ABSTRACT

INTRODUCTION

There are many occasions in sports we see where Physical & Psychological are very vital factors. In general, this are characteristics of great athletes in the sports performance at the higher competitive level. The results of sports Competitions have revealed that the champion sprinters win races and set world records by small fractions of seconds. In a contest, where races and events are won by a fraction of seconds, the role of reaction time becomes very significant. The sprinter, who can react to the sound of the starter’s pistol slightly faster than his opponent, has a considerable advantage. In an event, which may last less than ten seconds, Psychological becomes even more important. It may be started that quick or fast reactions distinguish the average from the superior performer in many motor skills. Individuals who react quicker and move faster have an obvious advantage over those who are slower.

Singer & Milre (1975) reported that in the 1972 Olympic games, in Munich, an American swimmer lost the gold medal by a few thousands of a second. —There are many examples where one finds out that medals or games have been won or lost by a seemingly insignificant amount of time. They further stated that —when the athlete attempts to determine what he could have done, to better that time, invariably he must consider the factor of Physical & Psychological Coaches, recognizing the importance of fast reactions and movement in athletics, devote many hours in drills to develop and maintain them. All though improvements occur through practice, they are nevertheless limited by one’s neuromuscular structure, i.e. all movements are connected by neural mechanisms as well as being dependent upon muscular mechanisms, an individual may have quick reactions but not move his body with similar quickness and vice-versa.

In recent years, there has been an increasing amount of attention of the inter-relationship of personality variables and psychological factors with athletic performance. Most of this work has been concerned with delineating
personality traits of athletes, differentiating among individuals by sports and level of success etc. Studies of measurement of personality traits of athletes and players are vital, if we are to secure the information needed by sports psychologists and coaches, who are charged with the responsibility for selection, counseling and also the training of the athletes for competition. It is assumed that the physical abilities of an individual are related to his personality structure, because the environment in which physical abilities are displayed (i.e. in games and sports) constitutes an ideal setting for the development of desirable personality characteristics such as sociability, emotional stability, confidence, cooperativeness, personal adjustment and extraversion, which are very essential for increasing the athletic ability of the players and sportsmen.

The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. During training, besides good physique and physical fitness of the athlete, main emphasis is laid on the development of various types of motor skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until recently, the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. It is only recently that sports administrators and coaches have realized the importance of the psychological preparation and training of players to enable them to bear the strain and stresses inherent in sports participation. So, now the sports trainer and coaches have started giving more importance to the psychological conditioning or the building the mental make-up of the players before their contests in the international competitions.

In modern competitive sports, psychological preparation of a team is as important as teaching them the different skills of a game with scientific methods. In these days, the teams are prepared not only to play, but to win the games. And for winning the games, it is not only the proficiency in the skills matters but also the spirit and attitude of the players with which they play. The mental attitude of each individual player as well as of the team can
help or hinder their performance. Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important, but they also feel that good mental or psychological preparation for competition is a necessary component for success.

People have started reading about improving the culture of the sports man, Social scientist including psychologists have started taking interest in it and researches have been conducted with a view to find out psychological inputs required to compete successfully. It is realized that psychology of the player is very important besides physical profile and physical proficiency.

In the past the studies have been conducted on either psychological parameters or physical parameters of the players but the studies which covered psychological as well as physical parameters are very few. Hence the study will be of great value and beneficial.

In some of the studies the psychological parameters such as emotion, self efficiency, behavior, confidence etc. were included but in this study the psychological parameters such as achievement motive, self concept, personality, and competition anxiety will be studied which are less explored.

The studies have been conducted on various physical parameters which are affecting the performance of the players but researcher felt that the basic physical parameters such as pulse rate, weight, and Height have not been studied in previous studies. Hence these basic physical parameters have been included in this study.

Studies have been conducted on many games, but very few studies have concentrated on common outdoor games like football, kabaddi and indoor games like Badminton and Table-Tennis.

Level of participation is another significant variable. Which require attention but less explored. Therefore in the present research an attempt has been made to study this parameter too.

In modern sports, greater emphasis is on preparing the players both psychologically and physically by providing training to the players. The importance of psycho-physical profile affecting performance of an individual
has been acknowledged by researchers. In view of this, in the present study an attempt has been made to assess psycho-physical profile of the indoor and outdoor games players.

**FINDINGS**

In the present study, the psycho-physical Profiles of Indoor/Outdoor games players was assessed. Comparison was also made between the profile of Inter University and Inter collegiate Players. Categories in the case of Physical Profiles were (a) Pulse Rate (b) Endurance (c) Height (d) Weight. Psychological Profile included : (a) Self concept (b) Sports competition Anxiety. (c) Psycho-physical Profile, (d) Neuroticism (e) Personality

With regard to Physical Profile significant differences were observed in Endurance and Weight. However no significant difference was observed in the case of Height and Pulse rate.

Outdoor players showed more Endurance in the case of Inter University and Inter Collegiate Players.

Endurance activities have been found to be of high value for maintenance of good organic profile, for increasing the general resistance against infection and for cure and treatment of various diseases and metabolic disorders.

The findings of present study have also shown similar results, as Outdoor players have shown more endurance than Indoor players at both the levels. Outdoor players have to run and work more as compared to Indoor players, as such Outdoor players require more endurance.

In the case of Inter University players, the Weight was found more of outdoor players then Indoor players. Such difference was not found significant at the inter collegiate level players.

The importance of weight is also very obvious as it seems to be more important in the case of out door players, who has to work hard.
In psychological profiles significant differences were found in case of sports competition anxiety, self-concept, and Achievement Motive. However no difference was found in the case of Neuroticism and Profiles.

At the Inter Collegiate level, Indoor Players were found to have more sports competition Anxiety as compared to outdoor players.

However Outdoor games Players showed more anxiety than the Indoor games players in the case of inter university players.

Sports competition anxiety has been defined as pre disposition to respond with ranging levels of A – state in competition sport situation. Anxiety is influenced by Biological factors, psychological factors and socio cultural factors. The difference in the present study can be explained on the basis of both that is level of players and nature of games. It seems both the factors have contributed, though it is difficult to say precisely about the extent of particular factor. Level also affects Anxiety and the players of University level are expected to show more Anxiety than college level Players.

Outdoor and Indoor players did not show significant difference with regard to self-concept in the case of Inter collegiate players. However in the case of Inter University level, Indoor players showed more positive self-concept than Outdoor players. Self concept is a dominant element in personality pattern. Self concept has been referred by Low (1961) as one's attitude toward self.

Saraswat and Gaur described self concept as the individual's way of looking himself his thinking telling and behaving. High self concept is the indicative of an individual's sense of worth, capability of estimating moral strength, awareness of own intellectual capabilities. Self concept seems to be important factor in the players particularly at inter University level. High self concept motivate an individual to progress more and to excel due to having correct and positive view about self.
Among Inter Collegiate players, Indoor players were found to have more achievement motivation as compared to outdoor players. However such trend was not observed in the players participating at University level.

It indicates that Indoor players possessed more keen desire to complete success fully with standard of excellence, an interest in undertaking difficult and challenging tasks and strong sense of optimism as compared to Indoor players.

Comparison of means give indication that in general psycho-physical profiles of Inter University players was found better as compared to Inter collegiate players. However the same was not observed in the case of physical profiles.

In general findings suggested that in physical profiles, Endurance and weight are more important factors. It is necessary to pay attention to this profiles of players psychological profiles of players to play in the more excellent way. It seems necessary to increase need for achievement, self- concept, sports competition anxiety by conducting programs to get better results.