Chapter-III

PROCEDURE

The interest in the current study is based on a comparative study of neurotic personality factors of athlete and non athlete females.

This chapter deals with the description of the procedure to be adopted for the selection of the subjects. In this study the subjects are female athletes and non athletes. The key factors to examine the behavior of athletes and non athletes female are overprotection, depressiveness, submissiveness and anxiety. These are fixed as variables in the study. In this study 500 female athletes and 500 female non athletes have been selected. Neuroticism Scale Questionnaire (NSQ) written by Ivan H Scheier, Ph.D., Test Editor, The Institute for Personality and Ability Testing and Raymond B Cattell, Ph.D., D.Sc., Research Professor in Psychology University of Illinois has been used and the statistical treatment has been employed to the data.

The present chapter describes briefly the methodology applied in the research conducted to meet the objective of the study. (A comparative study of neurotic personality of female athletes and non athletes).

The questionnaire NSQ has been applied to build the structure of the study so that the study can be carried out systematically making all the
questions varied to answer without taking any reference or confusion among the subjects. All the aspects of questionnaire were taken care of without compromising with the personal likes and dislikes of the researcher.

**Research Design**

Design provides a picture of what and how to do the work prior to initiating the work. It has been determined from time to time that a suitable research design guards against the collection of irrelevant data and gives more accurate data. So, in any research project, design provides the researcher a blueprint of research dictates the boundaries of project and helps in controlling the experimental, extraneous error variances of the problem under investigation.

The present chapter explains the design or the plan of study and highlights the details about the research procedure followed in conducting the study. As such it is the important part of the research study and needs to be planned and carried out systematically to arrive at accurate judgments. It includes information about the population, the sample frame, the nature and form of data collection tools and statistical analysis of the data.
Research Methodology

The scope of study is confined to descriptive and analytical approach. The normative survey method is used in the proposed study. This method provided an organized way to attempt a problem with suitable result. Three types of information were collected by this method:-

(i) Of what existed (by studying and analyzing important aspects of present situation).

(ii) Of what we wanted (by clarifying goals and objectives possibly through a study of conditions existing).

(iii) Of how we got these through discovering the possible means of achieving the goals on the basis of experiences of others or the optimism of experts.

After identifying the aim and objectives of the study, it is important to have a research design in order to have a strategic and methodological completion of the study. Research design can be thought of as the construction of research, which holds of all the elements in a research project together. A design is often described using a concise notation that enables us to summarize a complex design structure efficiently. It can also be called as a diagnostic approach to conduct any investigation.
In view of the purpose of the study, a research design was prepared which contained a brief idea as to how the research would be conducted. Every little detail was taken into consideration and all the planning was done in advance, regarding the collection of the data and data processing throughout the study.

Sample:

The sample comprised of 500 athlete and 500 non-athlete females of senior secondary school and college level of Delhi.

Tools used in the study

The selection of the tool to collect data plays a vital role in any study. The nature of tool may affect the achievement of the subject on the instrument. After a critical study of various tests it has been decided to use the “Neuroticism Scale Questionnaire (NSQ) written by Ivan H Scheier, Ph.D., Test Editor, The Institute for Personality and Ability Testing and Raymond B Cattell, Ph.D., D.Sc., Research Professor in Psychology University of Illinois has been used and the statistical treatment has been employed to the data.

Factor i: overprotection

Factor f: depressiveness
Factor e: submissiveness

Factor an: anxiety

**Statistical techniques used:**

The statistical techniques are the only source to analyse and interpret the objective data collected precisely. Following statistical techniques were used to analyse the data:-

Mean standard deviation and t-test were employed to compare the athlete and non-athlete females.

**Description of the questionnaire**

Neuroticism Scale Questionnaire (NSQ) has been used to carry out the study. Each subject was required to answer the questionnaire which carried ‘0’ to ‘2’ marks from lower to higher level of neuroticism. The subject had to mark the answer against the question. Description of the four variables as suggested by Ivan H Scheier, Ph.D., has been described below.

The questionnaire which was used for the study had following four variables:-

OVERPROTECTION

DEPRESSIVENESS
SUBMISSIVENESS

ANXIETY

**Administration of the Questionnaire**

Neuroticism Scale Questionnaire (NSQ) was administered to all the senior secondary school and college students by the scholar herself.

(a) : Administration of the Questionnaire in the school

(b) : Administration of the Questionnaire in the college

(c) : Administration of the Questionnaire in the tournaments

Firstly the scholar visited the schools, colleges and zonal level tournaments. All the instructions pertaining to filling the questionnaire were given by the researcher. The questionnaire was explicitly explained to all the subjects.

**Aid to Response**

1. The scholar made a personal approach to get better response.

2. All the respondents were assured that the information given by them will be kept confidential and used only for this study.
3. The subjects were given sufficient time to fill up the questionnaire.

4. The subjects were also told not to spend too much time over one item and if they find any difficulty they can consult the researcher to clarify their doubts.

5. The subjects were also instructed to fill the personal information at the top of the cover page.

6. Before permitting the subjects to leave the testing room, the administrator checked carefully that every question had been marked with only one answer.

7. After filling up the questionnaire, the researcher collected them personally so as to avoid misplacement.

**Scoring**

The responses of the questionnaire has been converted with the help of key. The test is scored directly from the test booklet. Higher score means more neurotic trend, to a degree indicates by standardization. The scoring of the questionnaire has been done according to the description. In the questionnaire there are 40 questions and each question has 0 to 2 marks. The person who scores highest mark is called neurotic. The test booklet has been
scanned to ascertain that one and only one answer has been marked for each question. The scoring stencil was placed on the test booklet, reading off the raw scores and adding to give each of the four neuroticism component scores. Simple standard rules for placing and using the key were printed on the key itself. Then the raw scores were converted into the sten scores. The questions asked through questionnaire were ‘0’ to ‘2’ marks. The NSQ test have their norms expressed in a standard score system with ten units, reading from 1 to 10. This standard ten or sten system fixed the raw score average of the population at a sten value of 5.5. A raw score which is one & half of a standard deviation (in raw score) below the population average is made equivalent to a sten value of 5.0; similarly a raw score value one & half of a standard deviation above the population mean is fixed at 6.0 stens. Thus, the sten score range of 5 to 6 represents a one standard deviation distance in raw score units, centering on the population average. This is usually considered to be within the normal range; only when we get to stens of 4 and 7 do we think of a person as departing definitely from the population average. At the extreme points of the scale, sten 1 extended from 2 to 2.5 or more, standard deviation above the population average.
**Collection of Data**

The research scholar met the subjects personally to get better responses. Efforts were made for a considerable period of time so that the maximum subjects could respond to the questionnaire. Subjects were asked to read the questionnaire carefully and were also told that there were no right or wrong answers, the individual feelings about each statement are what the scholar wanted to know.

They were also instructed to let their own personal experiences determine their answers. The questionnaire is not a test, but a simple survey to compare the neurotic factors of athlete and non athlete females.

They were assured that, the scholar is not interested in connecting any person with any paper, so they should answer each statement honestly, and be sure to answer each statement.

**Statistical Technique**

The collected data was first converted into a numerical values with the help of the keys and the derived values were then computed, analysed and interpreted by using the statistics in the following steps:-

1. As a first step, descriptive statistics was computed.
2. The different groups were compared by employing one way analyses of t-test.

3. The level of significance was set at 0.05 levels.