

**TEMPORAL PATTERNING OF SELECTED
PSYCHOLOGICAL PARAMETERS AMONG
NATIONAL LEVEL SOFTBALL PLAYERS**



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SYNOPSIS

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INTRODUCTION

Sports are a competitive activity. The improvement in sports participation of sports in the recent years, the performance standard has also increased, which led to the sports scientists to think on the various possible ways to further improve the performance. In competitive sports the difference between the winner and the loser can be a matter of not more than a fraction of second. Therefore, at all levels sports scientists tries to “leave nothing to chance “. However sports performance depends on many factors e.g. physical, physiological, technical, tactical, psychological and environmental factors .The percentage contribution of various performance factors are complex combination. This is depending upon the nature of activity.

The modern competitive sports have become an extremely complex behavioral phenomenon. The emphasis on healthy body and fair play, by the youth, in sports has been weak by the attitude of winning at all costs. In other words, a sports competition is becoming nothing but violence of a cultured man, whereas he is supposed to have intellectual quests. This keep struggle for the excellence has made researchers to explore and emphasize more and more on the psychological makeup, as these variables plays an important role in shaping the athlete’s performance. So it is very necessary to know that, what is psychology and how it puts effect on any sportsperson’s performance.

The word ‘sport’ is derived from two words ‘dis’ and ‘portere’ meaning ‘ carrying away from work’. Regarding sports, we point to such recreative activities which are relaxing in nature and it is for the sake of seeing ‘pleasure’ only. Basically sports are individual activities born out of natural urge for movement. Sports are part and parcel of human as well as animal life. Sports are an ‘activity oriented field’. In the sports we deals with movement and gradually encompasses mental, intellectual and social aspects of the child’s personality. Much of the magnetism of sport comes from the variety of experience and feeling that result from participation such as success, failure, exhaustion, pain, relief and feeling of belonging. Sports can bring money, glory, fame, status and goodwill; however, it can also bring tragedy grief and even death.

Psychology is a study of human behavior. The word 'psychology' was derived from the Greek word "psyche" meaning 'soul' and the 'logos' meaning 'study'. Consequently, the definite importance of psychology is the science or investigation of the soul.

Sports psychology is the study of the psychological and mental factors that influence and are influenced by participation and performance in sports, exercise and physical activity and the application of the knowledge gained through this study to everyday setting.

Sports psychology professionals are interested in how participation in sports, exercise and physical activity may enhance personal development and well-being throughout the life span. Sports psychologists are also involved in assisting coaches in working with athletes as well as helping improve athlete's motivation.

Sports psychology is the study of a people's behavior in sports. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, attribution training, and periodization. Sports psychology preparing the mind of an athlete, thoroughly as the prepares the body. Sports psychology is an emerging field in the worlds of psychology and athletics. For many elite-level, professional, recreational, and even youth athletes, successful performance, cannot simply be reduced to superior physical performance.

Sports psychology is the scientific study of people and their behaviors in sport. The role of a sport psychologist is to recognize how participation in sport exercise and physical activity enhance a person's development. There are many different variables in psychology, which affects the performance of an individual in all spheres of his living

like in sports or academic and so on. Psychology is a broad concept; it deals with many of the variables like anxiety, aggression, stress, fear, etc. A psychology variable deals with the mind. Psychology has so many variables, in this study there are two psychology variables Anxiety and self efficacy is to conduct this study.

This competition, which plays as very important role in the mental skills for success. Various factors like physical, physiological, sociological and psychological influence the participation in the sports. In the world of competition, the psychological preparation of a team is as important as knowing the different skills of a game on the scientific lines. Team trainings are not just for taking part in games but to show the might win the events and for the triumph in the game, the spirit of the players is more essential for game performance in the competition. The coaches have been become aware to the social and psychological factors which are great contributors to performance in activities in the higher competitive sports. It is concept that sports is administrators and coaches have feel the importance of the psychological preparation and training of player to enable them to tolerate the strain and stress inherent in sports participation. So, now the sports trainers and coaches have begin to give more value to the psychological conditioning or building the mental makeup of the players before their contacts in the competitions. The principles of psychological to the improvements of performance in sports.. There are certain established psychological principles which have to be applied, so that the athletes and players are able to perform their best. It is important to know about emotional phenomena like sports performance, anxiety and some personality traits like psychotics, neuroticism, extroversion and locus of control of the players during training as well as competitive situations. (Agyajit Singh, 1992)

Chicago illinois 1887 when a boxing glove was thrown in a gymnasium at someone who decided to hit it with a pole! George Hancock, usually considered the inventor of softball, tied the boxing glove so that it resembled a ball and chalked out a small diamond on the floor of the gym to create what was a smaller version of baseball. Hancock later wrote rules for his new sport of 'indoor baseball' which quickly caught on in popularity, eventually moving to an outdoor sport.

Softball is a technical game in which performance is based on skills and techniques in which different complicated elements are involved such as high level of physical and psychological abilities. Though psychological, physical and physiological variables play important role in enhancing softball performance. The essential physical skill for softball are strength ,speed, agility, power and flexibility. An International Softball Federation (ISF) was formed in 1952 when its first meeting set the goal of one day achieving Olympic status.

Softball is popular sport in the United States and is played in over a hundred countries around the world. The game finally made its bow at the Olympics in Atlanta in 1996 when it was played only by women. Softball received a blow when the International Olympic Committee voted to drop it as Olympic sport for the 2012 Summer Olympic Games.

Softball is an exceptionally energizing division that is played by more than 20 million ladies and men, young ladies and young men everywhere throughout the world .There are two fundamental renditions of softball; one is with pace of the ball increase and other is with pace of the ball decrease. In both adaptations the ball is pitching (balling) underhand by the player known as “the pitcher”. In quick pitch, the ball is contributed a straight or level line to the catcher as quick as could be allowed. In some cases that is not quick if the players are beginner or simply taking in the position, while at the top levels of softball, similar to in the Olympics games, pitched balls will go more than 110kph(70mph) every hour. Softball despite its name is far from a soft sport — for starters the ball isn’t even soft. It’s as hard as a baseball, slightly larger; a softball is 12 inches (30.4cm) in circumference and a baseball is 9 inches (22.8cm).Softball fields are much smaller than baseball fields, making softball a faster-paced game. Players have to be quick in the outfield and be able to run between bases, and those who excel in the infield need lightning fast reflexes to play successful.

Softball game is played between two team. One team plays and the other team fields. The object of the game is to secure runs. The batsman attempt to hit the ball into the fair field or the play. Having done so, he circles the three bases to return to home base. A run is scored provided the batsman – runner is not tagged with the ball while

circling the bases. The outfield area has three players stationed in each of the areas of outfield. (1) Left field, (2) Center field, (3) Right field.

If the batter without begin out, comes back to the home base running after touching the second and third base he is awarded one run. After this, the other members of his team do the same turn by turn. After the three players are out the batters play the game. A team shall consist of 9 players i.e. Pitcher, Catcher, base men, base men, base men, Short stop, Left fielder, Centre fielder, Right fielder

Anxiety:-

Anxiety is considered to be natural and fundamental emotion in all human beings. It has been an essential part of the human being. In sports, competition creates anxiety in sports person. Only the extent of it varies from person to person. for some it is so extreme, so that highest presentation and pleasure of any physical activity is impossible even every human behavior is directly influenced by anxiety. Moreover, sometimes the behavior of someone is also responsible for anxiety. Some time some kind of stress is also responsible for it. So each athlete must learn about to cope with anxiety in sports. There are many kinds of anxiety, like pre competition anxiety, during competition anxiety and post competition anxiety. Anxiety is a big challenge for every sports person. The management of anxiety is very essential for every sports person. In sports, every sports person influenced by many factors like coaches, fans, opponents, spectators and one self. The dictionary meaning of the word anxiety is “trouble”. It may or may not be due to psychological stress. It gives rise to feeling and

Anxiety is a feeling that exists in people nature. It occurs under irritating condition. Excess anxiety may result in abnormal function s for the body. Everybody feels different anxiety, and psychological properties play very important roles in this situation. Anxiety starts gradually and increases step by step. In case not to be controlled, it rises and irritates the people. The main reasons of anxiety are business travel, smoking, alcohol, overweight, failure inappropriate physical appearance. Anxiety indications may be bone pains, being tried, headache, nervous, poor sleeping, forgetting, hesitations, etc. Anxiety disorder is more common in female the male. Anxiety and fear are the two different aspects or situations; fear is directly connected to the specific behaviors and

anxiety is related to situations. Fear means person wants to run away from the situations or objects. In anxiety person have to face a situation. Fear is small lives, specific and you wish to free from there; do not want to face your fears. But anxiety is long acting and future focused. We all experience anxiety on regular basis in our life, in daily life anxiety takes several forms like stress, phobia, and post traumatic.

The anxiety involves some physical effects may include increased heart rate, muscle weakness, worry, tiredness, chest pain, breath shortness, headache, stomach pain etc. there are some external effects of anxiety like – sweating, trembling and papillary dilation. It is not necessary that you will go through a panic attack every once because of it, but it is considered to be a common symptom. Panic attack usually comes without warning. There are high chances that the threats are not the real or huge, but the panic attack can be dangerous. Despite of irrational fear the exception of danger can be real. The sufferer may feel like dying and losing his consciousness. In panic attacks, persons suffer from anticipated anxiety. And this type of anxiety leads to develop the many phobias. Anxiety is a very common mental illness in America. Some studies found that it is more ordinary in female quite than males. The emotional effects of anxiety of anxiety are different in person to person. They may feel troubled, tension, irritability, restlessness, etc. the cognitive effects include always thinking about the reason that develops anxiety. For example, as fear of diving, you may fear chest pain as a deadly heart attack and other side the shooting pain in your head result of a tumor.

All these types of thinking always increase the chances of anxiety. There are some other ways which can also say about anxiety which includes changes in sleeping patterns, nervous habits and increased motor tension like a foot tapping. The symptoms vary depending on the type of anxiety disorder, but general symptoms include.

Self- efficacy:-

The concept of Self- efficacy was given by Albert Bandura, a social cognitive psychologist who is well known for his social learning theory. According to Albert Bandura “Self- efficacy is one’s belief in one’s ability to succeed in specific situations or accomplish a task”.

These beliefs of self- efficacy are also correlated with work performance and productivity as they exert effective influences the type of choices employees make, goals

they choose for themselves, approaches to complete a task and motivation to put efforts and accomplish difficult tasks, level of anxiety in tasks, their efforts to face challenges and to complete task. Many researches also suggested that people with higher self-efficacy have more confidence in their abilities and perform better on the other hand people with low self- efficacy put less efforts and give up challenging tasks (Bandura, 1994).

Statement of the Problem

The purpose of the study is to find out the changes in self efficacy and anxiety of national level softball players. So, to fulfill this purpose study stated as Temporal Patterning of Selected Psychological Parameters among National Level Softball Players.

Objectives of the study

- To study the temporal patterning of Self- Efficacy among national level softball players prior to competition.
- To ascertain the temporal patterning of anxiety among national level softball ball players prior to competition.

Operational definitions of terms used

Self Efficacy

Self Efficacy refers to situation-specific self-confidence as “self-efficacy” which is the strength of an individual’s belief that he or she can successfully perform a given activity.

Anxiety

Anxiety refers to a physical or verbal behavior intended to hurt someone.

Temporal patterning

For the purpose of this study the meaning of temporal patterning is “Performance recorded at different time of the day or on different days.”

Hypotheses

- It will be hypothesized that there would be a significant difference in temporal patterning of self efficacy at different time durations prior to competition.
- A significant difference would exist in temporal patterning of anxiety at different time durations prior to competition.

Delimitation

1. The study will be delimited to national level male and female softball players.
2. The study will be delimited to following variables and scales:
 - a. Anxiety will be measured through Anxiety scale ysports competitive test anxiety(Martens1977)
 - b. Self efficacy will be measured through Self efficacy Scale by Dr. (Arun Kumar Singh and Dr. Shruti Narian, 2014).
3. The study will be delimited to the following day as well as timing, to see the temporal patterning of self efficacy and anxiety
 - a. 15 days prior to competition.
 - b. 4 Days prior to competition.
 - c. 2 Days prior to competition.
 - d. 1 Day prior to competition.

Significance of the study

Modern competitive sports of today demands more emphasis on the training of psychological aspects of sports. The high level performers seen in competitive sports is nothing but perfect optimum harmonious relationships between one's psychological preparedness and technical preparation. Many coaches and psychologist throughout the world believe that future records will be broken primarily because of increased attention to the psychological parameters of the human personality; understanding of the psychological and behavioral aspects of the athletes will provide useful information and guidelines which may be helpful to coaches and athletes. Sports and athletics create

special opportunities for the study of the feelings of the athletes in sports events. Albert Bandura refers to situation-specific self-confidence as “self-efficacy” which is the strength of an individual’s belief that he or she can successfully perform a given activity. Sports anxiety in sports refers to the personal feelings that an athlete has prior and during a competition that includes fear and intense excitement.

Therefore the present study may be significant in following ways:-

- The results of the study will be helpful for the coaches and trainers for understanding the anxiety level prior to competition.
- The results may be helpful to understand the decrease or increase in self efficacy prior to competition.
- It may help the coaches, trainers and psychologist to measure and control the psychological factors affecting performance.
- It will increase the knowledge regarding temporal pattern of self efficacy and anxiety level.
- The results may help an athlete to cope with the higher level of anxiety.
- The study may helpful to the coaches and sports psychologist for the implementations of appropriate mental preparation strategies during the pre competition period to reduce the level of anxiety and increase self efficacy.
- Predicted 10 and 22% of the variance in PA and NA, respectively.

Review of Related Literature

Mustafa et, all. (2015) analyzed the study of anxiety and self-esteem among university students: comparison between Albania and Kosovo. Participants were 125 students, aged 18 - 44 years old (M=23.54; SD=5.16); from Kosovo and Albania. The measures Used included the Albanian versions of Zung Self-Rating Anxiety Scale and the Rosenberg Self-Esteem Scale. 14.3% (Albania) and 32.3 % (Kosovo) of participants reported mild to moderate levels of anxiety, only 12.9 % Kosovo sample had marked to severe level of anxiety; 6.3 % (Albania) and 1.6 % (Kosovo) reported low self-esteem. Self-esteem and

gender was significantly. Negatively correlated with anxiety only in Albanian sample. No significant differences in self-esteem levels based on country, but Students from Kosovo had significantly higher anxiety.

Kanthack et.al. (2014) investigated the effect of a single mental training session on the free throw performance and self-efficacy of young athletes. Eleven young basketball players from the Federacao Paulista de Basquete junior league were enrolled on the study. All participants completed a self-efficacy questionnaire before and after the intervention. Statistical analysis was conducted using the Mann-Whitney U test and the Wilcoxon test, plus measures of Smallest Worthwhile Change (SWC). There were no significant difference between median results for the two groups, but the SWC statistic indicated 84% likelihood that mental training had a beneficial effect on performance in the first two free throws. It is concluded that motor imagery used in advance has an 84% chance of having a beneficial effect on performance in up to two free throws.

J, Hazell et al. (2014) undertook an exploration of pre-performance routines, self-efficacy, anxiety and performance in semi-professional soccer players. Participants were 20 male semi-professional soccer players ($M = 19.45$, $SD = 2.81$) recruited from clubs in England. Adopting a repeated measure design, players were tested on performance, anxiety, and self-efficacy pre- and post a 7-day intervention period in which the participants learnt a new PPR. The data were analysed using factorial mixed measures analysis of variance (ANOVAs), with the results revealing a significant difference in somatic anxiety for the experimental group and a decrease in performance for the control group. The result of the PPR can enhance performance by reducing experiences of anxiety prior to performance.

M.K.Singh, et al. (2013) analyzed a comparative study of psychological parameters between tribal and non-tribal intervarsity women kho-kho players. The objective of this study was to compare the psychological parameter sports competitive anxiety and achievement motivation anxiety, between tribe and non-tribe intervarsity women kho-kho players. The sample was selected by purposive sampling

during East Zone inter varsity kho-kho competition (women) held at Guru Ghasidas University, Bilaspur, from 11-10-2011 to 14-10-2011. The age of subject ranged 19 to 25 yrs. Old. The level of significant was set at 0.05 level. 'T' test was used to analyze the result of the study which revealed no significant difference between tribal and non-tribal intervarsity level women Kho-Kho players in regards to sports achievement motivation and competitive anxiety level.

Thakur and Ghosh (2013) conducted a study on pre-competitive aggression and post-competitive aggression in national level male and female yoga performers. Total sixty (N=60) national level yogic performers .e. thirty male performers and thirty female performers were randomly selected from National level School Yogasanas Competition, held at Delhi, 2012. Data were collected from performers using a Sports Aggression Inventory (SAI) consists of 25 items which include 13 keyed are 'Yes' and 12 keyed are 'No'. The t-test was used to test the effect of aggression between pre and post competition. The significance level was determined as $p < 0.05$. The result of the study reveals that there was significant difference in 0.05 levels of pre-competitive aggression and post-competitive aggression among the male and female national level yogic performers and significant difference was also observed among male and female of national level performers in pre-competition aggression and post-competition aggression.

B.Milavic, et al. (2013) conducted a study on relations of competitive State Anxiety and efficacy of young volleyball players. The sample is 286 subjects as the study, 106 male and 180 female volleyball players. Young male and female volleyball players generally have a moderate level of self-confidence, and their cognitive anxiety is more prominent than somatic anxiety. In order to determine the age and gender differences in somatic and cognitive anxiety and self-confidence, parametric analysis of differences was performed and coefficients of the independent samples t-test were calculated. No significant differences were found in the level of competitive anxiety and self-confidence by analysis of variance between different player roles. No significant differences were found by discriminant analysis in somatic and cognitive anxiety, and self-confidence of female volleyball players of different situational efficacy. The group of least efficient male

volleyball players is characterized by a very low level of self-confidence, while the most efficient group of volleyball players is characterized by a somewhat lower level of cognitive and somatic anxiety.

Anton and Rodriguez (2011) analyzed the anabolic steroids on the self-efficacy of basketball and football adolescent players. A survey has been conducted in Madrid, Spain, with a sample of 216 football and basketball players (60.19% males and 39.81% females) with a mean age of 16.2. These results suggest that, anabolic steroids are an important problem among adolescents, and educational programs to increase the knowledge of anabolic steroids are needed for this age group that is in clear risk. Information should come not only from the government and media, but also from coaches, teachers, trainers and parents.

Singh et.al (2009) conducted a study on psychological trait self-efficacy on the sports performance of the male and female athletes. The age group of 13 to 19 yrs from the schools of Punjab and Chandigarh. The subjects comprised of 200 athletes from the disciplines of Cricket, Kho-Kho, Volleyball, Softball and Athletics. Out of them 100 belonged to Inter-School level and 100 to School National level. The data was collected using Self-efficacy Questionnaire developed by Bandura (1977). The results were drawn using 2x2 ANOVA which showed that School National Level athletes were significantly better on perceived physical ability and self-efficacy than the School District Level athletes.

Ortega et.al (2009) analyzed the relationship between the level of self-efficacy of the player with the ball in basketball, various performance indicators, and individual participation of the youth player in competition, with the goal of being able to establish initial values that help to define game styles and systems that are adapted to the

characteristics of the youth player. To check the level of self-efficacy, a questionnaire was administered to 187 players from the under-16 age category. From a total of 22 games, the following variables related to the individual performance of the player were analyzed: a) points scored; b) shot attempts and shots made of 1, 2, and 3 points; c) efficacy percentage of 1, 2, and 3-point shots; d) rebounds made; and e) personal fouls received. With regard to participation, the following variables were analyzed: f) minutes played; g) total time of ball possession; h) number of ball possessions; i) number of passes received; and j) number of offensive phases in which the player participates. The results indicated that the performance and participation variables correctly classify 74.2% when differentiating between players with high and low levels of self-efficacy. The players with high levels of self-efficacy presented higher values in the different performance and participation variables than the players with low levels of self-efficacy.

Hatzigeorgiadis, et.al. (2008), examined the effects of motivational self-talk on self-confidence, anxiety, and task performance in young athletes. For seventy-two tennis players were selected as subjects. The experiment was conducted in five sessions, namely baseline assessment, three training sessions, and final assessment. After the baseline assessment participants were divided and assigned randomly into experimental and control groups. The two groups followed the same training program with the experimental group practicing the use of self-talk. In the last session, the final assessment took place. A forehand drive test was used to evaluate task performance, and the Competitive Anxiety Inventory-2R was used to assess self-confidence and anxiety. Results of two-way mixed model MANOVA revealed that task performance improved for the experimental group ($p < .01$) and remained stable for the control group; self-confidence increased ($p < .01$) and cognitive anxiety decreased ($p < .05$) for the 84 experimental group, whereas no changes were observed for the control group. Correlation analysis revealed that changes in task performance were moderately related to changes in self-confidence ($p < .05$). The results of the study showed that self talk can enhance self-confidence and reduce cognitive anxiety

y.

Saraswat P (2008) conducted a study on temporal patterning of self confidence, somatic and cognitive anxiety among Indian Athletes. Data was analysed with the help of ANOVA. Result showed a gradual reduction in the level of self confidence, an increase in the level of somatic and cognitive anxiety as athletes approaches closer to the competition in all selected games.

Martin JJ. (2008) conducted a study on variables grounded in social cognitive theory with athletes with disabilities were examined. Performance, training, resiliency, and thought control self-efficacy, and positive (PA) and negative (NA) affect were examined with wheelchair basketball athletes (N = 79). Consistent with social cognitive theory, weak to strong significant relationships among the four types of self-efficacy ($r_s = .22-.78$) and among self-efficacy and affect ($r_s = -.40-.29$) were found. Basketball players who were efficacious in their ability to overcome training barriers were also confident in their basketball skills and efficacious in their ability to overcome ruminating distressing thoughts while simultaneously cultivating positive thoughts. Athletes with strong resiliency and thought control efficacy also reported more PA and less NA. Multiple regression analysis indicated that the four efficacies.

Stoll & Schliermann (2007) conducted a study on the self- efficacy and sport anxiety in German elite female wheelchair basketball players. In this study, we wanted to find out more about self-efficacy and pre-competition anxiety in female players. Forty-five German female elite players completed a German scale measuring self-efficacy with regard to basketball .The participants were recruited from the 2006 two-day long Female German Wheelchair Basketball Championship (n = 40) and the 2006 Final Four Cup Final (n = 5). They found consistent results concerning self efficacy and several levels of impairment. All comparisons showed significantly higher scores for less, hardly, or not impaired players in contrast to their more handicapped colleagues. Guided by the functional 4-category classification system, we calculated One-way ANOVAs and found, for example, higher scores for 3.0- to 4.5-class players vs. 1.0- to 2.5-class players ($F(14) = 5.86; P = .02, \eta^2 = .122$) as well as higher scores for 4.5-class players vs. 1.0- to 4.0-class players ($F(42) = 9.78; p = .003; \eta^2 = .189$). In terms of precompetition anxiety,

we could demonstrate a significantly lower score for 4.5-class players vs. others in the dimension of somatic anxiety just for $n= 40$, but not for $N = 45$. Consistent results were found for item No. 13, which questioned perceived positive vs. negative influence of somatic anxiety on personal performance. Less or not handicapped athletes considered somatic anxiety more positive than did those with stronger impairments. The results will be discussed at ISAPA 2007, supported with additional empirical data to be gathered over the next several months.

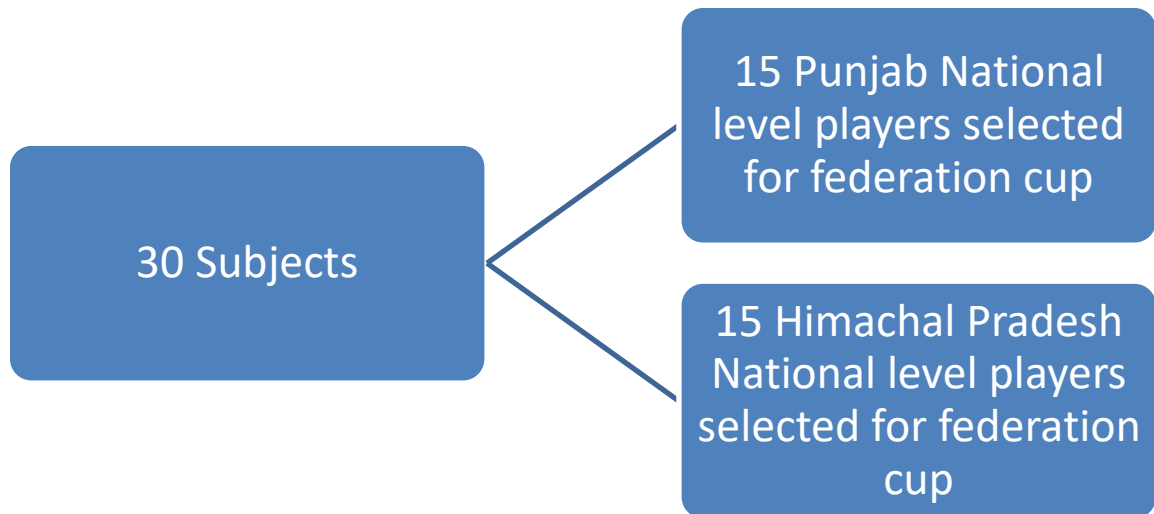
METHOD AND PROCEDURE

In this chapter the selection of subjects, instrumentation, and procedure for administration of questionnaire and collection of data, design of the study and statistical procedure has been described.

DESIGN OF THE STUDY

A descriptive method will be adopted for carrying out the current research work. Total sample will be 30 subject National Level players from two states Punjab (15) and Himachal Pradesh (15) who will be selected for Federation Cup. The age range will be

between 18-28 years. Sample will be selected with purposive sampling technique.



Tools

Anxiety: Anxiety scale sports competitive test anxiety(Martens1977)

Self efficacy: Self efficacy Scale by Dr. (Mrs) G.P. Mathur and Dr. (Mrs) Rajkumari Bhatnagar, (2012).

STATISTICAL PROCEDURE

To find out the significant difference of self efficacy and anxiety of national level soft ball players at different time durations prior to competition, trend analysis was done by employing one way analysis of variance. The analysis was done through SPSS package (over.16) at level of significance.

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