

A Study on Aspiration of University Level Players of Individual and Team Games



Parminder K. Laroiya

Assistant Professor,
Deptt. of Physical Education,
P.G.S. Govt. College of Physical
Education, Patiala

Lakhwinder Singh

Assistant Professor,
Deptt. of Physical Education,
MGK Shahi Sports College of
Physical Education Jhakroudi,
Samrala, Ludhiana

Abstract

Present study was conducted to check psychological variable aspiration in University level players of team and individual games. For this, data of 350 subjects were subdivided in to two parts team game players (n=175) and individual game players (n=175). After statistical analysis it has been found that there were no significant differences in aspiration level of players of team and individual games.

Keywords: Aspiration, Performance, Psychological Factor.

Introduction

The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take an increasing interest in the field of sport psychology and particularly in the areas of competitive anxiety, achievement motivation, locus of control and aspiration level. That interest has focused on techniques that athletes can use in the competitive situation to maintain control and optimize their performance.

Aspiration

Aspiration means the goal of individual that he sets for himself in a task. In other words it is an 'eagerness' for honor, superiority, or attainment. Aspiration has three important aspects. First, what performance or aspect of it the individual considers desirable or important? Second, how will he expect to perform especially in the important aspect? Third, how important the performance is to him, either as a whole or in its different aspects (Kumar, 2013)?

According to Webster dictionary which defines aspiration a "strong desire for realization of ambition, ideas or accomplishment." The term level of aspiration is defined by Festinger (1942), Boyd (1952), Backer & seigel (1957), Joshi (1963), Hurlock (1968), Smith (1968), Orio (1969), Drever (1952) but according to Frank (1941) an individual arranges his aspiration towards his possible attainments in a hierarchy of difficulties that he is likely to face. Eynerch (1972) considered aspiration as level of possible goal (score) an individual sets for himself, Crites (1972) also expressed similar views and reports that in vocational selection the first stage is aspiration which is not in touch with apparent reality, though it may have visionary reality. The term aspiration has been used in various fields such as sociology, psychology, religion, ethics vocational and educational guidance etc.

Among sport people level of aspiration is a behavioral tendency that is selectively reinforced for the role it plays both during training and during competitions. Boora (2015) studied the aspiration level of cricket players in relation to their achievement.

The purpose of the study was to compare aspiration level of university level individual and team game players to check, is their any significant difference in aspiration level of players of team games and individual games?

Methodology

To fulfill the purpose of the study a data of 350 subjects aged between 20-25 years belonging to the different team and individual games were selected and the details of the selected subjects are presented in the following table:

Sr. No	Individual Game	Sample Size	Team Game	Sample Size
1	Athletics	35	Basketball	35
2	Weightlifting	35	Volleyball	35
3	Wrestling	35	Handball	35
4	Cycling	35	Football	35
5	Boxing	35	Baseball	35
Total		(N1- 175)	(N2- 175)	

The educational aspiration scale constructed by Dr. S.K. Saxena was used to check their aspiration level. Before administration validity and reliability of scale was checked. The survey method through the technique of questionnaire had been adopted to collect the relevant data for this study. The incomplete responses were rejected and finally completely answered questionnaire were taken up for analysis.

Statistical Analysis

To check significant differences Student's t-test was used. The data were further subjected to one way analysis of variance (ANOVA).

Results and Discussion

Results Obtained are Discussed as follows:

Table-1
Significance of Mean Difference between Individual and Team Game Players on Aspiration Level

	Individual Game	Team Game
Sample size	175	175
Arithmetic mean	8.4014	8.3934
Variance	0.08305	0.06565
Standard deviation	0.2882	0.2562
Standard error of the mean	0.02185	0.01942
t-value	0.336*	

***Non-Significant**

Table-1 shows that the mean of aspiration level of Individual and team game players was 8.4014 and 8.3934 respectively, whereas the standard deviation (SD) of aspiration level of Individual and team game players was 0.2882 and 0.2562 respectively. The critical value of t at 95% probability level is much greater (1.645) than the observed value of t (0.336). The data does suggest that the differences between individual and team game players in regard to aspiration level are insignificant.

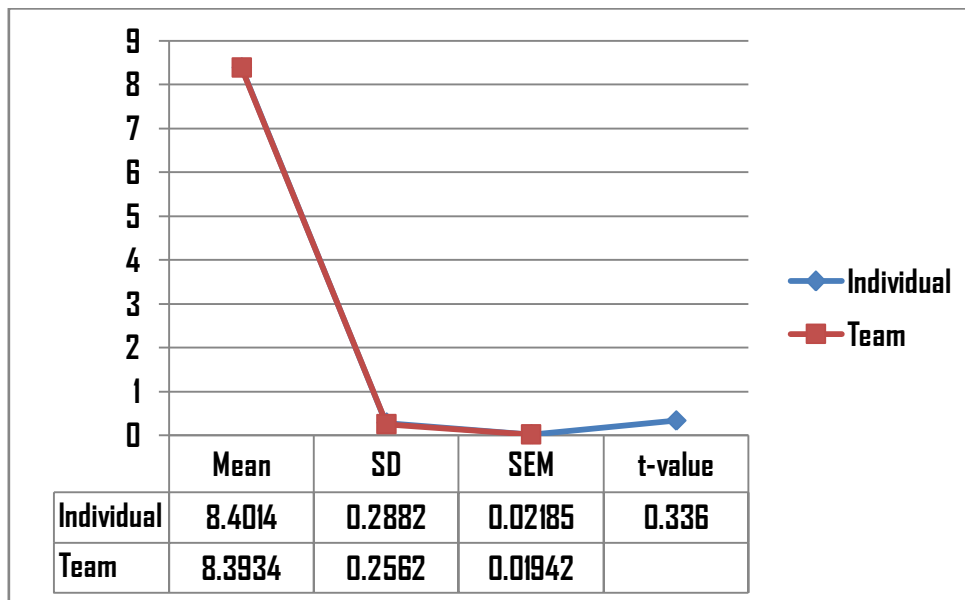


Figure-1 Mean, Standard Deviation (SD), Standard Error of the Mean (SEM) and t- Value of Aspiration Level of Individual and Team Game players.

Table - 2
Analysis of Variance (ANOVA) of the Athletics, Weightlifting, Wrestling, Cycling and Boxing in Relation to Aspiration Level

ANOVA					
VAR00002	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.072	4	.018	.213*	.931
Within Groups	14.412	170	.085		
Total	14.484	174			

***Non-Significant**

Table-2 reveals that there were insignificant differences between athletics, weightlifting, wrestling, cycling and boxing in relation to aspiration level

Table-3
Analysis of Variance (ANOVA) of the Basketball, Volleyball, Handball, Football and Baseball in Relation to Aspiration Level

ANOVA					
VAR00004	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.143	4	.036	.533*	.712
Within Groups	11.434	170	.067		
Total	11.578	174			

***Non Significant**

Table-3 reveals that there were insignificant differences between basketball, volleyball, handball, football and baseball in relation to aspiration level

Results of present study regarding aspiration level among university level individual and team game players was also supported by the study of Nikos Ntoumanis and Graham Jones. (1998).

Conclusion

From the results obtained it is concluded that Psychological parameter aspiration level has negligible effect on performance of individual and team game players. As t-test showed non - significant differences in both the groups.

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