athlete’s Problem of individual and team game players. Questionnaire

consists of 100 question related to athletes problems in different game situation. All questions are properly explained by the tester to the subjects before responses answers of questionnaire.

### Collection of Data

The data from the subjects were collected during different point of time from January 2016 to Oct. 2016. From IGIPSS Delhi and LNIPE Gwalior Scholar also took help from fellow scholars from Gwalior who assisted in collection of data.

### Scoring of Test

All responses of athlete problem questions were scored with the help of the manual provided by the authors.

### Analysis of Data

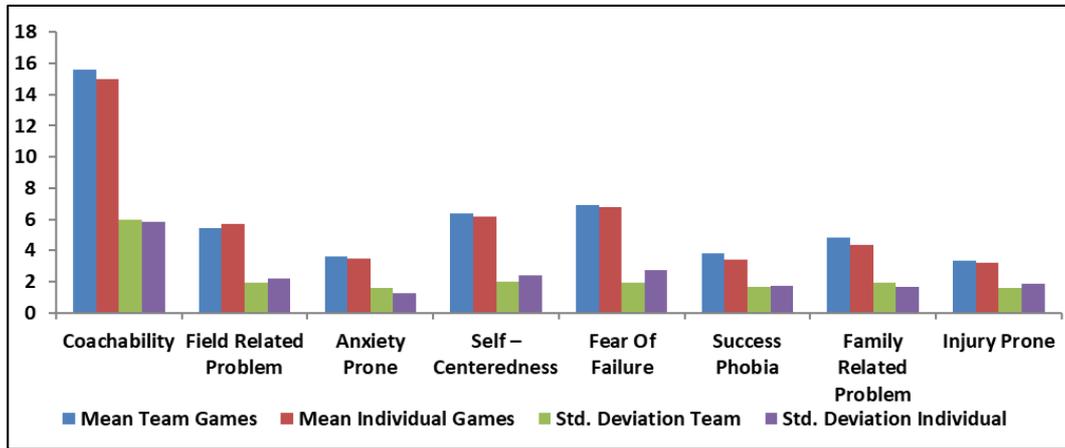
The collected data was analyzed by computing the descriptive statistics and independent T test to find out mean difference between team and individual games. For testing the hypothesis, the degree of significance was set at 0.05. Statistical analysis was conducted using Statistical Package for Social Sciences (IBM SPSS 20 Version). The findings are presented in table 1 and table 2 and the graphical representation of the mean value is presented in figure 1.

**Table 1:** Descriptive Statistics for Athletes Problem between Team and Individual Games

Variables	Sports	N	Mean	Std. Deviation
Coachability	Team Game	54	15.59	5.95
	Individual Game	41	15.02	5.81
Field Related Problem	Team Game	54	5.44	1.92
	Individual Game	41	5.73	2.23
Anxiety Prone	Team Game	54	3.61	1.58
	Individual Game	41	3.48	1.28
Self – Centeredness	Team Game	54	6.35	2.03
	Individual Game	41	6.17	2.37
Fear Of Failure	Team Game	54	6.90	1.93
	Individual Game	41	6.80	2.72
Success Phobia	Team Game	54	3.79	1.66
	Individual Game	41	3.41	1.73
Family Related Problem	Team Game	54	4.81	1.93
	Individual Game	41	4.34	1.63
Injury Prone	Team Game	54	3.37	1.59
	Individual Game	41	3.24	1.86

The values of mean and standard deviation for athlete’s problem between team and individual games are shown in table 1.

The value of Coach Ability in team game is  $15.59 \pm 5.95$  and individual game is  $15.02 \pm 5.81$ , Field Related Problem in team game is  $5.44 \pm 1.92$  and individual game is  $5.73 \pm 2.23$ , Anxiety Prone in team game is  $3.61 \pm 1.58$  and individual game is  $3.48 \pm 1.28$ , Self Centeredness in team game is  $6.35 \pm 2.03$  and individual game is  $6.17 \pm 2.37$ , Fear of Failure in team game is  $6.90 \pm 1.93$  and individual game is  $6.80 \pm 2.72$ , Success Phobia in team game is  $3.79 \pm 1.66$  and individual game is  $3.41 \pm 1.73$ , Family Related Problem in team game is  $4.81 \pm 1.93$  and individual game is  $4.34 \pm 1.63$ , Injury Prone in team game is  $3.37 \pm 1.59$  and individual game is  $3.24 \pm 1.86$  shown respectively.



**Fig 1:** Graphical representation of Mean score and Std. Deviation of Team & Individual Games

**Table 2:** T- Table for the data on Athletes Problem between Team and Individual Games

Variables	t-value	df	Sig.
Coach Ability	.465	93	.643
Field Related Problem	-.671	93	.504
Anxiety Prone	.407	93	.685
Self -Centeredness	.399	93	.691
Self -Centeredness	.215	93	.831
Success Phobia	1.088	93	.279
Family Related Problem	1.261	93	.210
Injury Prone	.356	93	.723

The value of t-test for Athlete’s Problem between Team Games and Individual Games are shown in table 2. The value of t-statistics is insignificant in all variables for athlete’s problem between team and individual game. In table 2, P value is greater than .05. Thus the null hypothesis of equality of variance may be accepted and it is concluded that the variance of team game and individual game are equal.

**Discussion**

The results of this study show that the athlete’s problem between team and individual game are same. There are numerous studies which were supported the result of this study. Kajbafnezhad, et al. (2011), suggested that there wasn’t a significant difference between the two groups (individual and team sports) with respect to overall emotional intelligence. Patel et al. (2014), suggested there was no significant difference between the Individual Athlete & Team Athlete in Mental Health. Boghrabadi et al., (2015), conducted on study showed that there is no significant difference between mean scores of resilience and stress coping strategies through intuition, emotion, problem, avoidance among athletes of individual and team sports and non-athletes. Furthermore, the athlete group was better than the non-athlete group in terms of resilience and coping strategies, which was not significant.

Variables showed insignificant difference between team and individual games due to less sample size and lack of sophisticated equipment.

**Conclusion**

The result concluded that the athlete’s problem in respect of selected psychological variables in team and individual game are same. The findings of this analysis are suggested to provide valuable knowledge for coaches in handling of

athletes in team and individual game for regarding of psychological parameter and treated as equal to team and individual games athletes.

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