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An assessment of selected psychological variables among commerce, science and physical education students

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Abstract

The aim of the present study was to analyze the level of aggression, emotional intelligence, and mental toughness among post graduate students in RTM Nagpur University. For the purpose of this study, 33 post graduate students were selected, the age of selected students ranged from 18 to 25 years (mean age was 21 years \pm 3). In order to find out the differences among the three groups, ANOVA was used. The Scheff's post hoc test was applied to find out the significant difference of paired means. It was found that there were significant differences in the level of aggression, emotional intelligence, and mental toughness among commerce, science and physical education students in RTM Nagpur University.

Keywords: Mental toughness, emotional intelligence, aggression, RTM Nagpur University, Physical education etc.

Introductions

Sport is an "activity-oriented field." It starts with "movement" and gradually encompasses mental, intellectual and social aspects of the child's personality. The knowledge about the motor skill development comes from psychology while sport teaches every child how to move efficiently. It helps him/her acquire motor skills faster. In fact, motor activity determines the direction and quality of personality development. The coach must need psychologising the methods of teaching and training. Sport forms an significant part of our lives. Our moods and even our identities are influenced by our own and other sporting performances and achievements.

Sports studies examine the nature, practice and provision of sport. It exaggerates to further our knowledge and understanding about the forms and characteristics of sport, the principles and practice of performance, provision for sport and its significance. This is achieved by using definition, concepts, theories, and methods from range of disciplines including, biology, physics, chemistry, sociology, history, psychology, economics, politics, medicine. Because sport is so pervasive, sports studies graduates are found in every sector for the economy. As a consequence, we concentrate on providing our students with skills applicable to many forms of employment. These skills fall into two categories: skills specific to the practice and provision of sport and transferable skills applicable to many careers. Both are valued by the students and their employers.

In sports, the element of competition demands more specialized research and training in psychology. That is how, today, we have "psychological conditioning," "psychological training," "sports psychology," "psychological preparation", etc. These are now very common concepts and procedures in competitive games and sports. According to Robert N. Singer, "Sports psychology examines one's behaviour in athletics." The idea is to improve the performance of athletes by exploring their 'psychic energy'. Sports psychology, today, is an emerging discipline like industrial psychology, medical psychology the child psychology, the educational psychology etc. Without mental training any athletic training is incomplete of athletes who have to cope with extremely stressful situations on and off the play field. The aim of sports and games continue to be the "well-being" of the individual and psychology will help the coach to devise ways and means to plan his/her programmes accordingly. Every child gets an opportunity to develop himself/ herself to the best and optimal level when it comes to showing excellence in athletics. Sports psychology play the role of a guide to the athlete and the coach. Today, in any athletic training, psychological approach plays an important part.

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Mental processes refer to the functions of cerebral cortex i.e., the brain and the nervous system while the physical might refer to the observable bodily movements. The human organism is not merely a plethora of bones, muscles, blood, nerves etc., it is also a reflecting, thinking, contemplating and acting being. The mental (inner) processes are so deftly blended with the bodily (outer) processes that it is absurd to talk of one without referring to the other. In sports, general principles from several branches of psychology go to study the behaviour of an athlete. Let us keep the athlete as the centre of our focus and see what branches of psychology contribute to the understanding and modification of the behaviour of athletes for the achievements of final ends. Various aspects of sports activities and physical culture are examined by sports psychology. It enlightens a subcategory of psychology focusing on athlete. Sport psychology is an applied area of psychology and new developing science. Sports psychology employs the concepts, theories and tools of the longer field of psychology in seeking to use knowledge for the ultimate improvement of performance in the field of sports. There are three principle factors that are studied in the field of sports psychology which contribute to athletic performance athlete, coach (team leader) and environment in which these individual and other interact. The meaning of the Greek word psyche, suggests a integrity of inner experience lacking in spatial dimensions. Perhaps psyche owes its significance to our subjective sense that we are in possession of a measure of immateriality. However, we cannot directly apprehend the psyche in other the way we appreciate it for ourselves, not even by using our sense.

The difficulty of pinning down the psyche is expressed here by our attempts to understand it by a negative terminology—what it is not.

Materials and Methods

Participants

The investigators selected 33 students (11-commerce students, 11-science students and 11- physical education students) randomly from various colleges in Nagpur and their age group varied from 18 to 25 years (mean age was 21 years ± 3).

Instrumentation

Smith’s Aggression Questionnaire was used to score the aggression. Dr. Alan Goldberg’s Mental Toughness Questionnaire was used to score the mental toughness and Jayaraj, B. and Dr. Sam Sananda Raj’s emotional intelligence questionnaire was used to score the emotional intelligence.

Results

The data collected from the 33 subjects were statistically analyzed and interpreted to find our the significant mean difference of aggression level, mental toughness level and emotional intelligence level of commerce, science and physical education department students in RTM Nagpur University. In order to find out the significant mean difference among the various group one-way analyses of variance was performed.

Table 1: One Way Analysis of Variance for Aggression

Sources of Variance	Sum of Squares	Df	Mean Squares	F Value
Groups: Between	37.515	2	18.758	6.327
Within	118.727	30	3.958	
Total	156.242	32		

Table value for DF (2, 30) at 0.05 level = 2.89
DF (2, 30) at 0.01 level = 3.892

Table 2: Test of Significance of Difference Between all Pairs of Mean for Aggression

Mean Values			Mean Difference	Significance
Group I	Group II	Group III		
16.0000	13.5455		2.4545	.025
16.0000		14.0000	2.0000	.078
	13.5455	14.0000	-.4545	.867

Table 3: One Way Analysis of Variance for Mental Toughness

Sources of Variance	Sum of Squares	Df	Mean Squares	F Value
Groups: Between	46.242	2	23.121	6.327
Within	109.636	30	3.655	
Total	155.879	32		

Table value for DF (2, 30) at 0.05 level = 2.89
DF (2, 30) at 0.01 level = 3.89

Table 4: Test of Significance of Difference between All Pairs of Mean for Mental Toughness

Mean Values			Mean Difference	Significance
Group I	Group II	Group III		
26.0000	24.0000		2.000	.064
26.0000		23.1818	2.8182	.007
	24.0000	23.1818	0.8182	.609

Table 5: One Way Analysis of Variance for Emotional Intelligence

Sources of Variance	Sum of Squares	Df	Mean Squares	F Value
Groups: Between	139.333	2	69.667	8.294
Within	252.000	30	8.400	
Total	391.333	32		

Table value for DF (2, 30) at 0.05 level = 2.89 DF (2, 30) at 0.01 level = 3.89

Table 6: Test of Significance of Difference Between All Pairs of Mean for Emotional Intelligence

Mean Values	Mean Difference		Significance	
Group I	Group II	Group III		
106.0000	103.0000		3.0000	.068
106.0000		101.0000	5.0000	.001
	103.0000	101.0000	2.0000	.285

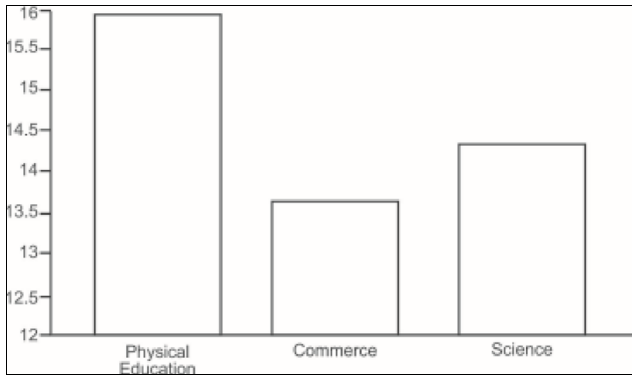


Fig 1: Aggression

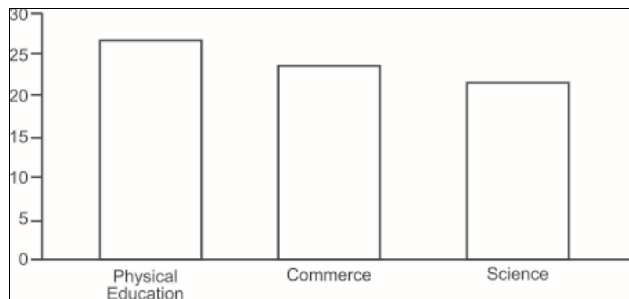


Fig 2: Mental Toughness

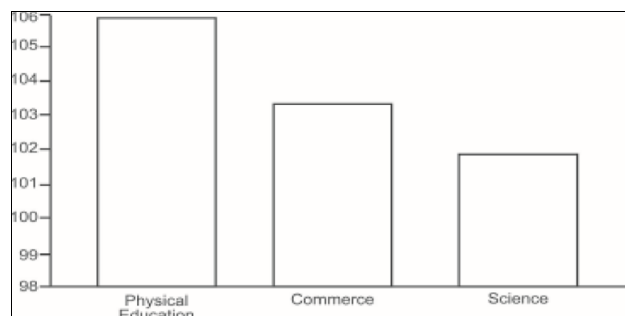


Fig 3: Emotional Intelligence

Discussion

There are two hypothesis formulated for this study. On the basis of results these have been tested for tenability. Starting briefly the first hypothesis, there might be significant difference between commerce, science and physical education post graduate students in selected psychological parameters.

As from the result of the study it is found as correct. Also it is hypothesized that, there will not be significant difference between commerce, science and physical education post graduate students in selected psychological parameters. As from the result of the study it found not correct. So, the second hypothesis is rejected. When comparing Aggression, the physical education students are having more aggression followed by science and commerce students in RTM Nagpur University. When comparing the Mental Toughness, the physical education students are having more mental toughness followed by commerce and science students in RTM Nagpur University. When comparing the Emotional Intelligence, the physical education students having more emotional intelligence followed by commerce and science students of RTM Nagpur University.

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