Chapter-IV

ANALYSIS OF DATA AND DISCUSSION OF FINDINGS

As explained in the foregoing chapter, data on sports Anxiety, sports aggression and mental toughness was collected through the questioner of respective test and inventories to three hundred women cricket players of India, out of which one hundred District level women cricket players of India one hundred state level and one hundred national level women cricket players. There be at least two level of which data be categorize presented as well as analyze statistically in this study, at level one the data pertain to all district level women cricket players (N=100), state level cricket players (N=100). And National level women cricket players has discussed, at level two psychological status of 100 sample of all district level cricket players has been compared with sample of 100 state level cricket players and 100 national level women cricket players.

The trend of physical education to include a large variety of active has developed in recent years. At an early age Bowling, Walking / taking, or start to act like Frisbee students will carry into adulthood, that can help in developing a good habit activity. Some teachers such as yoga and deep-breathing started to include stress-reduction techniques. Student non-traditional sports to teach students to increase their activity and help students learn about different cultures can provide important motivation for this can. For example, lacrosse while teaching a unit on (in, say, Arizona, USA), Lacrosse student to have originated the Northeast and eastern Canada, Native American culture, learn a little bit about. Non-traditional (or non-default) game now many PE teachers that may be required along with the concept to other academic subjects (social studies from the example above) combine to provide a great opportunity teacher. P.E. There are four aspects of the physical, mental, social and emotional.

Total physical education program is an essential and integral part of education and physical activity useful medium of education and health is a significant contribution to the achievement of results. Contributing to their health and well being, while Quality physical education programs with children
and young people's physical growth and promoting development. They start with basic movement skills in a variety of work is based on a systematic sequence of experiences and more complex game, and progress in other forms of dance and movement. Ultimately, the young people to help keep physically fit and physically during the school year and enjoy as many of life.

One concern is pressed happens with intent, as a general mood condition that has been defined. What a perfect emotional threat D view defined as a response to concern in many aspects of fear is different. Is available from the United Nations and the anxiety associated with uncontrolled conditions, while fear, evidence and has been associated with some of escape behavior. Another concern the definition of a person present and future it is the only difference between the idea of danger, an attempt to control the negative event is ready to take, which is facing a potential head case. This fear, separation anxiety.

Attack in the game due to a number of factors may also be. Identify all the game (level of physical contact), depression, instinct, presence, palosana, environmental cues, self-control and regulation of the behavior of people around. Other factors in anger, I try to explain the example of each theory and social learning theory and environmental issues in game theory using the words of anger, a sense of personality, media involvement, coaching, role model and we in society include and compare.

Achievement motivation is fundamental for a good life forms. Typically, people who are heading towards one, enjoy life and feel in control. Be motivated, dynamic people and that they respect themselves.

Help achieve their objective, which is moderately difficult, but easily achievable target, set. Very difficult and very easy targets do not set. Udayauga this can only be achieved with that sure that work. Except the chance to motivate people to achieve results rather prefer to work on a problem. It also
rewards to motivate people to achieve success instead seem to be more concerned with their personal achievement that has been seen.

Usually we perhaps unique, other people, that person is different, that are talking about someone's personality is talking about it. This aspect of personality is called individual differences. For some theories, it is the central issue. These theories often classify us, or with which they can compare like kind and quality and test some at the expense of much attention. Some other more extroverted and soon, some people are more introverted, are not neurotic. However, personality theorists are interested in the commonalities. What, for example, neurotic person and healthy person does have in common? Or more in some introversion and extroversion, which manifests itself as a common structure.

It all about how we think, feel and behavior of our cognitive and or emotional well. This is someone, if the mental health of a mental disorder, a non-presence can mean. The people of Uttar Pradesh, about 25% have a mental health problem during their lifetime. In the developed world, the United States, most of the people diagnosed with mental health problems is called event. The mental health of our daily life, relationship, and it can also affect your physical health. Mental health, life and work and efforts to achieve psychological resilience to achieve a balance between human to enjoy, including a person's ability.

Exercise improves physical fitness and overall health and fitness or that any physical activity. For the purpose of pleasure with strong muscles and cardiovascular system, athletic skills, weight loss or maintenance, including strengthen done for different reasons. Frequent and regular physical exercise to elevate the immune system and heart disease, heart disease, type 2 diabetes and obesity as "Money helps prevent disease."
One is in the form of education and human movement, but defined physical education and physical state borrowing, where many of the educational objectives and games, sports, dance and gymnastic exercise involving large muscle activity achieved.

Somatic anxiety, emotional, cognitive, and behavioral components characterized by a psychological and physical condition. It is a sin and a sense of concern. In his hands to ward roat sense of concern or problem, the presence and in the absence of psychological stress and anxiety can create feelings of fear, anxiety, worry, anxiety and fear to a stressor is considered to be a normal reaction to. Ask for it to compete with a demand that a person can help to deal with the situation. Worry too much, it may fall under the classifications of an anxiety disorder.

A person’s thoughts, behavior, feelings and physical well being, which can affect a state of low mood and aversion to work. Depressed people irritable, anxious Akali Dal empty, hopeless, helpless, useless, guilt or less can relax. Once they experience hunger or intoxicated damage, problem, remember the details, or to make decisions, and may or trying to contemplate suicide joy, may lose interest in the work. Insomnia, excessive sleeping, fatigue, energy, oraches, pain or may be present that are resistant to treatment, fewer digestive problems.

Depressed mood is not necessarily a psychiatric disorder. This life of certain events, certain medical conditions asymptote and some medical treatment is a common side effect of the reaction. Depressed mood such as depression and psychosis syndrome is a primary or related feature.

Behavioral and emotional changes in FTP and SD are often the most distressing aspect of the conditions for careers and have a major impact on day today life. As with mental symptoms behavioral changes are an inherent part of the disease and are not voluntarily caused by the suffer. This talk describes
how degenerative brain disorders can cause behavioral symptoms, what the main behavioral problems are in FTP and SD as well as how such behaviors can be managed more effectively.

Official recognition and a summary of previous research writings know what is and what is still unknown, and the United Nations tested research scholar who is familiar with this evidence. Since the passing of effective research on the knowledge base. This is what helps to eliminate duplications and useful to investigate the hypothesis and gives good advice.

The University has studied the effect of physical exercise in order to avoid the impact of youth are concerned. The study had never been involved in any form of physical exercise or physical activity covered by 311 students. 7 of the Faculty of Education at the University of Konya Seleuk they are from different departments. Berger motor symptoms of anxiety by the State Inventory (Stai) were determined to be applied.

Among the other 30 before and after the test, the test and control groups were held to allow both the control group, 60 (30 student) participated in physical exercise half. The results were estimated as a result, depending on the gender as female students to be more concerned about the level of comparison, turned out to be. In addition, the results of participation in physical activity and physical exercise, both sexes showed a decrease in the level of concern. According to age, appeared at the beginning of a similar level of concern. It appeared that these measures had a decrease in the levels of concern for all age groups. Reduction mentioned above was found in the 19-29 age group. According area, physical exercise and work to reduce anxiety played a very important role. The effect of the music department students was the most reliable. As a result, the work of physical exercise to eliminate the concerns of young university has played a very notable role, has concluded.
Increasing physical exercise is a means to maintain and entrance good mental health as being advocated. Usually, research reports slight link has not been established, but the exercise, mood and self-esteem is associated with improved mental health, including, it seems. A cute exercise on research that persist for several hours in state anxiety and improve mood acerbic activity results, which is 20 to 40 minutes. This small change in mood with normal or high levels of anxiety occur in both individual aerobic form of exercise appear to be limited. In the case of long-term exercise program, 'normal' person of magnitude improvement in mental health are any subject, or for those with high anxiety or depression do not occur when changes are more pronounced. Evidence from studies involving clinical samples psychological benefits Psychologist comparable to the benefits obtained with the standard form of exercise, which is associated with the shows. So far, a healthy person is the prevention of major psychological benefits of exercise, which, in mild-moderate exercise those suffering from emotional illness while working as a means of treatment can be. Exercise also detrimental to mental health may change. To a much greater degree depending on physical activity and exercise more. Exercise of this abuse is the result of disturbances in mood and physical health.

In the case of athletes endurance sports training overtraining necessary for the continuous result of increased mood disturbance.

It may be concluded that here is a limited amount of experimental research on the effects of exercise on mood and well being although non-experimental research designs have shown positive effects. These include enhancing, self-esteem improving cognitive functioning and improved physiological and hormonal functioning which differ-according to age and gender. The dangers of exercise dependence are outlined in conclusion, signified by tiredness and chronic injury to relationship problems and eating disorders an balance, it is possible to support the psychologically therapeutic
effects of exercise, especially as they relate to self-worth, independence and overall well being.

In mental diseases are major public health importance. This vigorous physical activity, mental health, both clinical and non-clinical population has a positive effect, that has been claimed. This paper review of the evidence for this claim and provide recommendations for future studies. Strong evidence that physical activity and exercise is possible that moderate reduce some of the symptoms associated with mild depression, suggesting that. Evidence also physical activity and exercise, alcohol and substance abuse programs provide a useful adjunct to the self-image, improve social skills D operations, reduce symptoms of anxiety and coronary composed (type A) change the aspect of behavior and physiological responses may suggest that. The effect of physical activity, such as manobhajana a mental disorder, exercise, and other aspects of mental health are not known, exercise and a positive psychological effect has been reported. Physical activity and mental health effects of exercise are recommended to find out more about.

Data of many of these disorders are not treated at all, indicating that, and because there is a significant delay in the treatment of mental disorders, including exercise for the prevention and treatment of regret for exercise scientists is a promising area. This review exercise to prevent and treat the recent use of a compliment. Specific mental disorders, and for the future progress of this research provides a popularity recommended work. Other research exercise to demonstrate the efficacy and effectiveness of the mechanism for resolving the issue and for the wide spread dissemination need to integrate mental and physical health care.

The benefits of exercise are well document, however, some published research study has been examined in person with manobhajana exercise. The pilot was measured out manobhajana diagnose patients (n = 10), six-minute walk of the body mass index, percent body fat, and the severity of psychological
symptoms examined a 16-week walking program. Walking group participation experience in a control group during the same period compared to participate in the exercise, body fat (P = 0.03) experienced significant reductions. To share experience greater aerobic fitness, lower body mass indexes and searches the end of the program was less than control psychiatric symptoms. Research in community settings manobhajana effective exercise interventions for people with needs and practical delivery line to idelfti.

Laboratory rodents and humans, the brain and behavior influence on the effectiveness of voluntary activity affair is growing interest in. Here, the effect of exercise on mental health and disease on a date with the main report possible neurobiological mechanism under the neurobehavioral effects of exercise on the cycle is critical for modulating overview emphasized and discussed, including running wheels are the amount of sex and strain / species differences. We also a triple (3x-TG-AD) Alzheimer’s disease (AD) gene in the mouse model and example of both specific and non-specific phenotypes expression of the impact of the ongoing exercise cycle at the results of empirical investigation report - genetically determined phenotypes’ exercise of specific deficit in attenuating the impact of running wheel activity including efficacy as example. This example affair and some pathogens associated with the treatment of neuropsychiatric conditions of gene-environment neurobehavioral plasticity intermesh, dialogue represents a unique environment for the manipulation of the probe is concluded.

Mental diseases are of major public health importance. This vigorous physical activity in both clinical and non-clinical population has a positive effect on mental health, which has been claimed. This paper review of the evidence for this claim and provide recommendations for future studies. Strong evidence that physical activity and exercise is possible that moderate reduce some of the symptoms associated with mild depression. Evidence also physical activity and exercise, alcohol and substance abuse programs provide a useful
adjunct to the self-image, social, and improve the functioning sagianaka, reduce symptoms of anxiety and coronary-prone (type A) of the behavior change aspects and which can be suggested iaili physical response. Physical activity and as such manobhajana mental disorders, exercise, and mental health effects of other aspects of mental and physical activity and exercise for further research on the effects of exercise has also been reported that the negative psychological effects, re corbmendations are not aware of health are made.

The relationship between physical activity and mental health have been widely investigated and several hypotheses have been prepared. Specifically, during the restore process, physical exercise help to delay the onset of neurodegenerative disorders program, neuropsychiatric disorders D may represent a potential adjunctive treatment. Exercise itself can act as a stressor, but this medium intensities', while the other iaili reduce the harmful effects of that show. Neurotransmitter, release, neurotrophic factor and neurogeneseses, and cerebral blood flow irahadi are some of the concepts involved. In this review, the aging process and the potential effects of exercise on mental health of the animal and human research on some of the recent report have been discussed. Exist in the literature to suggest more whelming evidence that exercise to ensure successful functioning brain.

Although the benefits of exercise are well documented, few published research studies have examined exercise for people with schizophrenia. The pilot let out of the schizophrenia patients (N = 10) of the six-minute walk distance, body mass index, percent body fat, and the severity of psychiatric symptoms was observed for the 16-week walking program. Walking in the experimental group and a control group, compared to the same time participating in the exercises, body fat (P = 0.03) experienced significant reductions. Experimental participants are also more aerobic fitness, lower body mass index, and psychological symptoms than controls at the end of the
program. Research for the effective exercise interventions for people with schizophrenia in community settings and the practical modalities of delivery is needed to indentify.

Many of these errors in the data is not treated at all, and in the treatment of mental disorders, so that would suggest that there is a significant delay for the prevention and treatment of exercise is a good area of research scientists, including the exercise. This review is to prevent and treat specific mental disorders, exercise provides a review of recent use and future development of this research provides a frame work for a recommendation. More research capacity and to demonstrate the impact of exercises and a wide range of mental and physical health care for the campaign is to create a methodological problems need to be overcome.

Exercise and health case for major diseases such as coronary heart disease, obesity and disabetes' and its effect has been created. However, mental disorders and illness and in the last 15 years is very high cost of credit, in the general population in improving mental well-being, mental health treatment than in the role of exercise in search . Several hundred studies and analytic review of research in this area and are now more than 30 or meta- talks. Clinical or subclinical depression or anxiety as a therapy for the content likely to exercise, self esteem improved quality of life, as a means of upgrading and improved mood, reduced States ilid and the use of physical activityresilienees anxious to stress the training or restorative sleep. The purpose of this paper (a) the development of public health, and (b) affects mental health, physical activity and diet inter action within the context of the evaluation of the evidence for it to provide an updated view of literature. Results enough evidence for the effect of exercise in the treatment of depression exists. Exercise and quality is a medium effect reducing anxiety and to improve physical self-realization, and can sometimes global self esteem. Older adults (mainly determined reaction time) exercise, which can improve the function of aerobic
and resistance exercise can improve, that is good evidence, and the evidence is still weak. In contrast, exercise habits over a very small percentage of the practice is known in any other, is little evidence to suggest that. Together, this body of research in moderate regular exercise general public to improve the treatment of depression and anxiety and mental well being considered as a possible source of the suggestion.

Analysis of psychological data of all district level women cricket players.

The result of various tests in the form of descriptive data such as mean and standard deviation in case of district level women cricket players presented in table one.

Mean Scores and Standard Deviation of District Level Women Cricket Players

Various Psychological Variables (N = 100)

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Variables</th>
<th>Mean</th>
<th>S.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sports Anxiety</td>
<td>19.89</td>
<td>3.62</td>
</tr>
<tr>
<td>2</td>
<td>Sports Aggression</td>
<td>12.50</td>
<td>2.48</td>
</tr>
<tr>
<td>3</td>
<td>Mental Toughness</td>
<td>35.53</td>
<td>5.90</td>
</tr>
<tr>
<td></td>
<td>1- Handling Pressure</td>
<td>11.11</td>
<td>2.53</td>
</tr>
<tr>
<td></td>
<td>2- Concentration</td>
<td>10.12</td>
<td>2.39</td>
</tr>
<tr>
<td></td>
<td>3- Mental Rebounding</td>
<td>8.58</td>
<td>1.91</td>
</tr>
<tr>
<td></td>
<td>4- Winning Attitude</td>
<td>5.71</td>
<td>1.36</td>
</tr>
</tbody>
</table>

Mean scores and standard deviation of district level women cricket players.

Sports Anxiety

As shown in table 1 the mean score of all district level women cricket players in sport Anxiety is 19.89 ± 3.62 that indicates moderate level of Anxiety. Hence the all district level women cricket players are moderate Anxiety, at the time of competition.
Sports Aggression

Perusal of table first shows that the all district level women cricket players of an average scored 12.50 ± 2.48 in sports Aggression this way the hypothesis postulated in the study that all district level women cricket players would score in the level of sports aggression has been falsified. The players have High Aggressive, confidence to meet the challenges of the competition, to perform under and to be successful in the odd conditions.

Mental toughness.

As the table first, indicates that mean score of all district level women cricket players is 35.53-5.90, which falls within the class interval below 40 and is characterized by the need of mental toughness exercise.

When all the variables were studied separately it was found that the mean scores for handling pressure 11.11 ± 2.53, concentration 10.12-2.39, mental rebounding 8.58 ± 1.91 and winning attitude are 5.71 ± 1.36. This indicates that the district level women cricket players are having need mental toughness exercise on almost all the variables of mental toughness. Therefore the hypothesis that the district level women cricket players have high level of mental toughness and they are rejected.

Analysis of psychological data of state level women cricket players.

The results of various tests in the form of descriptive data such as mean and slandered deviation in case of state level women cricket players are presented in table 2,
Mean scores and standard deviation of state level women cricket players various psychological variables (N=100).

**Sports Anxiety.** As shown in table 2 the mean score of state level women cricket players in sports Anxiety is 18.98±2.51 that indicates moderate Anxiety. Hence the state level women cricket players are moderate at the time of completion.

**Sports aggression.** As the table 2 indicates that the state level women cricket players on an average scored 13.89±2.49, in sports aggression this way the hypothesis postulated in the study that state level women cricket players would score high in the level of sports aggression has been falsified. Those players have high aggressive to meet the challenges of the competition, to perform under and to be successful in the odd condition.

**Mental toughness.** Perusal of table 2 show that the state level women cricket players on an average scored 36.28-2.90, which falls within the class interval below 40 and is characterized by the need of mental toughness exercise when all the variables were studied separately it was found that the Mean scores for Handling pressure 12.09 ± 1.41, concentration 9.68 ± 1.32, mental rebounding 8.97 ± 1.51 and winning attitude are 5.64 ± 0.99, this indicates that the state levels women cricket players are having need mental toughness exercise on all most all the variables of mental toughness. Therefore the hypothesis that the state level women cricket players have high level of mental toughness is rejected.
Analysis of psychological data of National level women cricket players;

The result of various tests in the form of descriptive data such as Mean and standard deviation in case of national level women cricket players are presented in table 3.

Table-3

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Variables</th>
<th>Mean</th>
<th>S.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-</td>
<td>Sports Anxiety</td>
<td>16.45</td>
<td>4.37</td>
</tr>
<tr>
<td>2-</td>
<td>Sports Aggression</td>
<td>12.40</td>
<td>2.21</td>
</tr>
<tr>
<td>3-</td>
<td>Mental Toughness</td>
<td>32.89</td>
<td>7.41</td>
</tr>
<tr>
<td></td>
<td>1- Handling Pressure</td>
<td>10.13</td>
<td>2.73</td>
</tr>
<tr>
<td></td>
<td>2- Concentration</td>
<td>8.45</td>
<td>2.62</td>
</tr>
<tr>
<td></td>
<td>3- Mental Rebounding</td>
<td>8.49</td>
<td>2.55</td>
</tr>
<tr>
<td></td>
<td>4- Winning Attitude</td>
<td>5.78</td>
<td>1.32</td>
</tr>
</tbody>
</table>

Mean scores and standard deviation of national level women cricket players. Psychological variables (N=100)

**Sports Anxiety.** Perusal of table 3 results that the Mean score of sports Anxiety of National level women cricket players is 16.45 ± 4.37. That indicates moderate Anxiety. Hence the National level women cricket players are Moderate level of Anxiety, at the time of completion.

**Sports Aggression.** Perusal of table 3 reveal that the mean score of sports aggression of national level women cricket players are 12.40 ± 4.37 and they are highly aggressive before competition. Many players became nervous sometime waiting to start the game.

**Mental toughness.** Table 3 exhibit that the mean score and standard deviation of mental toughness of national level women cricket players is 32.89 ± 7.41, which is below 40
emphasizing the need of mental toughness exercise to them. When all the variables were studied separately it was found that the Mean scores for handling pressure, concentration, mental rebounding and winning attitude were 10.13 ± 2.73, 8.45 ± 2.62, 8.49 ± 2.55, 5.78 ± 1.32, respectively.

**Comparative psychological data of District State, National level women cricket players.**

It has already been made clear in the third chapter that data on various, psychological variables was collected on 100 District levels women cricket players, 100 State levels cricket women players, 100 National levels women cricket players. The greater number in the sample the more stability in the result is truism in statistics because in such case the sample mean comes nearer to the population mean. This was the only way of bringing about parity in the number of subjects in all the three samples.

One way analysis of variance (ANOVA- test) was applied to find out significance of mean difference among N=100 District levels women cricket players, N=100 State level women cricket players, N=100 National level women cricket players on each of the psychological variables.
Comparison of sports Anxiety of National, State & district level women cricket players.

One way analysis of variance of sports anxiety in specified within table 4 along with graphically at this point fig. 1.

**Table 4**

**Analysis of Variance of National, State and District level Women Cricket players**

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>P - Value</th>
<th>F - Crit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between groups</td>
<td>635.42</td>
<td>2</td>
<td>317.71</td>
<td>24.763</td>
<td>0.000</td>
<td>3.0261</td>
</tr>
<tr>
<td>Within groups</td>
<td>3810.5</td>
<td>297</td>
<td>12.829</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>4445.92</td>
<td>299</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at .05 levels

It is evident that table – 4 that National, State & District level women cricket players on sports Anxiety test differed significantly, as they obtained F- value of 24.76 is much more than the tabulated F0.05 (2,297) = 4.71
Figure -01

Comparison of Sports Anxiety of National, State and District level Women Cricket Players

SCAT

National Level: 16.45
State Level: 18.98
District Level: 19.89
Comparison of sports Aggression of National, State & district level women cricket players.

One way analysis of variance of sports Aggression in given in table 5 and graphically in fig. 2

Table 5

Analysis of Variance of National, State & District level Women Cricket players on Sports Aggression

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>P - Value</th>
<th>F - Crit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between groups</td>
<td>138.73</td>
<td>2</td>
<td>69.369</td>
<td>12.057</td>
<td>0.000</td>
<td>3.026</td>
</tr>
<tr>
<td>Within groups</td>
<td>1708.79</td>
<td>297</td>
<td>5.753</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>1847.53</td>
<td>299</td>
<td>5.753</td>
<td></td>
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</tbody>
</table>

Significant at .05 levels

It is evident that table 5 that National, State & District level women cricket players on the sports Aggression test differed significantly, as they obtained F value of 12.05 is much more than the tabulated F0.05 (2,297) = 4.71
Comparison of Sports Aggression of National, State and District level Women Cricket players.

Figure 02

SPONS AGRASSION

National Level

State Level

District Level
Comparison of Mental Toughness of National, State & District level women cricket players going on Mental Toughness.

One way analysis of variance of psychological hardiness in specified within table – 6 and also graphically contained by fig. 3

Table 6

Analysis of Variance of National, State & District level Women Cricket players on Mental Toughness

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>P Value</th>
<th>F - Crit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between groups</td>
<td>634.14</td>
<td>2</td>
<td>317.07</td>
<td>9.68</td>
<td>0.000</td>
<td>3.0261</td>
</tr>
<tr>
<td>Within groups</td>
<td>9724.86</td>
<td>297</td>
<td>32.743</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>10359</td>
<td>299</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at .05 levels

It is evident that table6 that National, State & District level women cricket players on Mental Toughness test differ significantly, as they obtain F- value of 9.68 is much more than the tabulate F0.05 (2,297) = 4.71
Comparison of Mental Toughness of National, State along with District level Women Cricket Players
Comparison of Handling Pressure of National, State & district level women cricket players.

One way analysis of variance of Handling Pressure in given in table 7 and graphically in fig. 4

Table 7

Analysis of Variance of National, State and District level Women Cricket players on Handling Pressure

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>P - Value</th>
<th>F - Crit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between groups</td>
<td>192.079</td>
<td>2</td>
<td>96.039</td>
<td>18.153</td>
<td>0.000</td>
<td>3.026</td>
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<tr>
<td>Within groups</td>
<td>1571.29</td>
<td>297</td>
<td>5.2905</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>1763.37</td>
<td>299</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Significant at .05 levels

It is evident that table 7 that National, State & District level women cricket players on Handling Pressure test differed significantly, as they obtained F-value of 18.15 is much more than the tabulated F0.05 (2,297) = 4.71
Comparison of Handling Pressure of National, State and District level Women Cricket Players

Figure 04

HANDLING PRESSURE

National Level: 10.13
State Level: 12.09
District Level: 11.11
Comparison of Concentration of National, State and district level women cricket players.

One way analysis of variance of Concentration in given in table 8 and graphically in fig. 5.

**Table 8**

**Analysis of Variance of National, State & District level Women Cricket players on Concentration**

<table>
<thead>
<tr>
<th>Source of variation</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>P - Value</th>
<th>F - Crit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between groups</td>
<td>149.846</td>
<td>2</td>
<td>74.923</td>
<td>15.680</td>
<td>0.00</td>
<td>3.026</td>
</tr>
<tr>
<td>Within groups</td>
<td>1419.07</td>
<td>297</td>
<td>4.778</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>1568.91</td>
<td>299</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant on .05 levels

It is evident that table 8 that National, State & District level women cricket players on Concentration test differed significantly, as they obtained F-value of 15.68 is much more than the tabulated F0.05 (2,297) = 4.71
Figure 05

Comparison of Concentration of National, State & District level Women Cricket Players

<table>
<thead>
<tr>
<th>Concentration</th>
<th>National Level</th>
<th>State Level</th>
<th>District Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.68</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.12</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Comparison of Mental Rebounding of National, State & district level women cricket players.

One way analysis of variance of Mental Rebounding in given in table 9 and graphically in fig. 6.

Table 9

Analysis of Variance of National, State & District level Women Cricket players on Mental Rebounding

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>P - Value</th>
<th>F - Crit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between group</td>
<td>13.019</td>
<td>2</td>
<td>6.509</td>
<td>1.571</td>
<td>0.209</td>
<td>3.026</td>
</tr>
<tr>
<td>Within group</td>
<td>1230.26</td>
<td>297</td>
<td>4.142</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>1243.28</td>
<td>299</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at .05 levels

It is evident that table 9 that National, State & District level women cricket players on Mental rebounding test insignificantly, as they obtained F- value of 1.57 is much less than the tabulated F0.05 (2,297) = 4.71
Figure 06

Comparison of Mental Rebounding of National, State & District level Women Cricket Players

Mental Rebounding

- National Level: 8.49
- State Level: 8.97
- District Level: 8.58
Comparison of Winning Attitude of National, State & district level women cricket players.

One way analysis of variance of Winning Attitude in given in table 10 and graphically in fig. 7.

Table 10

Analysis of Variance of National, State & District level Women Cricket players on Winning Attitude

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>Sum of square</th>
<th>Degree of freedom</th>
<th>Meansquare</th>
<th>F-value</th>
<th>P - Value</th>
<th>F - Crit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between group</td>
<td>0.979</td>
<td>2</td>
<td>0.489</td>
<td>0.321</td>
<td>0.725</td>
<td>3.0261</td>
</tr>
<tr>
<td>Within group</td>
<td>452.77</td>
<td>297</td>
<td>1.524</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>453.77</td>
<td>299</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at .05 levels

It is evident that table 10 that National, State & District level women cricket players on Winning Attitude test insignificantly, as they obtained F-value of 0.2 is much less than the tabulated F0.05 (2,297) = 4.71
Figure 7

Comparison of Winning Attitude of National, State & District level Women Cricket Players

<table>
<thead>
<tr>
<th>Level</th>
<th>Winning Attitude</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>5.78</td>
</tr>
<tr>
<td>State</td>
<td>5.64</td>
</tr>
<tr>
<td>District</td>
<td>5.71</td>
</tr>
</tbody>
</table>
Discussion and Findings

Man's contact with the environment, biological heritage as personality. Personality, experience, acquired by the consciousness of all beings and the natural dispositions stimulation and a person's instincts and dispositions and tendencies is the amount of total.

Personality is the dynamic organization of inter behavior system that each of us possesses as he grows from a biological new born to a biosocial adult in an environment of other individual and cultured products. In Pearson’s estimation personality is the effect upon other of a living beings appearance and behavior so far as they are interpreted as distinctive sign of that being.

Personality has been viewed from various angles and as such, their definitions have never been fixed, they have been changing from time to time. In defining and estimating personality not to talk of a laymen views, even a greater number man also took cognizance of outward appearance of an individual the crux of the matter.

The personality is organized around the various concept of the self each of which have definite socio-cultural reference status or have resulted from the interaction of the individual and a specific socio-cultural environment. The process by which they develop, grow and change should also be studied to determine the personality. The primary or the basic concept of the self is farmed within the family relation, home environment, while secondary concepts are acquired in the group environment outside the home the home environment, statement of parents, his socio economical statue ultimately contribute to the development of his personality.

Personality is made up of many components some of which are objective observable and measurable and other are subjective and therefore, less easily studied and measured. Among the objective components of personality are physical characteristics such as body size, physique and factors which influence his speed and strength of movements, aptitude and talents, habits, behavior patterns and mode of action. Thus the personality patterns are made up of trasite and specific qualities of behavior organized into an integrated whale the two major components personality are the ‘care’ or the concept of ‘self” and ‘spokes of the wheel’ the traits. Cultural
values are reflected in the training of the child, through the medium they leave their marks an his personality.

Sports today, has been accepted as a channel far sublimation of aggressive tendencies and reduction of tension. It provides an avenue of competition that cannot be studied in every day life.

Sports psychologists are interested in understanding what motivates elite athletes excel and to discern what prep rational techniques and psychological skills need to be implemented to achieve exceptional performance. Recent investigations have recognized the complex nature of various sports personality and have multivariate techniques to provide a more comprehensive assessment of individual athletes, these studies found that varying patterns of conditions and mental preparation techniques were, strongly correlated with elite performance the elite athletes differed significantly factors and personality traits.

The process of evaluation physical fitness, firstly, essential from the point of examining one’s motor development in relation to age and secondly, to understand the training strategies to be adopted in relation to his developmental status the physical fitness can of course be divided into general and specific physical fitness the criteria for developing yard-stick in this regard and yet to develop in India as well as in many other part of the world although the physical fitness is known to be trainable but the influence of one’s physical body composition and physical growth seems to play a greater role in the determination the physical fitness characteristics of athletes participating in different sports have been shown in numerous studies general physical characteristics and specific skill loud of these athletes are probably the most important factors that limit the technical and technical and tactical potential of teams during competition.

Some of these characteristics such as height, weight have been studied under morphology of these athletes while others have studied physiological aspects.

A sport that makes demand on aerobic and anaerobic mechanics, flexibility and may unique skills has shown differences in fitness profile of these as specialists at different levels. Measures of VO₂ max of international players show superior values of these of collegiate
players. Besides, physique and muscle function have been shown to differ between playing positions in different games.

The given analysis show that it is found significance difference between National, State & District level women cricket players in anxiety level test differ significantly, as they obtain F – value of 24.76 is much more than the tabulate F 0.05 (2,297) = 4.71.

From the analysis of data it is found significance difference between National, State & District level women Cricket players in Sports Aggression level test differ significantly as they obtained F – value of 12.05 is much more than the tabulate F 0.05 (2,297) = 4.71.

From the analysis of data it is found significance difference between National, State & District level women cricket players in the Mental Toughness level test differ significantly as they obtain F – value of 9.68 is much more than the tabulate F 0.05 (2,297) = 4.71.

From the analysis of data it is found significance difference between National, State & District level women cricket players in the Handling Pressure level test differ significantly as they obtain F – value of 18.15 is much more than the tabulate F 0.05 (2,297) = 4.71.

From the analysis of data it is found significance difference between National, State & District level women cricket players in the Concentration level test differ significantly, as they obtain F – value of 15.68 is much more than the tabulate F 0.05 (2,297) = 4.71.

From the analysis of data it is found significance difference between National, State & District level women cricket players in the Mental rebounding level test differ insignificantly as they obtain F – value of 1.57 is much less than the tabulate F 0.05 (2,297) = 4.71.

From the analysis of data it is found significance difference between National, State & District level women cricket players in the Winning Attitude level test differ insignificantly as they obtain F – value of 0.32 is much less than the tabulate F 0.05 (2,297) = 4.71.