ABSTRACT

Sports Psychology is an interdisciplinary science that draws on knowledge from the fields of Kinesiology and Psychology. In this thesis the study has been taken on the values of how psychological factor affect performance, and how participation in sport and exercise affect psychological and physical factors. Physical education is something which is rooted in general education which contributes much in the development of man's behaviour. It is an old and fundamental education. This is an area that its objectives, with a view to realizing these results, which have been selected by the medium of physical activity is the improvement of human performance. Meeting of physical education and sport as a way to teach students promoted, but also the development of physical fitness and is a means to maintain. Physical education is based on personal achievement and often include competitive sports, many people have argued that the lower grades, play as often complex to cancel the feeling and experience are not as intelligent, that in those. Physical fitness is like a person, because a higher level, some argue against mandatory physical education and discussion with the sports Psychologists, it was decided to focus attention on the following variables:-Sports Anxiety, Sports Aggression, Mental Toughness. Within the limits and limitations of the present study and on the basis of the result following conclusions were drawn. District level women cricket players have high sports anxiety while State level women cricket players have medium sports anxiety and National level women Cricket players have low sports anxiety. State level women's cricket players at the district level women players Medium mental toughness and a national women's cricket players at least have the mental toughness cricket is the higher mental toughness. State-level women's district-level women's cricket players mid game angry and national level players angry women less sports cricket, cricket attack while playing high game. State-level women players at the district level, the National Women's Cricketer of handling medium pressure is the pressure of maintaining a low level of female players, cricket, while maintaining high pressure cricket. District level and state level women's women cricketers medium concentration and National level female players is less centered cricket, while the player is a high concentration of cricket. State-level female district level women's cricket Medium mental rebounding and national level female athletes have less mental rebounding cricket, cricket players have high mental rebounding while. National-level female district level women's cricket Medium winning attitude and low level of female players to win attitude, cricket, cricket players high winning attitude.
These are the way of manifestations in which the individual’s coping with the ineffectiveness of his childhood personality. The boys as well as girls are restless and hyperactive in this period. Tapping pencils, manipulating objects in their pockets, playing with their hair etc., indicate the same. Emotionally, the main task is to develop appropriate ways of adjusting to new feeling evoked by the bodily changes. Another task is to change one’s perceptions regarding the parents, the peers and the self. Boys and girls at this stage may respond to their elders by irritation, distrust and suspicion and they are easily offended and are quick to complain that the adults do not understand them or that they do not treat them fairly. They are highly sensitive and self-conscious but sometimes they may be over-powered by their emotions of anger, fear or love.

They have yet to develop the social skills to get along with their peers. Many of their frustrations arise out of conflicts with parents and peers. Conflicts with parents may arise over his manners of dress, the friends he chooses, the way he spends his time, the condition of his table and his room, the lack of respect and consideration for others. He resists these demands and expectations by asserting his independence. As the boys and girls now spend more time with their friends, they constantly strive to conform to the peer groups in matters of dress, language, behaviour and values. This may give rise to conflicts with the parents when there is great discrepancy between the values cherished at home and the values of the values of the peer group. The preadolescents have a strong idealism and sense of justice and fair play. They develop strong conscience and may often experience intense feelings of guilt. They are also likely to be very critical of the people who do not live up to their ideals. They are also very keen on exposure to the mass media, particularly the movies, the radio, the television and cable network programmers. Thus, the preadolescents are more oriented to people, events and phenomena of the outside world compared to the children of earlier age. Peer group activities and group games become very important for them.

Early adolescence extends up to fifteen years age. Near the beginning adolescent have toward attach addicted of his self-concept the new way of thinking, where the fresh remains icon the original conception about his role. They are more and more concerned about their body, their stature and size. The rapid physical changes during adolescence produce a rapid change in body image. This generally leads to a self rejection. Often the adolescent finds it difficult to accept his
physical self-height, weight, complexion and problems like pimples etc. the boys are concerned about their muscular strength and are eager to go to the gymnasium to develop their strength. The girls are concerned with their shapeliness, their facial features and their complexion. The hair styling, clothing fads, etc. may be the attempts on the part of the adolescent to develop a consistent and acceptable body image. The physical attractiveness is the chief criterion of social acceptability in adolescence and young adulthood.

They now need information about sex matter and seek it among their peers. Lack of information makes them anxious and overcurious and misinformed. Strong friendship ties with members of their own sex continue to grow but there is also an increased awareness about the members of the opposite sex. One of the most important development tasks for them is the search for and the achievement of a sense of identity. Becoming independent of parents and gaining acceptance of peers are important steps in achieving a sense of personal identity. The choice of and preparation for a career is another step in the process.

The late adolescence is the period by which time most of them have entered into their career or are engaged in higher professional studies. By this time they achieve great measure of independence to the parents, though the parents continue to be an important person. They are high idealistic and seek to abolish inequalities in society and build up a more perfect world.

Growth into late adolescence is especially characterized by changed attitudes towards member of the opposite sex. Boys and girls who were indifferent to the opposite sex just a few years ago are not anxious to secure approval from members of that sex. This affects changes in their ways of behaving and presents new problems to teachers and parents. Most children begin showing signs of modesty and often time’s timidity in the presence of the opposite sex during this period whenever the mental maturity is reached during late teenage years, though when the age lie at which individual becomes psychologically and socially mature, it varies.

Late adolescence has often been described as a period of heightened social consciousness. The desire for stands and social acceptability, though important in varying degrees throughout life, is given a special attention by adolescence because at time age, status and acceptance among members of opposite sex and among adults are much to be desired. The
desire for acceptance and status is so basic that it will be reflected in many other motives. There is perhaps no period in an individual’s life when he does not have desire to be popular among his peers, but this desire is dominant during adolescent years. If the adolescent is to secure and maintain a well-adjusted personality, he must develop out of his early egocentric nature into a social being who recognizes and appreciates the personality of others, and who is eager to become a part of his peer group. The expectations and demands of the various social groups of which one is a member influence one’s behaviour. The parents as well as others keep shifting in their demands and expectations. Sometimes they look upon the adolescent as a child, but when he responds with that behaviour he is called childish. When he behaves like an adult, his parents and others ridicules him saying so you have grown older. In such circumstances the adolescent has a problem in getting his role clearly defined. This creates problems will respect to his identity i.e., the identity crisis of adolescents. The three chief problems faced by the adolescent in his quest for identity are the changed body image, the changed social role and the changed sex role.

With increasing independence from parents, the adolescent can no longer accept ready-made values he has received from them. Then hero worship of pre-adolescence may give place to certain cynicism. As a result, the achievement of autonomy during adolescence involves a certain amount of friction between the adolescence and his parents regarding the values and attitudes. Generally, this transitional period of defiance is far more salient in boys than in girls. Boys show more defiance over the imposition of parental rules that restricts them than the girls. He now questions, considers and arrives at his own decisions, he does not just accept what he is told. This is an important feature of the adolescent’s search of identity and maturity. He makes comparisons, contrast and evaluations and arrives at ways of behaving which gives satisfaction to his self-concept and to the society in which he has to live and function.

Not only is the young person beset by compelling new physiologically based drives from within, but he also finds himself on the threshold of a complex, inconsistent, and confusing adult world on the outside a world with which he has had little involvement or concern before.