Chapter II

Review of Related Literature
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REVIEW OF RELATED LITERATURE

The review of related literature serves as a guide line to understand the general trends in the research work already done in the field, which in turn to help to provide directions for formulation and testing the hypothesis. Though the researches aim at a more comprehensive and thorough survey of related literature, yet it is possible that some of the studies reported would have escaped from the investigator’s attention. The present review was based upon the available literature in respect of the study under investigation and is therefore, confined to the study to which the investigator had access.

A panoramic view of the related literature and suggestions of experts and researchers is a support to the study undertaken.

Hari Krishna\textsuperscript{1} has conducted a study in "A comparative study of sports competition of anxiety and aggression of inter collegiate and inter University male Kabaddi players". The purpose of the study was to find out the comparative relationship of competitive anxiety and aggression relationship between inter collegiate players and inter University Kabaddi players. The subjects for the study were 50 inter collegiate and 50 inter University players. Their age group was 17 to 23 years.

\textsuperscript{1} P. Hari Krishna, "A Comparative Study of Sports Competition of Anxiety and Aggression of Inter Collegiate and Inter University Male Kabaddi Players", (Unpublished Master Degree Thesis, LNCPE Kariavattom, Kerala University, 1996).
Sports competition anxiety questionnaire A form (SCAT) by Martens (1990) and sport aggression inventory by Anand Kumar and Premshankar Shukla 1988 were administered to all the subjects and data collected were analyzed with 't' test at .05 level of confidence. Analysis of data revealed that there were significant difference in the competition anxiety and aggression at the level inter collegiate and inter University. Statistical analysis of data compared of Pearson’s product movement correlation to find out the relationship between them. The study concluded that there is significant difference in anxiety and aggression between inter collegiate and inter university Kabaddi players in which inter university male players are better in both the variables.

Raja Sadhasivam\(^2\), concluded a study on aggression and anxiety among blind and normal school Kabaddi players in Tamil Nadu. The investigation had included 67 blind Kabaddi players and 81 normal school Kabaddi players were selected as subjects. The questionnaire developed by Smith and Martens were used to study aggression and anxiety respectively. The mean score of anxiety of blind and normal Kabaddi players were computed to determine the level of anxiety and 't' test was used to determine the significance difference in aggression and anxiety between blind and normal Kabaddi players. The result shows a significant difference in aggression and anxiety. In that normal kabaddi players are better in aggression and blind students are better in anxiety.

Sundari conducted a study on “Impact of extramural on achievement motivation, aggression and anxiety among college women volleyball, basketball and Kho-Kho players. She selected ninety college women players as subjects. The purpose of the study was to find out the influence of extramural competition on achievement motivation, aggression and anxiety, the achievement motivation questionnaire. She came to a conclusion that extramural competition among college women did not have any impact on achievement motivation, aggression and anxiety.

Ganapathi analyzed the anxiety, aggression, frustration and stress between in collegiate and University level men and women soccer players for his study 30 men and 30 women soccer players from each in collegiate level group and University group were selected as subjects. Their age were ranging from 18 to 23 years. The data was statistically analyzed using 2x2 factorial ANOVA. It was found that the anxiety, aggression, frustration and stress between collegiate and University level men players were significantly greater than the women soccer players. The frustration and stress level women soccer players were significantly greater than the men soccer players. The anxiety, aggression, frustration and stress between University and collegiate level men and women soccer players were found significant difference.

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Balaji in his study analyzed the selected psychological variable among All India Inter University women Cricketers. The study is to compare selected Psychological variables namely, anxiety, aggression and self-confidence among South West and North zone inter university women cricketers. For this purpose fifty players from each South, North and West Zones were selected randomly as subjects. Standard protocol was followed while administering the questionnaires and they were administered prior to the competition.

The following questionnaires were used

1. Aggression questionnaire (Smith, 1979)
2. Self-confidence questionnaire (Agnihotry, R.)
3. SCAT questionnaire (Rainer Martens, 1977).

The collected questionnaires were assessed through the scoring system relevant to the concerned questionnaire. The data were put in to statistical analysis. Analysis of a variance was used to find out whether there was any significant difference among West, South and North zone inter University women cricketers.

The level significance was set at 0.05 level. Within the limitations of the p study the following conclusions were drawn,

1. Finding of the study showed that the South inter University women cricketers were better in aggression.
2. As for as anxiety is concerned there was no significant difference among the three zones inter University women cricketers.

3. As for as self-confidence is concerned there was no significant difference among the three zones inter University women cricketers.\(^5\)

Sherif and Sherif conducted a study on the relationship between competition and aggression. The study was conducted on inter university players. The result showed that more aggression was shown after frustration and failure.\(^6\)

Pown Radha studied on psychological factors and successful performance of the South Indian University players. In his study Psychological factors namely anxiety and aggressiveness were studied in relation to soccer playing ability. Accordingly 100 South Indian University soccer players from the state of Tamil Nadu, Kerala, Andhra Pradesh and Karnataka were selected and conducted sports competition anxiety test (SCAT) and aggressiveness (ACT), through questionnaires develop by Rainer and Marten and Smith respectively. Experts subjectively rated the soccer playing ability of the subjects (0 to 10 points scale). He concluded aggressiveness is highly correlated with soccer playing ability. The level of this investigation reveals that moderate level of anxiety and aggressiveness are present among the South Indian University Soccer players.\(^7\)

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\(^5\) Balaji, "Comparative Analysis Selected Psychological Variables among All India Inter University Women Cricketers", (Unpublished Master Thesis, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, 1996).


Siva, Nagesh, Kali, were undertaken study to compare the competitive trait and state anxiety levels among University women Volleyball players, to achieve the purpose of the study 168 Volleyball players participated in the South-West zone inter University tournament held at Manonmaniam Sundaranar University were selected as subjects and responded to sports competition state anxiety inventory (CSAI – 2). The obtained data was analyzed by using two-way factorial design with South and West zones as first factor and the six states with various University as the second factor. The following conclusions were drawn: (1) There was no significant difference in somatic anxiety between South and West zone and Universities of various states (2) The analysis indicated significant difference in cognitive anxiety between South and West zone Universities of various states (3) There was no significant difference in state anxiety prior competition between South and West zone Universities. There was significant difference in state anxiety between Universities Kerala and Karnataka and Gujarat and Maharashtra. 8

Tyagi and Subramanian conducted a study to find out the effect of competition and anxiety of college female hockey players, 44 female hockey players participated in the inter collegiate Hockey Tournament were selected as subjects and administered the translated version of Rainer Martens SCAT on three

occasion that is, one month the actual competition, one hour before the actual competition and one month after the competition to determine the anxiety level of inter collegiate Hockey players. Result indicated that the competition increased the anxiety level of the players. Though there was not significant difference and also that in experienced players possessed higher level of competition trait anxiety than the experienced players.\footnote{Sarita Tyagi and S. Subramanian, “Effect of Competition on Anxiety of College Female Hockey Players”, A Paper Presented in the International Conference for Health Revolution and Sports Excellence, (Indira Gandhi Institute of Physical Education, 1992).}

Hasrani conducted a study on pre competitive anxiety of basketballers’ and track and field athletes. A sample of twenty-five basket balers and twenty-two athletes were administered SCAT (Marten 1977) questionnaire a day prior to their departure for the competition. Results showed significant differences in anxiety level of Basketballers’ and track and field athletes. It was also revealed that basketballers’ had better experience in coping with pre competition anxiety than track and field athletes.\footnote{S.S. Hasarani, “Pre Competition Anxiety of Basketbalers and Track and Field Athletes”, Paper A prescribed in the VII National Conference on Sports Psychology, (Lakshmibai National College of Physical Education, Trivandrum, 1991), p. 10.}

Pandey and others in their study analyzed the scientific analysis of pre competition anxiety among the athletes of both sexes and was delimited to track and field athletes. Fifty college level athletes who had participated in inter-collegiate athlete meet were administered sports competitive anxiety test (SCAT). The level of achievement and participation was noted. The result indicated that
female athletes showed lower anxiety level than male athletes. It was found that experience and achievement level play an important role in the management of A state prior to the competition.\textsuperscript{11}

Parthasarathi conducted "A comparative study of anxiety, stress and achievement motivation of basketball, volleyball and football players". The purpose was to compare the anxiety, stress and achievement motivation of basketball, volleyball and football players. Seventy-Six Madras University players of volleyball aged between eighteen to twenty five years were selected as the subjects. Spiel Berger's questionnaire was adopted to find out the anxiety level.

F-ratio was computed to find out the significance. The result of this study showed that there was no significant difference shown among players of basketball, volleyball and football.\textsuperscript{12}

Nandi conducted a study on anxiety and its effect on the performance of soccer skill test requiring gross motor skills and concluded that low anxiety subjects performed significantly better than that of high anxiety subjects. Subjects' performance was assessed through, dribbling the ball for time, kicking the ball for distance and gross motor soccer skills.\textsuperscript{13}

Shilly Joseph has conducted a study in analysis of sports anxiety and self-confidence among female athletes in varying points of time prior to competition.

The subjects of the study were 64 female athletes of LNCPE Trivandrum, Kerala University at the age group of 18 to 23 years. They were further categorized in to individual and team sport. In The study CSAI – 2 questionnaire (Matrens 1990) was administered. To compare the various sub scale of CSAI-2 such as CSAI cognitive worry, CSAI – somatic tension CSAI – self-confidence varying points to time-15 days, 7 days and 1 hour before the competition. Mean standard deviation and ‘t’ ratio was computed to find out the difference. The ‘t’ ratio was tested for significance at .05 levels of significance.

Concluded that (1) there was a significant positive change on CSAI – 2 sub scale when the near to the competition (2) No significant difference were found among individual sports athlete and team sport in competitive anxiety and self-confidence of varying points of time. (3) Except on one sub scale of CASI – 2, CASI Somatic tension no significant difference were found between individual sport and team sport athletes. 14

Jones and Cale conducted a study on “Pre-Competition temporal patterning of anxiety and self-confidence in males and females”. The purpose was to find out temporal patterning of anxiety and self-confidence. Twenty male soccer, rugby

and squash players and twenty female field hockey and netball players from Kerala University were selected as the subjects. Spielberger’s questionnaire for anxiety level and Dr. Mukta Rani Rastogi’s questionnaire for self-concept were adopted. To find out the significance, t-ratio was computed. The result showed that the female players showed more anxiety than the male players.¹⁵

Vimala conducted a study on “Analysis of self-concept between inter-collegiate basketball and volleyball players”. The purpose was to analyze the self-concept between inter-collegiate basketball and volleyball players. Fifty basketball players and fifty volleyball players from Seethalakshmi College, Trichy, twenty from Sri Meenakshi College, Madurai, ten from Y.M.C.A. College of Physical Education, Madras, Six from S.F. R.C. Sivakasi and ten from Holly Cross College, Nagercoil were selected as the subjects for this study. Dr. Mukta Rani Ratogi’s questionnaire was the tool used to find out the self-concept level ‘t’ test was used to find out the significant difference. The result showed the basketball players had high level of self-concept than the volleyball players.¹⁶

Thomas conducted “A study of anxiety, achievement motivation and self-concept among college women players of different types of games in Kerala”. For this purpose she was randomly selected 150 players as subjects and their age was between sixteen and twenty two years. Dr. M.L. Kamalesh’s sports achievement

motivation questionnaire was used to find out the achievement motivation of players. The Scheffe's post hoc test was applied to find out the significant difference of paired means. She came to a conclusion that the level of achievement motivation among the players of individual game was greater than that of the non-contact game and contact game. And the achievement motivation of contact game players was greater than that of the non-contact game players.\(^\text{17}\)

A study on Comparison of self-concept of college women athletes, non-athletes and physical education major students were studied by Vincent. Numbers of subjects included were 460 and Fernesses self-concept scale was administered to them. It was observed that women physical education major students and participants in high school competitive athletic programme were do obtained significantly higher self-concept scores that all other groups. For internal frame all groups. For internal frame all groups scored the highest for identify followed by behaviour and lowest in self-satisfaction. For the external frame all groups scored the highest in family self and the lowest in personal self.\(^\text{18}\)

Krishnan conducted study on sports achievement motivation, self concept and anxiety differentials among men and women players of basketball and Volleyball team prior to SAF Games. The purpose was to compare the level of sports achievement motivation, self concept and trait anxiety among Indian men


and women Basketball and Volleyball teams prior to the SAF games was held at Colombo, 1991. To achieve the purpose eight Indian men and eight women basketball players and twelve men and twelve women volleyball players were chosen as the subjects. The result showed a significant difference in the selected psychological variables among them.  

Kamlesh, Kumari and Kaur studied the level of sports achievement motivation among inter-collegiate female players (N=43) belong to various games (volleyball=12, hockey=19, and others from kho-kho, football, kabaddi, gymnastics and track and field=12). Sports achievement motivation was assessed through the questionnaire constructed by Kamlesh was administered to the subjects in convenient group size. It was concluded that the inter-collegiate female players have a moderate level of sports achievement motivation. No inter-sport differences on the level of achievement motivation reported.  

Fox administered achievement motivation scale to 176 male and female Canadian swimmers, constructed by him, which measured level of motivation to approach success or avoid failure in athletic conditions. The results of the study failed to demonstrate any practical relationship between levels of achievement motivation and swimming performance.

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Singh investigated the sport competition anxiety level of 118 top level Indian track and field players (76 male and 42 female) and 71 hockey players (45 male and 26 female) attending National camps in the age range of 18-36 (males) and 16-26 years (females) and administered to them the sport competition anxiety test by Martens (SCAT). It was concluded that the male athletes have less competitive anxiety as compared to females. Athletes, both male and female differ significantly in competition anxiety with hockey players. Sports competition anxiety is not related to positional play in hockey.

Singh Administered SCAT (Marten's) to Indian Athletes and Hockey players and found significant differences between the two samples on sports competition anxiety. Hockey players, both male and female were found to have less competition anxiety as compared to the players of individual events. Males exhibited less anxiety in competitive situations as compared to the females.

Smith conducted a study of the effects of anxiety on shooting proficiency among college women basketball players. Members of the 1977-78 South Dakota State University Women’s Basketball Team (N= 12) were measured on State Anxiety Inventory (SAI), Sport Competition Anxiety Test (SCAT), Pre-game HR, Game field Goal %, Game free throw %, Season field goal %, and Season free

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throw % SS in group one consisted of players who attempted over 122 field goals during the season while group two attempted 95 field goals or less. Results of ANOVA indicated Sig (P<0.05) difference between groups. On season field goal % and SAI subsequently data analysis throughout his study incorporated only the value from group 1. A Sig. r was found between scores on the SAI and SCAT. Sig. (P<0.05) multiple regression equations to estimate field goal shooting proficiency from selected measures of anxiety produced multiple R's ranging from 0.47 to 0.66 and accounted far between 22 and 44% of the variance in performance. A multiple regression equation for predicting free throw success was not Sig. (P<0.05).

Singh\textsuperscript{25} has conducted a study on personality traits of top level Indian sportsmen of individual and team games. 433 top level sportsmen were selected (264 male and 169 females). Eysenck's personality inventory was administered to the subjects. The study shows the individual game players are more extrovert than the team games players. The team game players are less neurotic than the individual game players. There was no difference in extraversion between male and female players, both in the case of individual and team games. There is no difference between male and female players in neuroticism in the case of individual games. The male players of team games are less neurotic than the female players.

Jarial\textsuperscript{26} has conducted a study on personality structure of players. 160 players (110 males and 50 females) were randomly selected from the 14 institutions affiliated to University of Indore. The Cattell’s 16 P.F questionnaire was administered to the selected subjects. Statistical analysis of data through ‘t’ test revealed players in general were found to be high on E, G, H, L, N, O, Q, Q\textsubscript{2} and Q\textsubscript{3} male and female players differed on some of the factors. Male subjects were higher in factors, A, F, H & I, whereas female were high in E, Q\textsubscript{1}, Q\textsubscript{2}.

Varma \textsuperscript{27} has conducted a comparative study of personality traits of sportsmen participating in contact and non-contact sports. The subjects for the study were 48 sportsmen of contact sports (wrestling 24 and Kabaddi 24) and 48 non-contact sportsmen (gymnastic 24 and swimming 24) were taken from the various Kurukshetra University teams. The Cattell’s 16 P.F. Form “A” questionnaire was administered to the selected subjects. Sportsmen of contact sports were outgoing, warmhearted, easy going, participating, less intelligent, average in experimenting, analytical and free thinking, whereas sportsmen of non-contact sports were reserved, detached, more intelligent, more experimenting, analytical and free thinking.

Bird\textsuperscript{28} has conducted a comparative study of certain personality characteristics of college women, participating in Basketball and modern dance.

California psychological inventory was administered to both groups. The basketball group scored significantly higher on the community scales and the dance groups’ scored significantly higher on the flexibility and femininity scales.

Pillai and Singh have conducted a study on personality traits of sportsmen belonging to tribal and urban areas of Bastar District. Twenty schools from each, tribal and urban areas of Bastar district were selected. One hundred and twenty sportsmen including sixty sportsmen from tribal areas and sixty from urban area were randomly selected as subjects for this study. The authors had concluded that, groups of subjects selected for the study did not vary significantly in the fourteen factors. There was no significant difference in the personality traits of sportsmen belonging to tribal and urban areas.

Singh, Garg and Debnath had conducted a comparative study of personality characteristics of national women gymnasts and non-sportswomen. To achieve the purpose of the study twelve national women gymnasts and twelve non-sportswomen were selected and administered Cattell’s 16P.F. questionnaire student and ‘t’ test was applied to determine the differences in mean scores of each personality factor. Analysis of data had revealed that national women gymnasts have been found more outgoing, more intelligent, more conscious, more sober, more trustworthy, more practical, having high self concept control and more

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relaxed when compared with non-sports women. National women gymnasts were similar to non-sportswomen in other personality factors i.e., in submissiveness, emotional stability, shyness, tough mindedness, shrewdness, apprehension, experimenting and self-sufficiency.

Bawa and Randhawa \(^\text{31}\) had conducted a study on personality traits of elite sportsmen of individual, combative and team sports disciplines. The sample for the study was 60 national level sportsmen belong to individual, combative and team sport disciplines. There were 20 subjects in each category i.e., individual, combative and team sports disciplines. The Cattell’s 16 P.F. Questionnaire was administered to the subjects. The ‘t’ test was applied to determine the difference in mean scores of each personality factor. The results of the study showed that sportsmen of individual sports disciplines (gymnastics and swimming) were significantly more reserved, humble, sober and relaxed when compared with the sportsmen of combative sports disciplines (Boxing and wrestling). The results also revealed that sportsmen belonging to individual sports disciplines were more reserved sober, tough minded and forth right than the sportsmen of team sport disciplines (Hockey and Football). The results also revealed that sportsmen of combative sports disciplines were significantly more reserved tough minded and forth right when compared with sportsmen of team sports disciplines.

Beger and Littlefield\(^{32}\) had conducted study on comparison of personality between football athletes and non-athletes. The subjects for the study were 30 outstanding football athletes, 30 non-outstanding football athletes. The results of the study showed scholastic aptitude test and found that participation in varsity football may not develop more favourable characteristics of social interaction and social living than non-participation.

Harpreet Shergill\(^{33}\) conducted a study on personality differences between low and high anxiety female hockey players. The study was conducted to find the personality differences in female hockey players. Total sample of 49 players was taken and divided into two groups on the basis of their scores on state trait anxiety inventory by Spielberger (1970) group one consisted of twenty eight players which had more state anxiety than trait anxiety. Group two consisted of twenty one players had lower state Anxiety than trait anxiety 16 PF (Cattell's 1970) was used to measure their personality traits. Discriminant analysis was applied to analyse the personality differences. The result showed that players in group two soccer higher on six personality traits namely less intelligent Vs more intelligence, sober Vs happy go, lucky Shy Vs Venture Some, forthright Vs Shrewd, placid Vs apprehensive, self conflict Vs controlled while subjects in group one scored more on reserved Vs outgoing ,affected by feeling Vs emotionally stable, humble Vs


assertive, expedient Vs conscientious, tough minded Vs tender minded, trusting Vs suspicious, practical was imaginative conservative Vs experimenting, group dependent Vs self sufficient and relaxed Vs tense.

Mathew and Mathew compared the personality traits of women players of indigenous games. They found that the women Kho-Kho players were shy, conservative, group dependent, tense with high anxiety, whereas the women Kabaddi players were venture some, critical, self-sufficient, relaxed, independent, aggressive and had low anxiety.

Khan studied the effect of special sports training on some psychological attributes of athletes. He took a sample of 230 male and 44 female athletes.

He found that:-

1) In more than half of the sports disciplines included in the study, the attributes of skill extroversion, neuroticism, competitive anxiety and sportsmen spirit registered.

2) The positive changes in achievement motivation and internal locus of control took place in 40 percent of the sports disciplines.

3) Change in the attributes of psycholoticism was found in 33 percent and social desirability and external locus of control was found in only 20 percent of the sports disciplines.
4) The athletes belonging to team games and male athletes registered more intense and positive changes when compared to individual male athletes and female athletes.

5) Extroverts preferred vacation involving interaction with other people were active sexually and were more suggestible than introverts.

Breedlove\textsuperscript{34} determined predicted performance of women collegiate gymnasts based on selected personality traits and professed self-concept using the Jackson's Personality Research Form and the Tennessee Self-concept Scale. Results indicated significant correlations between gymnastic ability and self-concept, i.e., measures of physical moral and ethical self.

Sabapathi\textsuperscript{35} conducted "An analytical study of achievement motivation and self-concept of men athletes belong to team sports and individual sports at University level of participants". The purpose was to find out the achievement motivation and self concept of men athletes belonging to team sports and individual sports at university level. The investigator selected hundred and twenty men players of team sports games such basketball, football, Kabaddi and volleyball consisting of thirty players in each discipline. The events such as sprint, middle distance run discuss throw, Javelin throw, shot put, high jump long jump


and triple jump consisted of fifteen athletes in each discipline as subjects were selected. The age ranged from eighteen to twenty-five. These players were drawn from Madurai Kamaraj University. Self concept was measured by Dr. Mukta Rani Rastogi’s questionnaire, t-ratio was computed to find out the significance. The result showed that individual sport athletes showed more self-confidence than the team sports players.

Sandhu, Mann and Brar\textsuperscript{36} conducted a study comparative study of Extroversion neuroticism and attention of team and individual athlete and they found team players and wrestlers were equally extroverted. There was found to be positive significant relationship between span of attention and extroversion.

Missamy\textsuperscript{37} examined one hundred and ninety-one male and female Basketball players and athletes. The Results were as below:

\begin{itemize}
  \item The rating analysis based on “Cattell’s sixteen personality Factor Inventory”, while comparing with non Athletes, the A class male basketball players have a higher tendency toward an outgoing, venturesome, happy-go-lucky, apprehensive, experimental and extrovertsive personality. However, they show a weaker tendency toward the intelligent, imaginative and independent traits. And they also possess timidity in their personality.
\end{itemize}

\textsuperscript{36}G. S. Sandhu, N.S. Mann and R. S. Brar, “Competitive study of Extroversion Neuroticism and Attention of team and individual of team and individual Athletic”, IASSPE Abstracts, (Patiala, 1987).

Comparing with non-Athletes, A class female basketball players have higher tendency toward on apprehensive and anxious personality. However, they show a weaker tendency toward the assertive, intelligent, happy-go-lucky, imaginative and independent traits. And they also possess timidity in their personality.

On statistics there was remarkable significance in the difference between the personality traits of the A class male basketball players and the personality traits of the best at shooting, the best at three point field goal, the best at blocks, the best at Steals, the best at the percentage of field goals and the foul play group.

On statistics there was a remarkable significance in the difference between the personality traits of the A class female basketball players and the personality traits of the best at three points field goal, the best to assist the best at steals. They are also sentimental and easily irritated.