

A Study of Self-Concept and Group Cohesion among High, Medium and Low Achievers of Inter University Men Hockey Players

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Introduction

Physical conditioning practice of various sports skills along will not maximize the success in sports. This sort of awareness has been growing over last twenty-year. Soviet and East German success in 1972 and 1976 Olympics were the results of their focus on a new approach to sports' with a specific assistance of sports psychology. Physical performances and better emphasis on mental preparation, which requires planned and developed program of sports psychology.

While learning sports skill it is not only a physical movement. The lissom of body arid mind differentiate. For learning new skills one need mental attention alertness and much more mental preparation. Even with enough physical stamina, power, speed, endurance arid such other physical and motor abilities. A successful player needs specific mental preparation to overcome, tensed situation in higher - level competitions.

Psychology:

Psychology studies human behavior it I is science of human behavior. It tries to study abstract invisible mind through create behavior, high excellence or sports performance is also human behavior.

Sports Psychology:

As psychology deals with human needs motives, interests, attitudes, social relations, sports psychology too deals with athlete's behavior in particular contests of sports and his sports behavior. His or her behavior reflected through various sports actions and activities is being studies with the help of sports psychology. Such a sports behavior may lead to study, various mental abilities developed in mind. Sports psychology helps to create proper wavelength, through deferent means, too develop affectionate behavior of a coach.

Conceptual System for Cohesion:

These two important distinctions the individual versus the group and task versus social concerns has a major impact on the development of the conceptual model. The model is divided into two major categories. A member's perceptions of the groups as a totality and a member's personal attraction to the group. The former category is labled group interaction and the latter, individual attraction to the group. Both perception help to bind member's to their group. Also, the member's perceptions of the group's attractions for them can be focused on task or social aspects. Thus, four can be indentified group integration task, group integration social, individual attraction to group task and individual attractions to group social, operationally, members could indicate the extent to which they agree that each of the constructs plays a role in the development and maintenance of group cohesion.

Important of Cohesion:

Cohesion has been linked to increase in performance and member satisfaction. Also, the more cohesive teams are less likely to lose members while the majority of group cohesion research has primarily focused on its relationship to performance much less, empirical study has been directly related to sports team success may be reasonable or even accurate, there currently is little hard evidence to support that notion.

Cohesion and Sports Performance:

A common belief amount coach of team sports is that team members need to have feeling of group unity, togetherness, or cohesion to be successful. Group satisfaction is greater when success has been achieved. On a task perceived as difficult that when a group has been successful in a task theory believe to be easy.

Importance of Self - Concept:

Self - concept is the most important single attribute and key to understand the behavior of an individual. The importance of the role of self concept as a determinant of human behavior and its acceptance as concise measure and critical factor of personality is increasingly realized it would be seen to be interest to coaches and physical educators to determine whether individuals who participate in specific aspects of sports have self concept which distinguish them from others.

Statement of the Problem:

The purpose of the study was to Asses the level of self - concept and group cohesion among high, medium, and low achievers of All India. Inter University Hockey Players. Further the study would analyse whether there was significant difference in self-concept and group cohesion.

Hypothesis:

It was hypothesized that there might be no significant difference in-group cohesion among the high achievers and low achievers of All India Inter University men Hockey Players.

It was hypothesized that there might be no significant difference in self - concept among the high achievers and low achievers of All I India Inter University Men Hockey Players.

Delimitations:

The study was delimited to the following aspects.

1. The study was restricted to Inter University Men Hockey Players.
2. Standardized piers harris questionnaire was used to assess self concept and group environment questionnaire by Wed Meyer was used to asses the group cohesion.
3. The age limit of the player was from to 18 to 25 years only.

Limitations:

The study was limited to the following respects and these limitations were taken in to consideration in the information of the results.

1. Various social, cultural and economic difference among the plyers were not taken to consideration.
2. The general mood that influenced the responses of the subjects was not considered.
3. The time of responding the questionnaires may affect the responses of the subjects and that is recognized as a limitations.

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4. The responses the subjects the questionnaire may not be honest in all cases and that was recognized as a limitation.

Questionnaire:

It may be defined as a list of planned written question that are related to a particular topic or series of topic.

Self Concept:

According to Maccandless "self concept may be through of as a set of expectancies plus evaluation of the areas of behavior with reference to which those expectancies are held.

Cohesion:

Carron defines cohesion as "a dynamic process, which has reflected in the tendency for a group to stick together and remain united in the pursuit of its goals and objectives.

Selection of Subjects:

A total of 300 Hockey men players from Inter University Hockey competition were selected on subjects. They divided three equal groups of 100 based on their positional level, high, medium, and low achievers.

High Achievers:

That team who entered in to the semi finals in the In the Inter University Men Hockey are rated as high achievers.

Medium Achievers:

Those who were failed in the quarter and pre quarter rounds in Inter University Men Hockey Tournament are classified as medium achievers.

Low Achievers:

Those who were failed in the preliminary rounds in Inter University Men Hockey are considered as low achievers.

Criteria Measures:

To test the hypothesis of group cohesion the group environmental questionnaires, framed by albert. V, Carron, Lawrence. R. Bravely. W, Neil widmeyer was used. And for self-concept Piece Harris self-concept questionnaire was used.

Collection of Data:

Group cohesion was measured by questionnaire the group environment questionnaire conditions for scale namely Group Integration Task (GIT) Group Integration Social (GIS), Individual attraction to the group (ATCS), Individual attraction the group tasks. (ATGT).

Level of Significance:

The probability level at which we test the hypothesis is termed as the level of significance. The significance level for this study was fixed of -0.5 level which was considered adequate.

Result:

To measure Cohesion the group environment questionnaire was used. Four dimension of Cohsion namely group integration - Social individual attractive to the group task and individual attraction to the group social were taken in the consideration. The

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response of the subjects under study in the four dimension of the questionnaire were recorded carefully. To measure self-concept, Piers- Harris self - concept questionnaire was used.

Findings:

The subjects were randomly selected from Inter University Men Hockey players. The four dimensions of the group environment questionnaire and self concept were tested on all the 300 subjects. The analysis of variance was employed to find out the significant difference among the players three levels in all the dimensions.

To calculate the significant difference of the individual attraction to the group among high, medium and low - level achievers, the F-ratio was used. The scheff's post hoc test was also employed to find out paired mean significant different.

Calculation of f-ratio for individual attraction to the group task among high, medium and low level achievers.

Summary

The purpose of the present study was to analyse the level of self concept and group Cohesion among high, medium and low achievers of All India Inter University Men Hockey players.

For the purpose of the data the group environment and piers - Harris questionnaire distributed for the players. GEO consisted of 18 questions and were divided into four dimensions namely group integration test, group social, and individual attractive to the group test and individual attraction to the group social. The self-concept questionnaire consisted of 20 questions. The collected data were subjected to statistical analysis. Analysis of variance was employed in order to analyse the score obtained from respondents.

Findings:

Significant difference between the groups were found in ATGT. G.I.S. and self concept. However difference between the groups in ATGS and G.I.T. were insignificant.

Conclusion:

From the result presented in the previous chapters the following conclusions were drawn.

1. It was found that there was significant difference among high, medium and low level achievers in the dimensions namely individual attraction to the group task and group integration social. The individual attraction to the group social and group integrate social were insignificant.
2. While analyzing the mean difference of Cohesion among the high, medium and low achievers scored greater than the other players in all four dimensions.
3. In self - concept, the study was found that there was significant difference among high, medium and low achievers of Men Hockey at Inter University Competition.

Recommendations:

On the basis of the observations and conclusions made from this study, the following recommendations can be made for educators and research scholars.

1. Similar studies may be conducted on other psychological variables.
2. Such studies may be conducted on competitors of different age level.

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3. Similar studies may be conducted for boys. also 5. The results of the study may help the physical educationists to change the curriculum of physical educate training program depending upon the psychological condition of the students.
6. This study may help to the physical education teachers and coaches to know the attitude of the students when they are in a team sport.

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