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Identification and comparisons of Athletes problem between racket and non-racket games

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Abstract

Athlete problem is one of the matter of contemplation in our country here the study work on to identifying the athletes problems namely, coachability, field related problem, anxiety prone, self-centeredness, fear of failure, success phobia, family related problem and injury prone. The subjects for the study were selected of racket and non-racket sports. There are total 125 subjects were taken in which 60 racket and 65 non racket sports player whose age ranged between 18 to 25years from IGIPSS Delhi & LNIPE Gwalior. Athletes problem were assessed through questionnaire of athletes problem developed by Lalit Sharma and Meenakshi 2007 for findings we used descriptive statistics for mean and standard deviations. The result: all rackets sports and non-racket sports players are having same athlete problem, as the p value is greater than 0.05 in all variables of athlete problem in both racket and non-racket sports. Hence, there is an insignificant difference between racket and non-racket sports athlete problem.

Keywords: Athlete problem, racket sports, non-racket sports

Introduction

The sports are differentiated according To the nature of play, rules and regulations, playing surface and characteristics etc. As the some sports are played by the equipment called rackets so we in our study differentiate those players as per the racket and non-racket sports players. The Racket sports include tennis, badminton, squash or any other sport where you use rackets to hit a ball or shuttlecock to play. They can be played competitively or just for fun and are a great form of physical activity. Depending on the intensity of play, racket sports will count either as moderate or vigorous aerobic activity. They provide weather-proof opportunities for fitness and fun, and work brilliantly for those wanting to get fit with friends, or to compete at local, regional or national level. And the other one non racket sports players are those who are not using the equipment called racket. They can be all other sports player like, A combat sport, or fighting sport, is a competitive contact sport which usually involves one-on-one combat. In combat sports, a contestant wins by scoring more points than the opponent or by disabling the opponent. Common combat sports include boxing, wrestling, fencing, modern-era mixed martial arts, as well as many varieties of indigenous martial arts, such as judo etc.

Other than combat sports there are some sports which are played with the ball those are the Ball games, also ball sports, in these games ball is the equipment of the play. There are some games of ball like cricket, football, baseball, American football and basketball.

Bat-and-ball games, like baseball, softball and cricket. In these games the player hit the ball and tries to get many possible runs before an opponent can retrieve the ball.

Hand and ball-striking games, like various handball codes, four square and rebound handball. Goal sports, are team sports such as, water polo, basketball, football, hockey and lacrosse. In These games players are divided into two teams and their target is to hit the ball into the goalpost of opponent team and save their goal to get hit by the opponent team as many goals they hit in opponent team will be the winner.

Non-racquet net sports, such as sepak takraw and volleyball.

Precision sports or Target sports, such as, lawn bowls, bowling, croquet, and pool, also including billiards, golf, and snooker in these games the ball need to hit into an specific targets with the minimum hits.

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As the athletes increase or grow their physical, physiological, psychological and kinaesthetic abilities as per the sport in which they involve from many years and do training of that particular sports. They enhance their abilities and also get some problems due to overuse or boredom or any other reason called athletes problem (problems in coachability, family related problem, injury prone, anxiety, ground related, success phobia, fear of failure and self-centeredness and etc. Therefore we need to search out these related problems and try to find out the solution.

As sports are also play the role for improvement in, psychological, physical and mental inabilities, therefore few researcher shows the result that The racket-sport intervention is valuable and helpful in promoting gross motor skills, executive functions and social behaviours and that's why it should be included within the standard of care treatment for children with ADHD and special abilities.

There are few common injuries as in racket sports such as rotator cuff tendinitis, forearm nerve entrapments, tennis elbow, abdominal wall sprain, low back pain, eye injuries and tennis leg.

Hence, the researcher identified and compare the athletes problem between racket and non-racket sports players that through which reasons they leave the game and what are the common problems are arises in front of many players and what are the other issues are coming which coming as a hurdle for players to continue in sports. And also see that the most common sports for athlete problems.

Procedure and methodology

Selection of subjects

For the study total 125 subjects were selected from College level athletes (60 racket sports and 65 non racket sports players) aged ranging from 18 to 25 years were selected as a 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 namely coachability, 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 different 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 February, 2016 to September, 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 analysed by computing the descriptive statistics and independent t-test to find out standard deviation and mean among different sports persons of racket and non-racket sports. For tasting the hypothesis, the degree of significance was set at 0.05. Statistical analysis was conducted by using statistical package for social science (IBM SPSS 20 Version). The findings are presented in table 1 and table 2 and the graphical representation of the standard deviation and mean value is presented in figure 1.

Result and interpretation

Table 1: Descriptive statistics for athletes problem between racket sports and non-racket sports

Variables	Sports	N	Mean	Std. Deviation
Coachability	Racket Sports	60	14.80	6.01
	Non-Racket Sports	65	15.22	5.57
Field related problem	Racket Sports	60	6.00	1.81
	Non-Racket Sports	65	5.88	1.77
Anxiety prone	Racket Sports	60	3.60	1.69
	Non-Racket Sports	65	3.60	1.47
Self – Centeredness	Racket Sports	60	6.17	2.04
	Non-Racket Sports	65	5.83	2.23
Fear of failure	Racket Sports	60	6.88	2.13
	Non-Racket Sports	65	6.49	2.25
Success Phobia	Racket Sports	60	4.17	1.88
	Non- Racket Sports	65	3.37	1.61
Family related problem	Racket Sports	60	4.57	1.76
	Non-Racket Sports	65	4.38	1.60
Injury prone	Racket Sports	60	3.40	1.45
	Non-Racket Sports	65	3.25	1.44

The values of mean and standard deviation for athlete’s problem between racket sports and non-racket sports are shown in table 1. The value of Coachability in racket sports is 14.80 ± 6.01 and non-racket sports is 15.22 ± 5.57 , Field Related Problem in racket sports is 6.00 ± 1.81 and non-racket sports is 5.88 ± 1.77 , Anxiety Prone in racket sports is 3.60 ± 1.69 and non-racket sports is 3.60 ± 1.47 , Self-Centeredness in racket sports is 6.17 ± 2.04 and non-racket

sports is 5.83 ± 2.23 , Fear of Failure in racket sports is 6.88 ± 2.13 and non-racket sports is 6.49 ± 2.25 , Success Phobia in racket sports is 4.17 ± 1.88 and non-racket sports is 3.37 ± 1.61 , Family Related Problem in racket sports is 4.57 ± 1.76 and non-racket sports is 4.38 ± 1.60 , Injury Prone in racket sports is 3.40 ± 1.45 and non-racket sports is 3.25 ± 1.44 shown respectively.

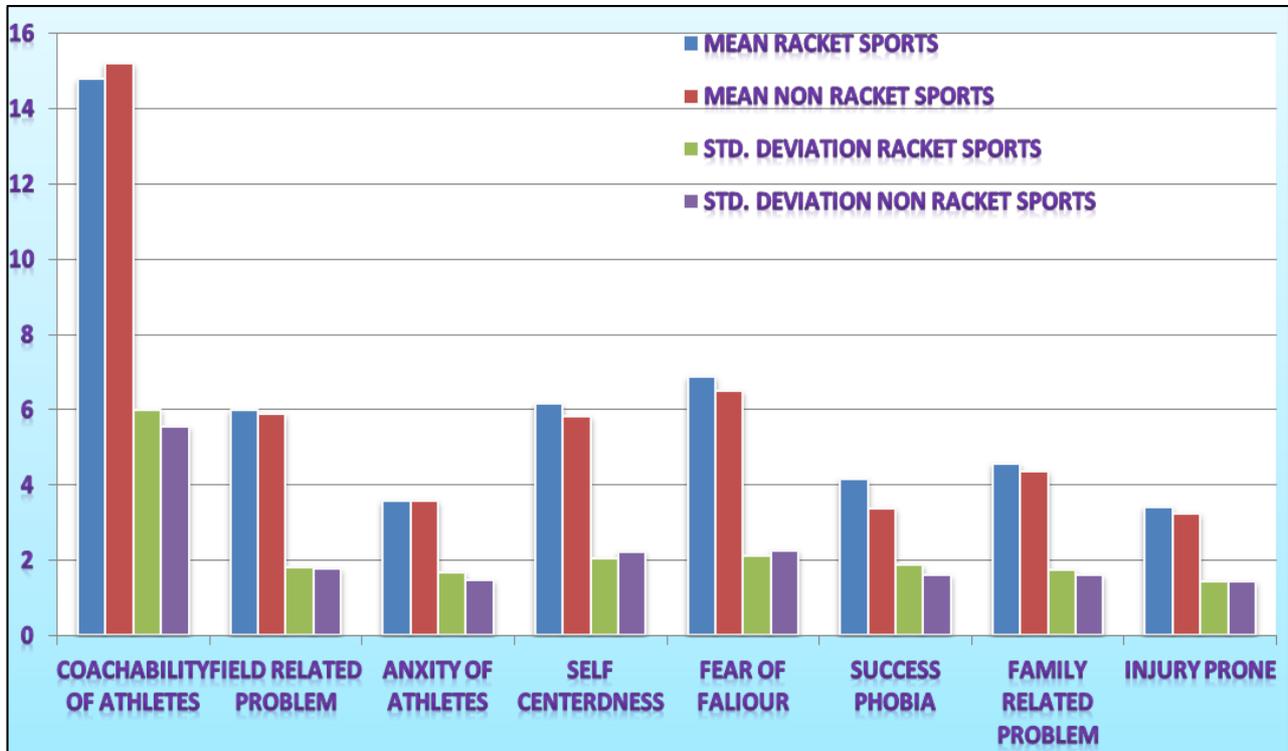


Fig 1: Graphical Representation of mean score and std. deviation of racket sports and non-racket sports

Table 2: T-Table for the data on Athletes problem between racket sports and non-racket sports

Variables	T-value	DF	Sig.
Coach Ability	-0.40	123	0.49
Field Related Problem	0.38	123	0.82
Anxiety Prone	0.00	123	0.38
Self-Centeredness	0.88	123	0.80
Self-Centeredness	0.99	123	0.42
Success Phobia	2.56	123	0.20
Family Related Problem	0.61	123	0.40
Injury Prone	0.59	123	0.76

The value of t-test for Athlete’s Problem between Racket Sports and Non-Racket Sports are shown in table 2. The value of t-statistics is insignificant in all variables for athlete’s problem between racket sports and non-racket sports. In table 2, P value is greater than 0.05. Thus the null hypothesis of equality of variance may be accepted and it is concluded that the variance of racket sports and non-racket sports are equal.

Discussion

The result of this study shows that the Athletes problem between racket sports and non-racket sports are same and there is no significance difference between racket and non-racket sports player. There are few more studies which were supported in the result of this study, Rich Neil *et al.* (2011) [4] states in their study competition stress and emotions in sports performer: The role of further appraisals that the

appraisals and negative emotions experienced were interpreted as debilitating for upcoming performance and consequently, affected the athlete’s behaviour due to lack of control over these thoughts and symptoms. And it is applied on all games weather its racket or non-racket sports. one more author Amir Abbasgholi Poor Mr. *et al.* (2017) [3] their study levels motivation and reasons success and failure of elite and sub-elite female athlete in individual sports where there result says that there were no significant difference between a motivation levels of elite and sub elite athletes and also conclude that there is a significant difference between elite and sub elite athletes attribution style so, it also states the motivation level is same for all athletes. Another author Guillaume Martinent *et al.* (2020) [1] work on the study a literature review on coach-athlete relationship in table tennis there study conclude that the coach athlete relationship is a particularly important parameter in the daily life of the table tennis players due to its influence on their performance and well-being. Thus, it is essential that the coach establish relationship promoting athletes’ development throughout their career. They support that the player need a good relationship with their coach which help to each game players for their progressive performance. Mehment bulent, Asma *et al.* (2020) states in their study the effect of 12 week service training on self confidence in racket sports that 12 week service training positively affect self-confidence of racket sports athletes. Cece Valerian *et al.* (2020) work on the study mental

training program in racket sports: a systematic review they states that the mental skill developed varied across the studies with domination of imagery and relaxation techniques. Overall, the program led to positive outcomes on performance indicators (e.g. improvement of service efficacy and stroke quality) and permitted the development of the targeted mental skill (e.g. concentration, motivation). JP Maxwell (2004) ^[6] anger rumination: an antecedent of athlete aggression? Conclude in his study that provocation and anger rumination were significant predictor of subsequent aggression and suggestion for preventing rumination, such as thought stopping and thought switching, were made. Therefore, this research work is supported by other studies to and we come to the conclusion that there is a no significant difference of the Athletes problem between racket sports and non-racket sports.

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