Abstract

It is observed that the consistently rising level of performance in various disciplines is not only related to basic training and grooming at the early stages which, of course is of vital importance, but is also a product of a complex interaction of scientific back-up comprising, physiological, biomechanical, nutritional and psychological elements. It is contended that if all other factors stated above are identical, the final performance ultimately depends upon the psychological functioning of an athletes. It has been well documented that the athletes markedly differ on personality traits which lead to variations in their psycho-somatic functioning. With this in mind the present study was designed to find out the significant differences between high and low performance athletes at intervarsity level track and field events with respect to sensation seeking, anxiety state and health locus of control.

During the course of review of literature, it was observed that although many researchers in relation to performance of the athletes have studied the personality traits but the same has not been explored taking into account sensation seeking, anxiety state and health locus of control on track and field athletes.

The third chapter deals with methodology of the empirical investigation. The athletes completed written standard questionnaires namely Sensation Seeking and Anxiety State test (Ncary-Zuckerman, 1979) and Multidimensional Health Locus of Control Scale (Wallston, Wallston, and
Devellis. 1978). The sample for the present study was consisted of 350 all India intervarsity level athletes (male and female) aged between 19 to 25 years randomly recruited from the 67th all India intervarsity athletic meet. The obtained data was statistically treated using z test to find out difference between high and low performance intervarsity track and field athletes on sensation seeking, anxiety state and health locus of control.

Based on the results obtained from the present investigation following significant conclusions have been drawn:

1. High performance athletes have the ability of higher sensation seeking when compared to low performance athletes.

2. High performance field athletes were better on sensation seeking when compared to low performance field athletes.

3. High performance male athletes were found better on sensation seeking than their counterpart high performance female athletes.

4. Low performance male athletes were found better on sensation seeking when compared to low performance female athletes.

5. Low performance athletes had high anxiety states when compared to high performance athletes.

6. Low performance track athletes shown high anxiety states as against high performance track athletes.

7. Low performance male athletes possessed high state anxiety when compared to high performance male athletes.
8. Low performance female athletes demonstrated high anxiety states when compared to high performance female athletes.

9. High performance athletes scored higher on internal health locus of control than the low performance athletes.

10. High performance track athletes were high on internal health locus of control when compared to low performance track athletes.

11. The internal health locus of control of high performance track athletes was higher when compared to high performance field athletes.

12. High performance female athletes indicated high internal health locus of control as compared to their counterpart low performance female athletes.

The present study was undertaken on Indian universities athletes to explore the role of certain psychological parameters in relation to their performance. The findings of this study would go a long way to serve as milestones for the future researchers in the area of personality research as related to performance in games and sports.

In light of the outcomes of the present work the investigator have to put forward following suggestions and recommendations to be following by future researchers.

1. As the Performance is a continuous process, it is suggested that sports performance should be more extensively and intensively studied at various levels and on different age groups.
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2. Some physiological dimensions must be collaborated along with these psychological variables to predict performance in different games and sports with greater authenticity.

3. Some more variables should be included to determine their influence on performance.

4. The study may be replicated on different games and sports such as professional, adventurous and recreational sports.

5. Longitudinal study need to be conducted taking into account the same psychological variables to finds and their relationship with performance.

6. The present study was conducted on the athletes at intervarsity level; the similar study may be conducted at national and international levels.

7. For the present study only a sample of 350 athletes was considered, for better results the sample size should be increased adequately.

8. In the present scenario demographic variables such as socio economic status, parent’s income, environmental condition and available facilities play a significant role in the performance of sports persons. Hence, there is need to consider these variables for making meaningful predictions in future studies.

9. Coaches, teachers and athletes should be made aware about the role of personality variables while grooming them for attaining peak performance.