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**Vipan Kumar**  
Research Scholar, Department  
of Physical Education, Guru  
Nanak Dev University,  
Amritsar, Punjab, India

**Dr. Baljinder Singh Bal**  
Associate Professor,  
Department of Physical  
Education, Guru Nanak Dev  
University, Amritsar, Punjab,  
India

**Amandeep Singh**  
Associate Professor,  
Department of Physical  
Education, Guru Nanak Dev  
University, Amritsar, Punjab,  
India

**Baldeena D Khokhar**  
Assistant Professor,  
Department of Physical  
Education, Guru Nanak Dev  
University, Amritsar, Punjab,  
India

**Corresponding Author:**  
**Dr. Baljinder Singh Bal**  
Associate Professor,  
Department of Physical  
Education, Guru Nanak Dev  
University, Amritsar, Punjab,  
India

## A comparative examination of avoidant between individual and team sports

**Vipan Kumar, Dr. Baljinder Singh Bal, Amandeep Singh and Baldeena D Khokhar**

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### Abstract

The aim of this study was to find out the significant difference of avoidant between individual and team sports. A total of 620 male subjects between the age group of 18-25 years participated in this cross-sectional research. The participants were members of the Individual Sports (*viz.*, Athletics, Archery, Gymnastics, Badminton & Chess) and Team Sports (*viz.*, Cricket, Basketball & Volleyball). Decision Making Style questionnaire constructed by Scott and Bruce (1995) was used to measure avoidant. Unpaired t-test was employed for the present investigation. There were no significant differences ( $0.9512 > 0.05$ ) in scores for individual sports ( $M = 20.3871$ ,  $SD = 2.5955$ ) and team sports ( $M = 20.3742$ ,  $SD = 2.6541$ ).

**Keywords:** Avoidant, athletics, archery, gymnastics, badminton, chess, cricket, basketball, volleyball

### Introductions

Developments in the science of athletic performance are showing how critical it is to combine mental toughness with physical prowess. Sports psychology has emerged as a crucial component of team and athlete health care and coaching as a result of these empirical findings <sup>[1, 2, 3]</sup>. Due to the fact that sports psychology can help athletes perform closer to their maximum potential on any given day <sup>[4]</sup>, the number of sports psychology consultants working with athletes has significantly increased <sup>[5, 6]</sup>. They can perform to the best of their abilities because to these enhanced mental faculties, especially when it comes to their confidence levels during competitions. Additionally, these athletes are better at making positive decisions and thinking positively than other athletes. Athletes' openness to sports psychology differs, despite the sports psychologist's apparent acceptance as a part of the "team behind the team" <sup>[7, 8]</sup>. While the development of other mental capabilities may call for interventions, these skills may develop naturally via experience. These athletes' experiences might result from students' performance and their performance in sports and physical education. Furthermore, regular engagement in sports and physical exercise is linked to personal grit, such as tenacity and passion <sup>[9]</sup>. By emphasizing mental toughness, decision-making, and motor skill execution, athletes can achieve peak performance and success at the competitive level in sports by developing and sustaining effective mental skills. Concentrating on how athletes and non-athletes make decisions. For non-athletes, having strong decision-making abilities can aid them in the workplace, in the classroom, and at social gatherings. These mental abilities support attitude, goal-setting, and critical thinking. While sedentary behavior can also affect non-athletes, this study will concentrate on students studying sports science and recreation who are enrolled in a similar academic program <sup>[10]</sup>.

### Materials and Methods

A sum of 620 male participants aged between 18 and 25 years were involved in the cross-sectional study. These individuals were associated with the fields of Individual Sports, such as Athletics, Archery, Gymnastics, Badminton, and Chess, as well as Team Sports, including Cricket, Basketball, and Volleyball. The designated universities for this inquiry were as follows: Guru Nanak Dev University, Amritsar, Punjabi University, Patiala, Panjab University, Chandigarh and Lovely Professional University, Phagwara.

**Statistical Analysis**

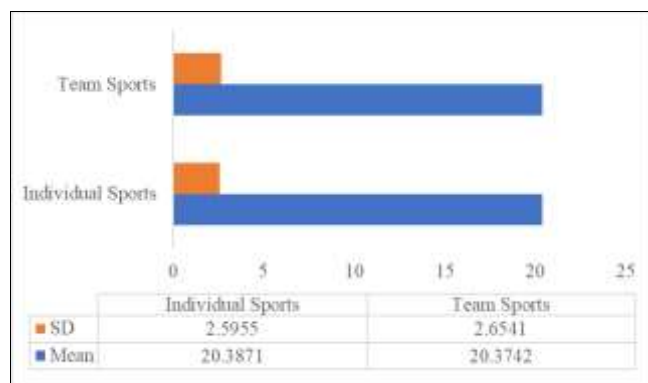
Under the data analysis, exploration of data was made with descriptive statistics and graphical analysis. Unpaired t-test was employed for the present investigation. The SPSS (statistical package for the social sciences) version 20.0 was used for all analyses. For testing the hypotheses, the level of significance was set at 0.05.

**Results**

**Table 1:** Descriptive statistics and independent samples t-test result comparing individual sports and team sports on avoidant

Avoidant		
	Individual Sports	Team Sports
Sample size	310	310
Arithmetic mean	20.3871	20.3742
95% CI for the mean	20.0970 to 20.6772	20.0776 to 20.6708
Variance	6.7364	7.0440
Standard deviation	2.5955	2.6541
Standard error of the mean	0.1474	0.1507
Mean Difference	0.01290	
Pooled Standard Deviation	2.6249	
Standard Error	0.2108	
95% CI of difference	0.4270 to 0.4011	
Test statistic t	0.0612	
Degrees of Freedom (DF)	618	
P value	0.9512	

An independent-samples t-test was conducted to compare the avoidant for individual sports and team sports. There were no significant differences ( $0.9512 > 0.05$ ) in scores for individual sports ( $M = 20.3871$ ,  $SD = 2.5955$ ) and team sports ( $M = 20.3742$ ,  $SD = 2.6541$ ). The magnitude of the differences in the means (mean difference = 0.01290, 95% CI: 0.4270 to 0.4011) was very small.



**Fig 1:** Mean scores for individual sports and team sports on avoidant

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