

COMPARISON OF SELECTED PSYCHOLOGICAL VARIABLES BETWEEN INDIAN AND UAE CRICKET PLAYERS

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ABSTRACT

The purpose of the study was to compare selected psychological variables between Indian and UAE cricketers. Two hundred cricket players were selected as subjects, hundred each from the schools in India and UAE. The age of the players ranged from 12 to 17 years. Comparative research design was used to compare two groups in an attempt to draw a conclusion about them and most often cross-national, comparing two separate people groups. Independent 't' test was computed to find out the significant difference between Indian and UAE cricket players. Significant difference was found on all the selected psychological variables between Indian and UAE cricket players

KEYWORDS: Psychological, Indian, UAE, Cricket Players.

INTRODUCTION

Cricket is a mental game. It is played with the mind as much as with the body. This will come as no great surprise to anyone. So surprising is that, despite the fact that everyone knows cricket is a mind game, most players and teams practice their technique, but spend little or no time developing the mental skills that are required to reach and maintain their potential. Far too many players fail to reach their potential because they don't spend enough time working on the mental side of their game. Research in sport psychology clearly and consistently demonstrates self and team confidence to be one of the most important psychological factors for successful sport performance. High levels of confidence encourage cricketers and teams to enjoy playing under pressure, and give them the freedom to express their abilities and talents, resulting in increased performance. Interestingly, increased confidence sees individuals and teams work harder (increased effort), and prove more persistent in executing skills and tasks (Sathis, 2012).

METHODOLOGY

The purpose of the study was to compare the selected psychological variables between Indian and UAE cricketers. Two hundred cricket players were selected as subjects, hundred each from the schools in India and UAE. The age of the players ranged from 12 to 17 years. Comparative research design was used to compare two groups in an attempt to draw a conclusion about them and most often cross-national, comparing two separate people groups. Independent 't' test was computed to find out the significant difference between Indian and UAE cricket players.

RESULTS

TABLE I
‘t’ TEST DIFFERENCE BETWEEN THE COUNTRY OF THE RESPONDENTS AND
PSYCHOLOGICAL VARIABLES

		Mean	Std. Deviation	Statistical Inference
1	Cognitive Anxiety			t=5.056
	India(n:100)	18.0500	2.70194	p<0.001
	UAE(n:100)	20.5100	4.04644	Significant
2	Somatic Anxiety			t=2.663
	India(n:100)	19.1500	2.86524	p<0.01
	UAE(n:100)	20.5800	4.54201	Significant
3	Self Confidence			t=4.445
	India(n:100)	26.9300	4.45688	p<0.001
	UAE(n:100)	24.3800	3.61193	Significant
4	Anxiety			t=15.323
	India(n:100)	13.93	1.597	p<0.001
	UAE(n:100)	18.13	2.228	Significant
5	Aggression			t=7.121
	India(n:100)	10.36	3.020	p<0.001
	UAE(n:100)	13.09	2.362	Significant
6	Stress			t=10.24
	India(n:100)	29.43	4.491	p<0.001
	UAE(n:100)	34.94	2.964	Significant

df=198

In order to examine the differences between the country of the respondents and psychological variables an independent samples *t*-test was conducted. The obtained ‘*t*’ ratio for cognitive anxiety, somatic anxiety, self confidence, anxiety, aggression and stress were 5.056, 2.663, 4.445, 15.323, 7.121 and 10.24 respectively was greater than the table value 1.97 for the degrees of freedom 198. So, it was found to be significant.

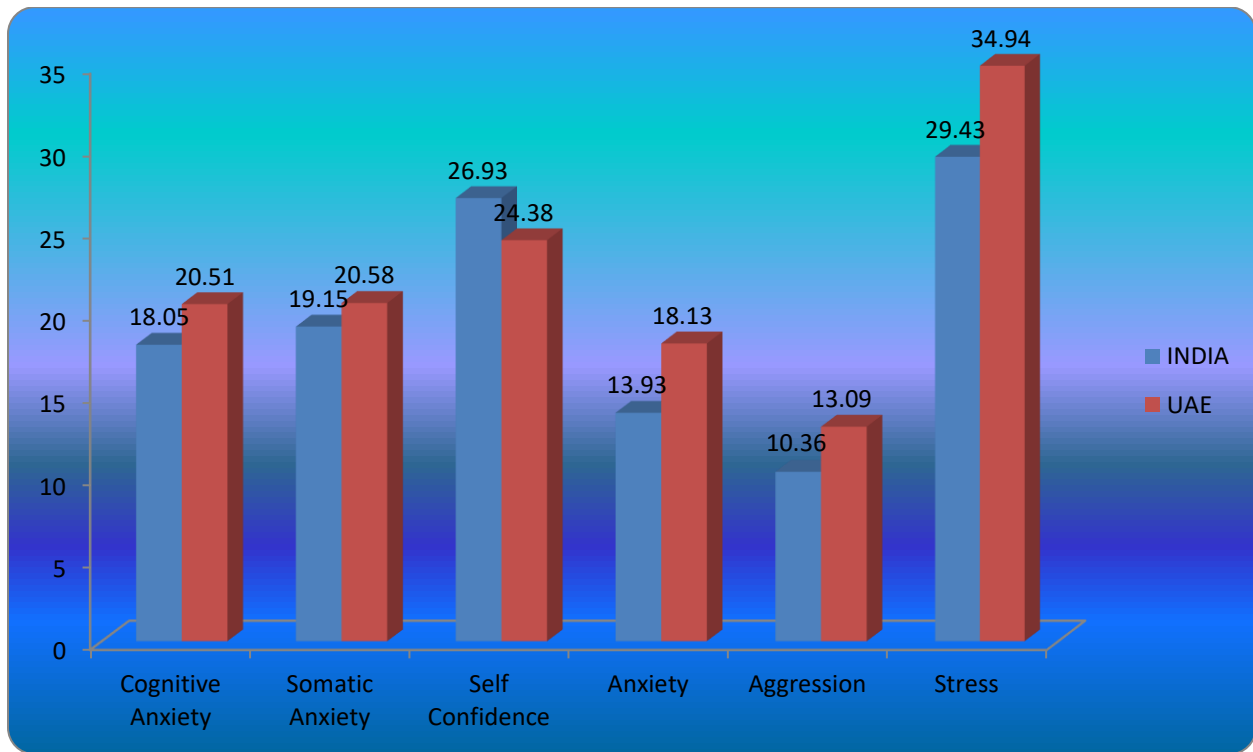


FIGURE I

BAR DIAGRAM SHOWS THE MEAN VALUES OF PSYCHOLOGICAL VARIABLES BETWEEN INDIA AND UAE

CONCLUSION

1. Significant difference was found on cognitive anxiety between Indian and UAE cricket players. The ‘*t*’ value has reached the significant level.
2. There was a significant difference on somatic anxiety between Indian and UAE cricket players. The ‘*t*’ value has reached the significant level.
3. There was a significant difference on self confidence between Indian and UAE cricket players. The ‘*t*’ value has reached the significant level.

4. There was a significant difference on anxiety between Indian and UAE cricket players. The 't' value has reached the significant level.
5. There was a significant difference on aggression between Indian and UAE cricket players. The 't' value has reached the significant level.
6. There was a significant difference on stress between Indian and UAE cricket players. The 't' value has reached the significant level.

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